



unbeLEAFable
Ontario

30th Annual Jewish Outdoor Escape 2022



Daytime Workshops

Early Morning Stretch with Francine Dick in the Pavilion

Friday and Saturday mornings from 6:45-7:15

Meet Francine for early morning stretches to get you loose, limber, and ready to take on the day.



Robert Arnoff Massage Workshop in the Pavilion

Friday 3:00 - 4:45 pm

The first half of the workshop is an interactive lecture, during which Bob will share surprising stories of unique massage experiences from around the world. Some of these are quite bizarre. (If you attended my previous workshops, please don't share the punch lines!).

In the second half, we will partner up to give and receive a massage.

Please comply with the Mosaic rules of conduct – in other words, be a mensch. Be respectful: let your partner know where you are about to touch; get their agreement. If asked not to touch – don't touch. Guys, be a gentleman – Everyone, be a mensch.

Please respect everyone's comfort and dress appropriately: swimsuits are not

appropriate. Let your partner know you will begin with light pressure and ask them to let you know if they wish for more pressure or less. If increasing pressure, do so gradually. More suggestions will be given during the workshop.

Please note: Bob Arnoff is not a licensed massage therapist. I would appreciate your participation if we had an LPT at the event.



Mosaic JOE 2022 Daytime Workshops

Nature Walk with Dave Liebman at the Dining Hall

Saturday 1:00- 2:45 pm

Most people walking through the woods see trees, plants, and a few birds. They are not tuned into the exciting and interesting living things around them. They never understand the millions of years of geographic history that created the home for life on Earth.

Join David Liebman on a nature walk where he will show how to find unnoticed but unique plants, animals, and insects in their natural habitat. You will learn to see through the camouflage, identify, understand, and appreciate a wide variety of life in the natural wilderness. We will even find some edible and medicinal plants that can save a life if you are ever lost! Each nature walk is unique and reveals how life forms, when undisturbed by man, fit into a delicate, interrelated, and interdependent natural plan.

Hopefully, the nature walk will inspire you to learn increasingly about the natural world in ways you have never seen.



Pink Panther Bike Ride at the Bike Shed

Saturday 1:00-2:45pm



Relaxed, casual, no-pressure ride with Doug Collins. The Pink Panther is his bubble-gum pink tricycle, his primary mode of transportation around Hamilton, Ontario, where he lives.

1-2 hours depending on riders and trail conditions.

The trail terrain can sometimes be rough; we could encounter loose gravel, potholes, jagged protruding rocks, puddles, or mud. Be prepared to ride (or walk)

your hybrid bike through several wide, deep puddles – you might want to roll up your pants!

Eligibility: recommended for more experienced cyclists due to terrain conditions

Length of cycle: probable max. 10-12km /2 hours

Elevation gain (approx.): 150 m. (500 ft.); gentle grades, mostly flat

Estimated time away from Camp: 1:00 pm ~ 3 pm (latest)

Torah Study with Ellen Flax in the Pavilion

Saturday 3:00-4:00pm

Calling all e-bayers! What are our Jewish obligations when we sell or buy things? We will study Jewish texts (in translation) and engage in a lively discussion about what it means to be a “kosher” consumer/seller, emphasizing online transactions.

Mosaic JOE 2022 Daytime Workshops

Qi Gong with Jo Anne Chisholm, in or outside the **Gazebo**, depending on how we feel.

Sunday morning 8:30-10:00 am,



Suggested footwear: bare feet.

Suggested clothing: Light, loose, or lightly fitted, comfortable.

Gentle stretching leaves you breathing deeper, feeling more relaxed yet energized. Attention to the breath, attention, intention, muscle strengthening, and relaxation.

Qi Gong (pronounced chee gong).

Start your morning with Jo Anne to set yourself up for the rest of your day. Qi Gong is an intentional and mindful practice, guiding qi (energy or life force) to where it is needed: body thought or emotion. Slow, gentle movements are done many times; each has a specific purpose, stimulating muscle, bone, heart, lungs, and other organs, building strength, flexibility, and balance. Qi Gong can be done seated or standing, with or without support, at any fitness level. It results in relaxed muscles and a sense of well-being. Qi Gong's "moves" are called "flows": with no harsh or sudden movements, it is a flowing practice, and you will flow smoothly, breathe easier, and feel calm, awakened, and aware after our time together. T'ai Chi, a subset of Qi Gong, incorporates many Qi Gong moves in a specified sequence, while in Qi Gong, one chooses which flows to perform. Comfortable clothing, bare feet, an optional mat or chair, and water for hydration are excellent choices.

Knot Tying with sailor Doug Collins

Sunday 10:15-11:45 am at the Gazebo

This is a short course knot to be missed, so seizing the moment, you can put the bight where it belongs and maybe get hitched up somehow. You'll stay to the end. OK, enough with the wordplay: if you don't get the puns, ask google - or me.

I will teach you how to tie some basic knots used in sailing and rigging.

The art of knotting is as ancient as humankind. There are examples of rope work in Tutankhamen's tomb. The Incas used quipu, a knotting system used as a numerical system (an "ancient Excel spreadsheet"), and for storytelling. Fascinating: a visual and tactile way to exchange information.

The knots tied to create the fringes on the tallit "spell out" various essential concepts in Judaism, such as "613 mitzvot" and "God is one." Like quipu, it can be seen as a secret language, understood only by those who are in on its meaning.

Macrame is an art form composed entirely of knotting. It was, however, seamen and sailors, particularly those who served aboard the great sailing vessels of the eighteenth and nineteenth centuries, who exploited the full potential of knot tying both and decoratively.

So come and tie up some of your time with me. I won't string you along.



Mosaic JOE 2022 Daytime Workshops

Photography with Jeffrey Kay at the Gazebo

Sunday 1:00-2:45pm



The rugged beauty of central Ontario will be our backdrop as we discuss ways to improve your photography skills. Topics will include Composition, Lighting, and Perspective. We will meet at the gazebo and walk around various areas of Camp George, working to improve our photo-taking talents. These days digital cameras enable us to take dozens of photos simultaneously and later select the best of the bunch for our audience. Bring your own camera; remember, most of today's smartphones are also good cameras. Bring walking shoes (no sandals), a sun hat, bug spray, and of course, your camera. And when you get home, you'll have some great photos to show off to friends and family.