



SPRING AT LAST! Dust off the 'kid' in you and come for a visit!



**2019
BOARD OF DIRECTORS**

Pinto Fred, President
Haist, David, Vice President
Dorothy de Kiewiet,
Treasurer
Susan Christian, Media
Theresa Haist, Secretary
Bill Hagborg
Ike Chrest
Riley Cormier
Julie Falsetti
Michael Guy
Lori Beckerton
Jim Hassler
Bill Marsh
Chris Mayne
Andrew Mutchmor
Louise Vaillancourt
Jan Perfect

Troy Storms, NBMCA Rep

Want to get Involved? There are currently spots available on the Board of Directors.

www.laurierwoods.com

Annual General Meeting

On April 4 of this year the Board of Friends of Laurier Woods, along with a group of supporters and members gathered at the Shriners Hall for the Annual General Meeting. The President reviewed the work of the past year and the directors were voted in for the coming year. After a delicious meal we were entertained and informed by Larry Dyke, a retired Geologist and permafrost expert. Larry spent most of his career with the Geological Survey of Canada and the Geology Department at Queens University. His research has carried him to many parts of the Canadian Arctic where he became involved with permafrost studies. During his travels he was fortunate to get to know and develop a friendship with several indigenous people there and since retirement has had the opportunity to take extended wilderness trips with them. Larry's audio-visual presentation took the audience on a journey through the geography of the Mackenzie River delta and introduced us to the past and present current ways of life of the indigenous residents. Larry is currently working on a collaborative effort with Inuit friends from the region to assemble their stories of the lifestyle of bygone years. The presentation was followed by election of the board for the coming year. Joyce O'Halloran has retired from her many years as our Treasurer and thankfully, will continue on the Board. Dorothy de Kiewiet will assume the Treasurer's duties. Jan Perfect joins us as our newest Director.

Guided Hikes and Special Events Calendar for Laurier Woods – 2019

Birds - Dick Tafel	May 4 ,11, 18, 25	9 am – 11:00
Plants - Lori Beckerton	May 25	10 am – noon
*(limited to 15 participants; register at kethren2004@yahoo.ca)		
Family Event – Valerie Murphy	June 1	10 am – noon
Insects - Riley Cormier	July 6	10 am – noon
Invasive Plants of North Bay - Mel Alkins	Aug 3	10 am – noon
Rocks - Larry Dyke	Nov 23	10am - noon
LDK Festival August 17	**** Plans are underway	9 am – 3 pm
Hike for Hospice – May 5 – http://www.hike4hospice.com/	register	-10 am
Forest Talk Radio – launch 9:45 am May 25th to Laurier Woods – 2 walks planned	https://postapocproductions.com/2018/04/27/forest-talk-radio-the-laurier-woods-ed/	
Boardwalk and trail repair scheduled sometime this summer – the Conservation Authority will make every effort to ensure access to the woods.		

Spring always reveals surprises! The woods can be littered with dog droppings. Some of our directors actually use shovels and bags to clean up for all. Please do your share and stoop and scoop after your dog.

Shinrin-yoku or Forest Bathing, the practice of going for a slow walk in the forest is gaining wider adoption by people in Canada. Recent scientific research shows that walking in the forest has many measurable positive health benefits. Stress hormones and blood pressure are reduced, anti-cancer protein production increases and mood improves. Enjoy these benefits with a 2 hour walk in Laurier Woods at least once a month. The practice of Forest Bathing requires you to slow down, get in touch with your senses and relax by listening to the sounds of nature - focus on your breathing and let distractions pass you by. Go early in the morning. The still night air allows the accumulation of many healthy chemicals that trees release and these will be at their highest concentrations in the morning. Stop and inhale deeply in the conifer groves. You need not cover a great distance, simply take your time and enjoy. The goal is quiet and peaceful contemplation and improved health.