



Royal City Men's Club

RCMC Newsletter

September/October 2020

September - October: Virtual Meetings

Sep. 3rd. - ZOOM VIRTUAL MEETING - Tony Davis: Climate Change: Why We Should be Concerned

Presentation:

Bio:

10am. To be followed by Live Questions.

Sep. 17th. - ZOOM VIRTUAL MEETING - Ian Evans - Adrian de Gerlaches' ill-fated 1898 Expedition to Antarctica – Sep 17th. 2020

Presentation:

In 1898, Belgian naval officer, Adrian de Gerlache led a scientific expedition to explore the peninsula region of Antarctica. The expedition was a comedy of errors and misadventure right from the start. The outcome being that his ship, the Belgica, was trapped in ice, forcing its crew to be the first to “winter over” in Antarctica. In the Spring of 2019, Ian Evans was a guest lecturer on a cruise ship as it sailed through the Gerlache Strait in Antarctica, following the course of the Belgica.

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.



10am. To be followed by Live Questions.

Oct. 1st. - ZOOM VIRTUAL MEETING: David Ma - Guelph Family Health Study

Presentation:

The Guelph Family Health Study: Understanding the many contributors to family health in the early years.

This presentation will provide an introduction to the Guelph Family Health Study, which was launched in 2014. Our team is following over 300 families predominantly in the City of Guelph. We are investigating the biological and behavioural factors underlying health in families with young children. Similar to riding a bike, establishing and learning healthy habits in early years becomes lifelong skills. While prevention is intuitive, there is a need to establish the evidence that early prevention leads to life long benefits for health. This is vital work needed to combat the global epidemic in childhood obesity.

Bio:

Dr. David Ma is a Full Professor and Director of the Guelph Family Health Study in the Department of Human Health and Nutritional Sciences at the University of Guelph.

His research is focused on understanding the role of dietary fats in human health and disease. The goal is to better understand the role of fats throughout the lifecycle from the early beginnings of life to old age. Fats studied include the omega-3, omega-6, omega-9, and trans fats. This knowledge is important for developing strategies for the prevention and treatment of chronic diseases such as cancer and obesity. Currently, his research spans fundamental studies on fatty acid metabolism in the lab to the study of determinants of health in a cohort of over 300 families belonging to the Guelph Family Health Study in the City of Guelph.



10am. To be followed by Live Questions

Oct. 15th. - Zoom Virtual Meeting - Dr. Paul Woods:Using Dogs to Study Cancer Treatments

Presentation:

Cancer is primarily a disease of aging populations, and pets are no exception. At the Ontario Veterinary College, University of Guelph, the Mona Campbell Centre for Animal Cancer is a comprehensive veterinary cancer centre offering surgery, radiation, chemotherapy, immunotherapy, and investigational therapies in conjunction with clinical trials to diagnose and treat cancer in animals. In fact, naturally occurring tumours in cats and dogs are often very similar to human disease, and therefore are a superior model for cancer in people. The diagnosis, treatment, and investigation of cancer in cats and dogs at the University of Guelph will be reviewed. In addition, the University of Guelph Institute for Comparative Cancer Investigation (ICCI) works to maximize our understanding of cancer in both people and pets, thus providing a unique opportunity for improved prevention, detection, and treatment of cancer benefiting both animals and humans.

Bio:

Paul Woods is Professor of Oncology in the Department of Clinical Studies at the Ontario Veterinary College and co-Director of the University of Guelph Institute for Comparative Cancer Investigation (ICCI). Dr. Woods is a graduate from the Ontario Veterinary College. He practiced in Owen Sound, Ontario and then completed a residency in Small Animal Internal Medicine and Master of Science in Veterinary Science (investigating hyperthermia as a cancer treatment) at the University of Wisconsin-Madison. Dr. Woods completed a Medical Oncology Fellowship at Colorado State University. He was formerly on the faculty at Oklahoma State University. He is board certified in the American College of Veterinary Internal Medicine (ACVIM) in Internal Medicine and Oncology. Dr. Woods' research employs novel therapeutic and diagnostic agents and techniques in clinical trials with veterinary cancer patients.



10am. To be followed by Live Questions

Oct. 29th. Zoom Virtual Meeting - Ellin Bessner: 75th Anniversary of the End of WWII: Guelph's Contribution

Presentation:

Ellin will speak to us about the contributions by the City of Guelph and citizen's contribution to the 75th Anniversary of the end of World War Two.

Bio:

Ellin Bessner is a Canadian journalist based in Toronto. She is the author of a new book about Canada's Jewish servicemen and women who fought in the Second World War. The book is called "Double Threat: Canadian Jews, the Military, and World War II".

Ellin was born in Montreal and graduated with a degree in journalism and political science from Carleton University. Her career as a journalist took her around Canada and around the world, working for CTV News and CBC News, and also stringing for the Globe and Mail, The Canadian Press and other organizations. As a foreign correspondent based in Rome, Italy, during the 1990s, aside from reporting on the Vatican, the Mafia, Italian food, fashion, and opera, and of course, on Italian soccer, Ellin also covered several brutal civil wars in Africa. She's interviewed Prince Phillip and the Dalai Lama. She was a business anchor for many years at Report on Business Television, now BNN.

Ellin has also taught hundreds of budding young journalists, in her capacity as a professor at Centennial College Journalism School in Toronto, and before that, at Seneca College and Ryerson University.

In her spare time, she plays Mahjongg, gardens, and loves the "Outlander" series. She lives in Richmond Hill, Ontario with her husband and two sons.



10am. To be followed by Live Questions

To Our Members,

Royal City Men's Club Cancellations Related to COVID-19 - Updated 29 April 2020

In line with guidelines from the government and public health professionals, Royal City Men's Club is regretfully cancelling all "live" lectures, activities and coffee club get-togethers until further notice. We anticipate this could be from a several weeks to a few months.

However, we are pleased to announce that we will be offering a limited number of "virtual" meetings where speakers will present a virtual presentation using Zoom. Also, on every Thursday on which we do not have a presenter, 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. In order to simplify Zoom logins, everyone will be sent a single link which will apply to all these meetings.

We thank you for your understanding and patience during these uncertain and stressful times. 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.

On behalf of your Board

Future Meetings

Meetings for November – December 2020:

[Check Schedule on Website](#)

Activities & Events

Coffee/Breakfast 10:am

Cancelled Until Further Notice

Events:

ALL ACTIVITIES ARE CANCELLED

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.