



Royal City Men's Club

RCMC Newsletter

September/October 2021

September to October: Virtual Meetings

Sep. 2nd. Dr. Stuart Ross- You, Me and PTSD

Presentation:

"Dr Stuart Ross will present the second part of his prior presentation, **You, Me and PTSD** This covers the skills involved in psychotherapy which may answer the questions of RCMC members in regards to how therapy works by offering practical info on dealing with psychological stress."

Bio:

As chief psychologist at the Homewood Health Centre for 28 years, his focus was on assessing and treating those in the traumatic stress recovery and eating disorders programs, researching program effectiveness and supervising staff and students. His private practice involves treating injured workers, as well as other clients and insurers, and in courts as an expert witness. He is the author of a number of self-help guides as well as a novel based on his travels in Tibet studying Buddhist psychology. Since his semi-retirement, he has become 'that psychology guy', currently engaged in public speaking. He is also a singer-songwriter-musician and an idealist who dreams of saving the world.



10am. To be followed by Live Questions.

Sep. 16th. Tim Robertson – Wastewater Services: It's Amazing

Presentation:

- The history of wastewater treatment in Guelph
- Wastewater Services: what do we do?
- An overview of what happens to that drop of water that travels from your drain to the river
- Future Ready: looking ahead to wastewater management in Guelph

Bio:

My name is Tim Robertson, I'm married, have a 15year old son and a proud resident of Guelph for 30years. I am entering in my 26th year working for the City of Guelph with all but two of those years at the Wastewater Treatment Facility. I began my career in wastewater as an operator in training and worked my way up to the top licence of a Wastewater Treatment Class IV Operator as well as a Wastewater Collection Class II Operator. Following my 10 years of operator experience I made the move to a management position. After a series of advancements I am now entering my 5th year as the Division Manager of Wastewater Services and very proud to be doing so. One of the most enjoyable things I like to do is share with others what wastewater management is all about. From the time the drop of water goes down the drain to the time it enters the river, so much has to happen and sharing what happen while raising the profile of our wastewater experts is very rewarding.



10am. To be followed by Live Questions

Sep. 30th. Dr. Nicola Mercer-Keeping You Healthy: The Unsung Work of Public Health

Presentation:

By September 1st Guelph celebrated over 90% 1 shot Covid Vaccinations and over 84% 2 shot vaccinations. This is one of the highest success rates in all of North America. Dr. Nicola Mercer ,Medical Officer of Health and CEO for Wellington-Dufferin-Guelph , will share with us the many challenges and successes the Health Unit has faced since the start of the pandemic and what may lie ahead for us .

Bio:

Dr. Nicola Mercer was appointed as the Medical Officer of Health and CEO of Wellington-Dufferin-Guelph Public Health in 2007.

Prior to becoming a Public Health physician, Dr. Mercer completed her Fellowship in Anesthesiology and served as Chief of the department of Anesthesiology at the Guelph General Hospital. With 15 years experience as a hospital-based physician, and now 13 years as MOH and CEO she has working relationships with senior leaders both locally and provincially. In 2017 she was appointed by the then Minister of Health, Dr. Eric Hoskins, to the Expert Panel on Public Health.

In her community, Dr. Mercer is past president of the Wellington County Medical Association and currently sits as a member of the University of Guelph, Board of Trustees. Additionally, she has Special Graduate Faculty status in the Department of Population Medicine at the University of Guelph.

Having received her medical training, including her residency, at the University of Toronto, Dr. Mercer also received a Master of Business Administration from Wilfrid Laurier University and a Master of Public Health from the University of Waterloo. She has several publications in the Canadian Veterinary Journal and the Canadian Journal of Public Health. Dr. Mercer has lived in Guelph for more than 25 years and met her husband, a Guelph family physician, in the operating room of the old St. Joseph's Hospital.



