



# Royal City Men's Club

*RCMC Newsletter*

*March 2019*

## *March Meetings*

### **John Sneyd - The Great Escape: Canada - March 7th. 2019**

#### **Presentation:**

During WWII, Canada accepted German prisoners captured by the allies. One Canadian POW Camp planned on a mass escape of prisoners on Hitler's birthday. The planning and ingenuity matched that of allied escapes in Europe. Let us check out this little known bold and brilliant escape that was intentionally labelled "Top Secret" by the Federal government for decades after the war.

#### **Bio:**

As a newer club member I thought I would provide you with a little more information about my background instead of the standard Bio. My early years involved a lot of moving. I was born in Vancouver and then our family moved to Montreal. Eventually we moved to Florida for a few years before returning to Canada. After a time in Port Hope we moved to Toronto and then I was off to McMaster University followed by time at The University of Toronto. It was time to slow down. I met my wife Ann at a Provincial Park I was running during the summer months of my University years. She has been a music teacher and Director of numerous choirs for over 50 years. Hard to imagine that this is our 49th year of marriage. We ended up in Collingwood where I ran a thriving and innovative history department of 19 teachers at Collingwood Collegiate. Our son Adam is married to Lauren and both of them are professors at the University of Guelph. Our daughter, Lindsey is married to Trevor and they live in Ancaster. He is a tax lawyer and Lindsey is into insurance. Their 3 girls really have Grandpa's number. In a small community it is easy to get involved. I was Chairman of the town's Architectural Conservation Committee, Chairman of the Museum construction committee, member of the Waterfront committee and founding member of the historical society among other activities. Winters included skiing and other outdoor activities. Summers were spent wilderness canoeing in Northern Ontario as well as the Northwest Territories culminating in my longest canoe trek of 650 miles across the Northwest Territories into Nunavut. After retirement I started my own driving business and opened a classroom in Collingwood. I did corporate work as well as working with the young, the old and numerous new Canadians. It was very rewarding but eventually success can lead to more work and after all, I was supposed to be retired. It was time to leave the small town after all that time. I really didn't want to sit on that park bench with all my colleagues watching traffic go by. Moving to Guelph 4 years ago was a "breath of fresh air". Guelph is a thriving University city that has a healthy mixed industrial base. It has been great to see young families, low unemployment and an optimistic outlook. I really think most Guelphites take their city for granted. Pinch yourself...we are envied by many other communities. I feel lucky to be here.



**9:30 Refreshments – 10:10 Speaker**

**Thurs. March 21st. - Matt Gowan - Natural Remedies - BP, Cholesterol, Diabetes**

**Presentation:**

A presentation on the benefits of Natural Remedies.

**Bio:**

Dr. Matt Gowan, ND is a Guelph naturopath with over 15 years of clinical experience. He completed his undergraduate in biochemistry at the University of Waterloo, and worked in pharmaceutical research for several years before becoming a naturopath. Although Dr. Gowan appreciates that drugs have a place in healthcare, he believes that dietary and lifestyle changes along with some natural supplements are usually sufficient to treat most of his patient's ailments. Dr. Gowan's pharmacology background allows him to answer patients questions about the benefits and risks of drugs.

**Education:**

- Bachelor of Science: Honours Co-op Biochemistry – (University of Waterloo) 1992-1998
- Medical Acupuncturist (McMaster University) – 2003
- Naturopathic Doctor (CCNM) – 1999-2003
- Clinic Resident Naturopathic Doctor (CCNM) –2003-2005
- Research Resident (CCNM) – 2005-2007
- Prescribing Therapeutics Exam (CONO) – 2016



**9:30 Refreshments – 10:10 Speaker**

## *Future Meetings*

Future general meetings for April 2019:

Thurs. April 4th. Our 13th. Annual Luncheon and Thurs. April 18th.

## *Activities & Events*

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

**Thurs. March 14th. and Thurs. March 28<sup>th</sup>.**

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

**Next Club Activity/Event: April 13th. - 11th. Annual Anniversary Luncheon**

Contact for Events & Activities - Ken Dick: [carolandken1@sympatico.ca](mailto:carolandken1@sympatico.ca)

Hiking Club - Ken Marchant: [marchjack@rogers.com](mailto:marchjack@rogers.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](mailto: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](mailto:susan-delcampbell@sympatico.ca)

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