

*Winter 2009-2010 Issue.*

*all your YPO Ontario Chapter news, gossip and inuendo that's fit to print.*

THE

# WINTER



# Forum SCOOP Forum PGA

Forum PGA (Tom Davidson, Michael Dobbs, Dennis Hewko, Peter Kozicz, Michael Lang, Joe Robertson, Jeff Sackman and David Williamson) recently came together for a “retreat to remember” in Costa Rica.

When interviewed by the Tattler, **Dennis Hewko** claimed it was the best retreat ever! Here’s what he had to say ...

“What made this retreat special was a combination of two things – our decision to rent a villa and a terrific location for the retreat.

Having an eight-bedroom villa allowed us to be together all the time versus being split up in separate hotel rooms. The villa came complete with a chef and staff, so we had all meals served around our schedule and we did not have to leave to go out for meals. This also provided great privacy. The villa was a great value, with superb food, alcoholic beverages and driver included.

The retreat’s location was also outstanding, offering exceptional experiential activities including zip-lining through the rainforest, AT’Ving through the mountains, scuba diving and snorkeling, plus phenomenal fishing.”

When *The Tattler* sought out confirmation from fellow Forum Member **Michael Dobbs** to verify the success of this retreat, Michael said, “this is how we roll!”

## Dominion Forum

### Things to avoid doing with Forum...

Don’t invite Snoop to the Party!

**Tim Hodgson** is quoted as saying, “I am not player hating, I just would prefer my schizel is more fashizeled when I am away with Forum ...” as reported after Dominion Forum’s encounter with Snoop Dogg during a Muskoka getaway.



## Los Toros

When **Los Toros** isn’t building villages in the Dominican Republic for Haitian refugees, they are working-out in Spain. In an exclusive with moderator **Philip Donne**, we explore their Fitness Retreat.



In May of 2009 Members of Forum Los Toros attended a “Fitness Retreat” in northern Spain (Girona). The program was organized by a Canadian fitness holiday company called Pure Scapes ([www.purescapes.com](http://www.purescapes.com)) and it was a pure success!

Pure Scapes designed a unique fitness and adventure experience that featured functional fitness training, yoga, nutrition counselling, cultural excursions (we visited “Figueres”, home of the Salvador Dali museum) and holistic activities. The work the team did helped to create optimized exercise/fitness regimes for the attendees.

Our group enjoyed activities such as hiking, sea kayaking, cycling at the foot of the Pyrenees along the “Tour de France” training route (for our passionate cyclists) and daily massages to recuperate after full days. Afternoons and evenings were spent by the pool and in historic towns such as Besalu and Figueres.

We also enjoyed fabulous gourmet food that was 100% organic and local. Our Chef David was a good Canadian boy who is assisting the Pure Scapes team in Spain and Portugal.

The success of this program was evident by the feedback that our Members gave following the event:

“Pure Scapes was a memorable and exhilarating experience ... the care, professionalism and passion of the Pure Scapes team made a profound difference on how I approach my personal well-being. I lost 12 pounds within 3 weeks of my return home from the experience through very simple and painless adjustments in lifestyle, exceeding my personal goal!”

Overall, a great and unique event that had a lasting impact ... we’d highly recommend it.

## Event attendance by FORUM

*Forum The Keep leads the pack so far, with a total of 27 events attended! Let’s all catch up!*

Forum Name	Events YTD	Forum Name	Events YTD	Forum Name	Events YTD
09.....	19	K3 .....	15	ONTARIO FORUM .....	14
19.....	24	THE KEEP .....	27	PGA .....	7
96.....	22	L.....	6	R.....	20
C.....	4	LEVEREDGE.....	13	S.....	3
CHICAGO .....	0	LOS TOROS.....	10	SELF SHOP .....	24
DOMINION.....	20	MAGNIFICENT SEVEN .....	17	SHOOTERS.....	20
E.....	24	N .....	14	YPO EDUCATION.....	7