







**YORKLANDS GREEN HUB**  
Opening green doors to the future.



Welcome to the Yorklands community update!



### **Yorklands Community Update: August 8, 2025**

August is here! Before the weekend comes along, the YGH is excited to share with you some upcoming events and updates!

  #GuelphGreenReads Book Club Panel Discussion: Join Yorklands Green Hub on Sept. 11 for a thought-provoking panel discussion featuring several community environmental advocates at the Guelph Public Library.

  Guided Forest Therapy Walk - Sept 22 - Register and participate in a guided walk around the Yorklands site, and experience the wonderful benefits of forest therapy.

  Virtual Q&A with Dr. Nadina Galle - Sept. 23 - In celebration of National Forest Week, the YGH and other community partners are hosting a virtual Q&A featuring Dr. Nadina Galle's *The Nature of Our Cities*. A great way to conclude your summer reading!

  Request for Testimonials - Let us know how Yorklands has touched your life by filling out our testimonial form. It only takes 60 seconds!

Enjoy the summer weather!

The Yorklands Team



# #GuelphGreenReads

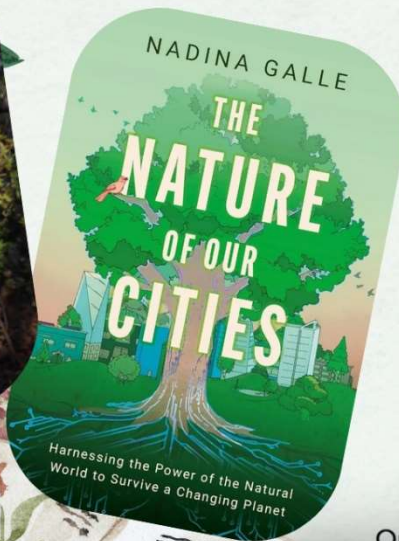
## Book Club Panel Discussion

September 11  
Thursday

7:00–8:30 PM

Guelph Public Library – Main Branch  
(100 Norfolk St.)

Join us!





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  #GuelphGreenReads Book Club Panel Discussion

Join Yorklands Green Hub for a thought-provoking panel discussion inspired by *The Nature of Our Cities* by Dr. Nadina Galle. Explore how technology and ecology intersect in shaping the future of urban sustainability.

Moderated by long-time heritage advocate Susan Ratcliffe, this engaging evening will feature insights from:

- Steve Yessie, City of Guelph Water Conservation
- Dave Beaton, City of Guelph Forestry
- Abigail Walton, Youth Climate Leader
- Heather Schibli, Pollination Guelph

Bring your questions, reflections, and curiosity as we discuss smart cities, resilient ecosystems, and how we can all play a part in building greener communities.

