



Royal City Men's Club

RCMC Newsletter

July 2019

July Meetings

Tim Tentcher – Picture Your Life – July 11th. 2019

Presentation:

I have created a practical manual that will enhance your life if you follow it. There are no new ideas here. Instead, I've drawn from ancient wisdom passed down through the years combined with recent work in the field of positive psychology and cognitive therapy. I've combined these ideas to create a practical approach that has helped my clients make changes to their lives. Picture Your Life will help readers create a healthy mind and find the beauty of the soul!

Bio:

Meditation and contemplative prayer have been my spiritual foundation for over 35 years. My experiences as a hermit monk in northern Ontario shaped my early adult life, and later, I joined The Little Brothers of Jesus, a Catholic fraternity founded by Charles de Foucauld. After spending many years as a monk, I became a lay person and married Nancy, the love of my life. More than 25 years ago, I led one of the first cognitive therapy groups in my community. Since that time, I have spent 20 years working with a cutting-edge program that focused on helping people with severe mental health concerns to think clearly and find their dreams. I credit the effectiveness of this approach to my discovery of the field of positive psychology, founded by Martin Seligman. The practice of Positive Psychology offers a recipe for contentment that I teach to my clients. But what I find really exciting is that the synergy between positive psychology and traditional approaches creates results and benefits that far exceed either of these approaches alone.



9:30 Refreshments – 10:00 Speaker

Bill Rowley – Electric Vehicles: the Time is Now – July 25th. 2019

Presentation:

How a Car is born ...and Is there a real need for electric and driverless vehicles?

Bill attempts to keep up to date with industry trends. And will be talking today about 2020 Electrical Vehicles and 2022 AV's.

Bio:

Bill joined Ford of Canada in 1965 after working for 4 years as a Ford Dealer Mechanic.. He spent all 35 years with Ford in the Technical Training Department.

And spent 30 of those years as Ford of Canada's National Training Manager. His position involved continuous updating of some 3000 Ford of Canada Dealer Mechanics. Bill had a staff of 15 full time Instructors who worked out of 11 Ford Technical Training schools across Canada.

As National Training Manager Bill also assisted the Canadian Government with The Red Seal Program. When a Mechanic writes his /hers Provincial Mechanics Certificate Exam and achieves better than 80% on the exam they are awarded the Red Seal. The Red Seal allows that person to work as a mechanic in all 10 provinces.

Less than 80% they are only eligible to work in the certified province.



9:30 Refreshments – 10:00 Speaker

Future Meetings

Future general meetings for August 2019:

Thurs. August 8th. And Thurs. August 22nd.

Activities & Events

Coffee/Breakfast 10:am at the **Boathouse**
or the **AirPark Café**:50 Skyway Dr. at the Guelph Airport

Thurs. July 4th. And Thurs. July 18th.

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

Events:

Elora Race Night: Monday September 23rd. 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.