10am. To be followed by Live Questions

Oct. 14th. **Dr. Michael Von Massow -Food Labelling and the public perception of the food industry. Buttergate and the controversy over Palm Oil.**

Presentation:

Navigating the Shifting Sands of Consumer Expectations

While consumers don't have a good understanding of how food is produced, they are keen to learn more. Food producers are faced with the challenge of how to help consumers better understand what they are buying. Governments are also trying to encourage the public to eat healthier and are proposing labels to influence choices. There is also a broader community of activists and thought leaders who are providing information on the food system. What are consumers hearing and how is it influencing their choices? This presentation presents the challenge and discusses some examples to highlight what works and what doesn't.

Bio:

Mike von Massow is the OAC Chair in Food System Leadership and a faculty member in Food, Agricultural, and Resource Economics at the University of Guelph. He studies consumer food choices and the changes that these evolving choices mean for food value chains. Mike worked in industry for many years before undertaking a PhD and joining the University which gives him a different perspective on research and teaching. He is a frequent speaker and is often quoted in the media on food related issues.



10am. To be followed by Live Questions

Oct. 28th. Phil Jensen – Waste Disposal Management in Guelph

Presentation:

Today Phil will review some of the main activities related to the current Solid Waste Management Master Plan, particularly some key challenges, which will also illustrate why the City engages in a planning process of this type every five years.

Bio:

Phil Jensen joined the City of Guelph's Solid Waste Resources group in 2018. He is a project specialist and currently the staff lead for the City's Solid Waste Management Master Plan. Prior to joining the City Phil was a waste planner, policy, and program expert with a focus on waste diversion, recycling, and reduction. He has 37 years of municipal waste management and consulting experience, having worked for three municipalities (big, medium, small), three engineering firms although not an engineer, the Ministry of Environment, an industry funding organization and a non-profit recycling company. As a consultant he has acted as a waste plan lead, project manager and/or subject matter expert in waste diversion policy and program areas, including the previous version of the City's waste plan in 2014. In addition to working for the City, Phil is also a part-time instructor for the Fleming College Sustainable Waste Management program.



10am. To be followed by Live Questions

To Our Members,

Royal City Men's Club - Update Related to COVID-19 - Updated 7 March 2021

In line with guidelines from the government and public health professionals, Royal City Men's Club continues to cancel all "live" lectures, activities and coffee club get-togethers until further notice. We anticipate that we will be able to reconsider live lectures sometime in the fall of 2021.

In the meantime, we are continuing to offer "virtual" meetings where speakers give "virtual" presentation using Zoom. Also, on alternative Thursdays, we will have a "virtual coffee morning", again using Zoom. Thus there will be either a lecture or a coffee morning very Thurs at 10 am (login open at 9:30 am). In order to simplify Zoom logins, everyone will be sent a single link which will apply to all these meetings.

If you have not been participating in these Zoom meetings, they are now running very smoothly. If you need assistance with Zoom, we can provide some training. Please let us know.

We thank you for your understanding and patience. We will continue to communicate via our mailing list and on our website to keep you well informed. There is additional information on the website.

In the meantime, your health is of primary importance and we encourage everyone to follow the advice of the government and health professionals.

R.C.M.C. Board of Directors

Future Meetings

Meetings For November/December
[Check Schedule on Website](#)

Activities & Events

Coffee/Breakfast 10:am

Cancelled Until Further Notice

Events:

The Activities Committee would like to invite you to join us for a hike. This will commence at The Arboretum at 10:00 AM on **Monday October 18.**

The Arboretum is generally flat and can accommodate most walking abilities and we will never be too far from the parking lot if you wish to go back.

We will also offer coffee and tea which we can have after our walk. There will be fresh brewed coffee and tea with cream and sugar available. Just like camping. All you need to bring are a good pair of hiking or running shoes and a mug and chair. We can sit in a circle physically distanced and enjoy the coffee and some social interaction.

Day: Monday October 18th

Time: 10:00 AM

Place: Arboretum. Meet in East parking lot off College Av just west of Victoria Rd.

Required: Chair, Mug

Hopefully we will have some more fall colour by then and it won't be too cool. Rain date Friday October 22.

To help us plan for coffee and tea please let us know if you will join us. Please reply to Ken Marchant (marchjack@rogers.com) or Martin Alderwick (malderwick6939@gmail.com)

We look forward to seeing you.

Activities Committee

Contact for Events & Activities -Ken Marchant: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

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.