**Free and open to the public!**

**Date:** Thursday, September 11 | 7:00–8:30 PM

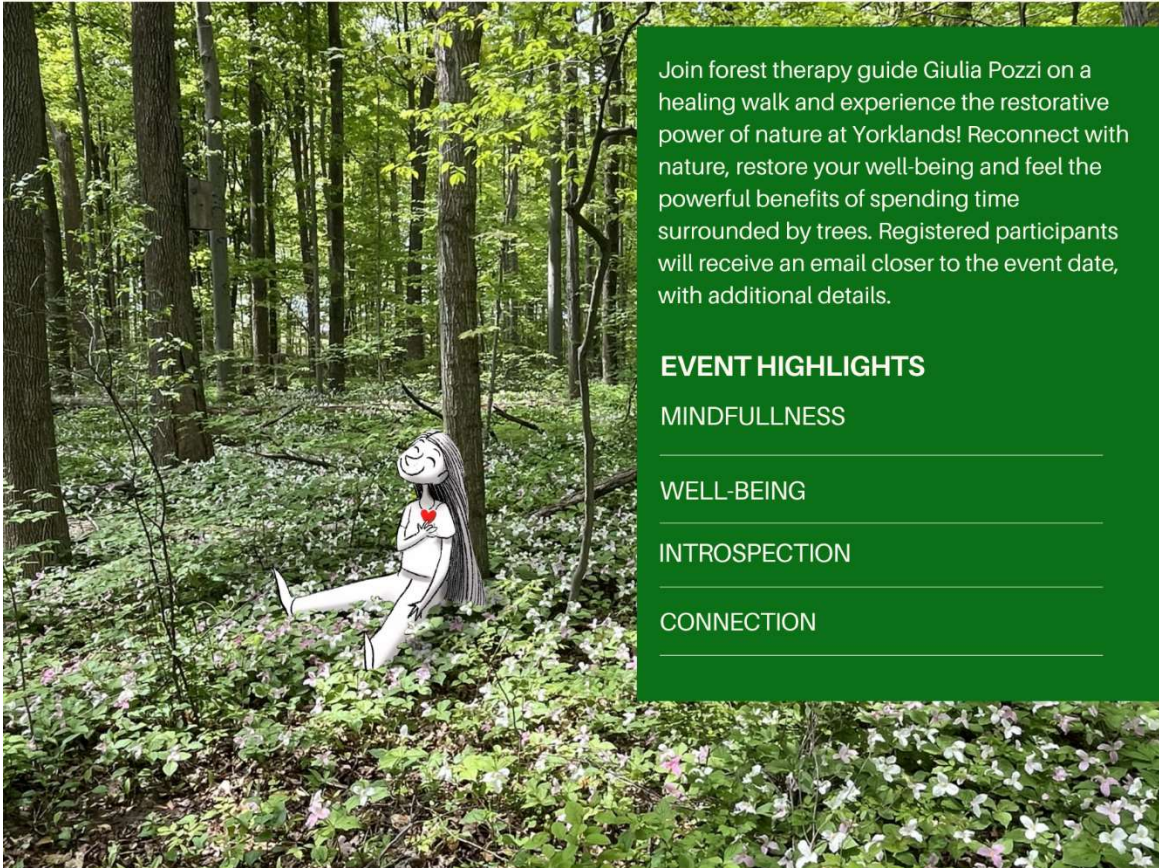
**Location:** Guelph Public Library – Main Branch (100 Norfolk St.)

Register here: <https://www.eventbrite.ca/e/guelphgreenreads-book-club-panel-discussion-tickets-1514094680949?aff=oddtcreator>

Presented as part of the #GuelphGreenReads book club, in partnership with Yorklands Green Hub, the Guelph Public Library, the Arboretum, Pollination Guelph, Bookshelf, GUFF and more.

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# Guided Forest Therapy Walk



Join forest therapy guide Giulia Pozzi on a healing walk and experience the restorative power of nature at Yorklands! Reconnect with nature, restore your well-being and feel the powerful benefits of spending time surrounded by trees. Registered participants will receive an email closer to the event date, with additional details.

## EVENT HIGHLIGHTS

MINDFULNESS

WELL-BEING

INTROSPECTION

CONNECTION

## SEPT 22: 10AM-12PM

LOCATION: MAIN GATES, 785 YORK RD. (BUS ROUTE #4)

*Tickets: <https://foresttherapywalkyorklands.eventbrite.ca>*

### **\$20 DONATIONS ARE ENCOURAGED**

Donations can be made on our website or using cash person

To donate online: <https://yorklandsgreenhub.ca/donate/>



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## Guided Forest Therapy Walk

To celebrate National Forest Week, Yorklands is hosting a guided forest therapy walk led by Giulia Pozzi, a certified forest therapy guide!

Also known as forest bathing, forest therapy is a wellness practice that encourages participants to engage with their senses and reconnect with nature. Originating from Japan in the 1980s, several studies now affirm some of the benefits of regular forest therapy, including a reduction in stress levels and increased well-being.

**During the walk along the Yorklands, Giulia will guide participants through a series of restorative, mindful invitations to slow down and interact with the forest in new, playful ways.** Registered participants will receive an email closer to the event date, with additional details.


### **What to expect:**


- Gentle, flexible invitations to inspire you to engage with the natural world
- Moments of optional sharing as a group
- Tea under the canopy at the end

**20-dollar donations are encouraged for event participants,** who have the option to donate either online or in person at the event, using cash. These donations help YGH continue offering events while supporting our event host.

