

3,2,1 cut...ACTION!

Creative Wheel update for the coming years to come!



February 20, 2025

A word from the director

I am back this year with a renewed hope and determination to embark on new outdoor adventures, **both on and off my mountain bike**, in my forest gym. Derechos, ice storms, climate change, forest fires, record heat waves, and torrential downpours are all realities we face. However, now is NOT the time to lose hope and give up. Now is the time to unite and stand strong, knowing we can make a difference through our daily choices.

This winter, **Bruno Bernier** successfully removed all the fallen giants that fell during the 2022 derecho in the Amik forest. He had to build an access road (a skidway) to bring the trees down the mountain. I am thrilled to announce that I have joined the **Terra-Bois Cooperative** and that they will be developing a **forest management plan this summer**. The last one was developed in 2011 by *Les Conseillers forestiers de l'Outaouais*.

Sharing the forest management plan with all of you, our loyal patrons, will be a

wonderful educational experience. It will foster a deeper connection between the interplay of nature and our mental, physical, and emotional health.

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I continue working on my late partner John Eaton's (1942-2020) legacy, which started with writing an article in *Volume 49 of Up the Gatineau*. I am working to reopen the gallery for private visits and continue archiving/documenting his contributions to the Canadian artistic landscape. Also significant for me is my parents' recent move to the national capital, and I want to make sure that I spend as much time as possible with them *playing tourist* as their chauffeur. They keep me young!

2025 will undoubtedly be a balancing act between Val-des-Monts, LaPêche, and Ottawa, plus my time with the CLSC of Masham. I am most passionate about my coaching and counseling work and working and mentoring your children and teenagers continues to inspire hope in me.

Thank you for your support over the years. I look forward to continuing our collaborative efforts

to ensure the well-being of our “pale blue dot” for many years to come. It takes a community.

Get in touch anytime if you wish to visit the Amik forest. Website updates have been completed with the help of Carolle and Joanne. Let the season begin.

Dominique & the ménagerie
forestgym.ca | greenhospital.ca

