



Royal City Men's Club

RCMC Newsletter

February 2019

February Meetings

Thurs. February 7th. - Ian Evans - "A Stroll with Hadrian"

Presentation:

Together with the Antonine Wall, Hadrian's Wall marked the most northerly point of the Roman Empire. Begun in AD 122, it took only 10 years to complete, running 140 KMS across northern England from Bowness in Solway in the west to Newcastle in the east. Abandoned in the 5th century, the wall fell into disrepair and only recently has been partially restored and protected. From forts, turrets and one of the most important Roman sites anywhere at Vindolanda, Hadrian's Wall is a treasure trove for historians and hikers alike.

Join Ian Evans as he recounts with history, quirky findings and fun his recent hike along the course of the wall.

Bio:

Ian has embraced adventure all his life - from scaling the shed roof at aged 3 to skiing to the South Pole at aged 58. He has also climbed 5 of the "7 Summits" ", cycled 5,000 KMS solo & unsupported across Australia (twice) around the coastline of Iceland and to the Arctic Ocean and run 10 marathons.

But the thing about Ian is that he is an ordinary guy, from a rural background in England, who has decided to push himself to achieve extraordinary things at the very edge of his own comfort zone. He is not an explorer, world record holder or super-fit world-class endurance athlete, but is a Chartered Accountant who has led in many ways a regular life.



9:30 Refreshments – 10:10 Speaker

Thurs. February 21st. - Jay Wilson – My Life as as Actor

Presentation:

Jay will speak about his experiences as an Actor.

Bio:

Upon graduation with a B.A. in Drama and Theatre Arts from the University of Waterloo, Jay

collaborated with Echo-Logical Theatre to create “Healthspell” an educational theatre product

sponsored by the Ontario Ministry of Health.

Jay was Company Manager for The National Tap Dance Company of Canada (1981-1984). The Tap

Company toured most major theatre centres throughout Canada, the United States and Bermuda.

April 27, 2019 Jay launches “Jaywalking Guelph” an historic walk and storytelling project.



9:30 Refreshments – 10:10 Speaker

Future Meetings

Future general meetings for March 2019 are on Thurs. March. 7th. and Thurs. March 21st.

Activities & Events

Coffee Club - Thursday Feb. 14th. and Thursday Feb. 21st.

Coffee/Breakfast 10:am at the **AirPark Café**:50 Skyway Dr. at the Guelph Airport:519-836-0984 or Symposium Cafe

Thurs. Feb. 14th. and Thurs. Feb. 28th.

This is an informal get together and all RCMC members are welcome.

Future Activities:

Sweetheart Dinner - February 14th. 2019

Contact for Events & Activities -Ray Biffis: col.biffis@gmail.com

Other News

There is a new What's New section on the Home page of our website. This will give you quick links to any new information which has been posted on the website.

If you have any new content for the website, please send to Ritchie Zelk at edna.ritchie@sympatico.ca

Membership

Please send any updates to your entry in the Membership Directory, including any change in email address, to Del Campbell, **519-826-0679**,
susan-delcampbell@sympatico.ca

Members are encouraged to invite male friends and acquaintances to our meetings.

RESEARCH OPPORTUNITY: CALL FOR VOLUNTEERS

Sexuality among older adults is understudied. This means that critical information about sexual functioning, preferences, health, and satisfaction are missing for adults over the age of 65. Help us fill this gap! Drs. Tuuli Kukkonen and Robin Milhausen, professors in the Department of Family Relations and Applied Nutrition at the University of Guelph, have both given talks at the RCMC on the topic of aging and sexuality and are currently conducting survey research on older adults' sexuality. They are recruiting adults over the age of 65 years to participate in their online study, entitled "Older adults and Sexuality". For more information and/or to participate, please click on the following link:

https://uoguelph.eu.qualtrics.com/jfe/form/SV_cVm2vQMrj1d5a7j