To donate online: <https://yorklandsgreenhub.ca/donate/>

### **Additional Event Details:**

 **Date:** Monday September. 22, 10am-12pm. A rain date is scheduled for Friday September 25 from 10-12pm.

 **Location:** Main Gates, 785 York Rd. (Bus route #4)

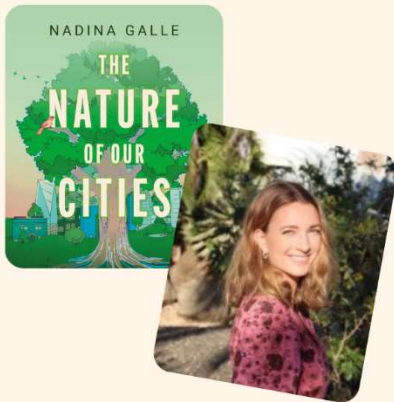
📌 Tickets: <https://foresttherapywalkyorklands.eventbrite.ca>

Disclaimer: Forest therapy is not meant to be taken as group therapy or psychotherapy.

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# Virtual Q & A With Dr. Nadina Galle

## #GUELPH GREEN READS



In celebration of National Forest Week, the Yorklands Green Hub and other local organizations are hosting an exclusive online Q&A session, featuring **Dr. Nadina Galle** and her groundbreaking book, *The Nature of Our Cities*.

As part of our summer book club, the Q&A is a perfect opportunity for readers to wrap up their reading and ask the author any follow-up questions they may have! Closer to the event date, a zoom link will be emailed to registered participants.

DAY	TIME	LOCATION
SEPT, 23	7-8:30PM	ONLINE/ZOOM

Register Now: <https://guelphgreenreadsvirtualqanda.eventbrite.ca>



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  Virtual Q&A with Dr. Nadina Galle

Come get tickets for **an exclusive online Q&A with Dr. Nadina Galle**, author of *The Nature of Our Cities*, as we wrap up #GuelphGreenReads and celebrate National Forest Week! Hosted by Yorklands Green Hub and several local organizations, this event concludes the summer book club launched on May 20th, at the University of Guelph's Arboretum.

The Q&A offers readers a chance to dive deeper into the book's themes—exploring how technology and ecology can work together to build greener communities. Readers will also have the opportunity to ask the author, Dr. Nadina Galle, questions about her work. Bring your thoughts and curiosity to this lively follow-up session!

 Copies of *The Nature of Our Cities* are available at [The Guelph Public Library](#) and [The Bookshelf](#).

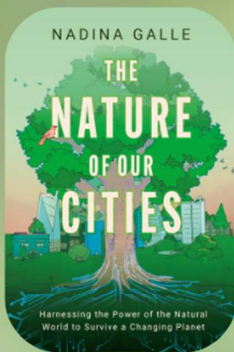
Tickets below 

[Tickets For Q&A](#)

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# SUMMER BOOK CLUB

# G U E L P H G R E E N R E A D S




FOLLOW THE HASHTAG #GUELPHGREENREADS  
AND JOIN OUR COMMUNITY OF READERS THIS  
SUMMER!

🌿 The More High-Tech Our Lives Become, The More Nature We Need 🌿

In an era where technology permeates every aspect of our lives, the need for nature has never been more critical. Dr. Nadina Galle's Internet of Nature podcast episode, "The More High-Tech Our Lives Become, The More Nature We Need," features a compelling conversation with Richard Louv, renowned author of Last Child in the Woods and founder of the Children and Nature Network.

Together, they delve into the concept of "nature-deficit disorder," exploring how our increasing reliance on technology necessitates a stronger connection to the natural world. Louv emphasizes that he is not "anti-tech" but advocates for a balanced approach where technology serves as a bridge to nature rather than a barrier. This dialogue is particularly relevant for urban communities like Guelph, where integrating green spaces into our daily lives can enhance well-being and foster a deeper appreciation for the environment.

 **Listen to the full episode here:** S4E10 — [The More High-Tech Our Lives Become, The More Nature We Need with Richard Louv](#)

For more insights on creating nature-rich communities, visit the Children and Nature Network: <https://www.childrenandnature.org/>

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# HOW HAS YORKLANDS TOUCHED YOUR LIFE?

*TELL US HOW IN 60 SECONDS! FILL OUT THE  
FORM BELOW*



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If interested, please fill out the form below and share your experiences! Your responses are extremely valuable for the YGH.

Link to the form is here: <https://form-can.keela.co/testimonial-form>





Volunteer  
Bénévoles  
Canada

# NATIONAL VOLUNTEER WEEK 2025

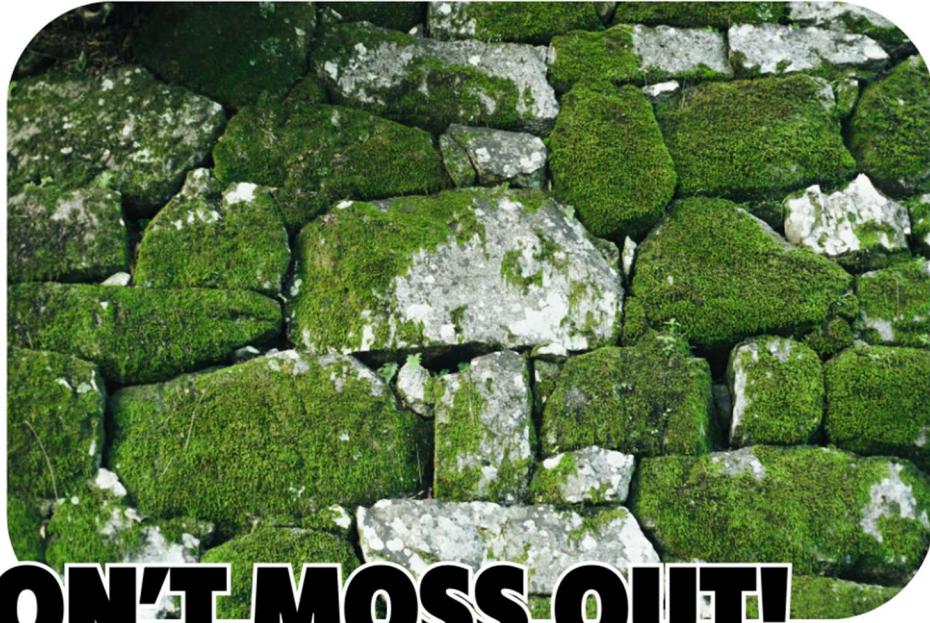
VOLUNTEERS MAKE WAVES

APRIL 27 - MAY 3

We've decided National Volunteer Week is too short to celebrate all the wonderful people that make our work possible. Every week we'll be introducing you to some exceptional YGH volunteers in each bi-weekly e-blast. This week we're pleased to introduce you to our Website Coordinator, Wayne!

*Wayne Johnston retired from the University of Guelph Library in 2023. It is primarily through his career as a librarian that Wayne had the opportunity to indulge his desire for travel. From setting up a resource centre on wildlife management in the Canadian Arctic, to working with refugees and victims of war in Croatia, and other projects in Ghana and Nepal, he feels fortunate to not only travel to some fascinating places but to engage with the local people over extended periods of time. His volunteer lifestyle focuses on international volunteer work as well as painting, reading and playing squash.*

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**DON'T MOSS OUT!**

*Become a member today*

Our members enjoy exclusive rewards and benefits! Walk a mossy path towards a greener future with us by becoming a member today!

**VISIT: [HTTPS://YORKLANDSGREENHUB.CA/BECOME-MEMBER/](https://yorklandsgreenhub.ca/become-member/)**

By now you've heard about the launch of our new membership model, designed to offer enhanced benefits and flexibility to our valued members!

As we continue our mission to promote environmental sustainability and community engagement, we believe that this new model will better serve the diverse needs and interests of our members.

As current memberships expire, we will be gradually transitioning all members to the new membership model. Rest assured, we will provide ample communication and support throughout this process to ensure a seamless transition for all members.

We invite you to explore our new membership tiers and consider renewing your membership at your preferred level. Your continued support enables us to drive positive change in our community and beyond.

For more information about the new membership model or to renew your membership, contact Kim Wakeford at [yghmembershipsecretary@yorklandsgreenhub.ca](mailto:yghmembershipsecretary@yorklandsgreenhub.ca)

A special thank you to our sponsors at the Guelph Museums and The Neighbourhood Group for supporting our membership programs!



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