



Shibagau Creek Forest Farmstead February 2025 Newsletter

New Year's greetings from Shibagau Creek.

We trust your 2025 is skyrocketing into a wonderful year of success and fun. We realize that we haven't sent you news in awhile, so this update is well overdue. We're thrilled to be telling you what we've accomplished these past months and outline the incredible line up of events we have in store at the farm for 2025. It's a very exciting year.

Peter's Update on International Art Collaborations (INTAC)

Following the INTAC book launch of *Modelling International Collaborations in Art Education* at OCADU in early September, Peter and co-Author Giselle Mira-Diaz have been speaking about the book at a number of art education conferences and in seminar classes. The made new connections while presenting at SECAC, the Southeastern Conference of Art Colleges annual conference in Atlanta which Giselle submitted us to. On that trip, Peter also got to visit his university friend Adrian Bejan (Constructal Law) in North Carolina and speak about creative thinking to his engineering students at Duke University. January saw a presentation at the virtual AMPS LA+ conference, *New Schools of Thought: Critical Thinking and Creative Teaching*, with upcoming conferences this spring here in Ontario and at the Czech Technical University in Prague. There is great interest in collaborative and online art programming between schools.

Of special note is the February release of the more affordable soft cover version of [Modelling International Collaborations in Art Education](#) (follow this link and use code Intellect30 for an additional 30% discount).

Support our ongoing initiative to build collaborative experiences by ordering the book. We love praise, but the publisher prefers sales! It is 376 pages of thoughtful discussion from both teachers and alumni, filled with colourful examples of collaborative art projects. The collaborative approaches can be applied beyond art and education.



Plans for another INTAC Sustainability Jam are underway, this time with a physical exhibition in collaboration with OCADU's new Global Centre for Climate Action and an

event at SCFF. Peter is working on a new INTAC website at intacnet.org and information updates can be seen there.

Victoria's News

Since the August Newsletter, Victoria has become a certified a Life Mastery™ Consultant and Dream Builder™ Coach. She has been presenting vision workshops both online and in person locally . She currently has 2 wonderful DreamBuilder groups running and welcomes coaching incredible life changing principals to future clients in helping them live their best and happiest lives.

She will host and co-host retreats this summer seamlessly weaving Shinrin Yoku, spending time in the forest and connecting with nature, with Happy For No Reason workshops, with visioning masterclasses and life coaching. Please check out her new and evolving website: Victoriahirst.com for more information, programs, and vision workshop announcements.

She is co-hosting a "10 Easy Ways to Brighter Days" FaceBook challenge **February 18-27th**, with fellow HFNR coach Karen Maze and will soon be opening her FaceBook doors to friends everywhere. Please look out for friend requests.

Thrive in '25 Vision Workshop

3 Keys to Accelerating Your New Year's Resolutions.

- Do you want to achieve greater results with less effort this year?
- Would you like to eliminate struggle and worry and move toward your goals with confidence?

If these questions resonate with you, then you are going to love this:

When: Saturday February 8th at Noon-2 pm

**Where: Jenetix Fitness,
1259 Gardiners Road, Kingston
FREE**

**Workshop includes: gentle movement, meditation, a
downloadable workbook and journaling**

You will learn:

- The number one reason that causes people to lose steam with their resolutions.
- How to stay motivated.
- Simple thinking-strategies that will help navigate fear, doubt and worry.
- The 1 critical thing you must do in order to reach your goals

For more information:
Victoria@victoriahirst.com



About Victoria Hirst

As a Certified DreamBuilder™ Coach and LifeMastery™ Consultant, Victoria can help you design and create a life that is in harmony with your purpose.

For over 30 years, Victoria worked in the film and tv industry helping writers/directors/producers and actors fulfil their dreams. She has had the pleasure of working with award winning writers and directors including Sarah Polley on the Oscar-nominated film AWAY FROM HER and Mary Harron on the classic AMERICAN PSYCHO. She has worked with esteemed producers and famous actors including Christian Bale, Jerry O'Connell, Julia Stiles, and the late Philip Seymour Hoffman on OWNING MAHOWNY. She has participated in international film festival panels, sat on juries, and shared stages with world-renowned directors.

Now, as a transformational life coach and speaker Victoria offers Happy For No Reason™ workshops, vision master classes, retreats, and in-depth coaching programs. She loves helping people, who are stuck, stalled or searching for more purpose, to reconnect, recalibrate and re-ignite their passions and pursuits by brave thinking, dream building and living into their happiest and best lives.

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Dates to Note

Events happening May – September
at Shibagau Creek in Tamworth

May 11th - Global Big Day

Please join us at SCFF for this annual celebration of birds. **World Migratory Bird Day** coincides with Mother's Day, so feel free to bring your mum with you. You can wander the property keeping your eyes and ears open for all you may see and then share the birds you find with eBird.

May 23-25 - Still Center Men's Retreat

Transformational and Lifestyle Coaches, Greg De Koker and Brian DeCastro, will be co-hosting a unique men's retreat experience this spring that will include men's team building, physical fitness, immersion in nature, journaling and meditation.

Men attending will come away with:

1. Clarity on what they really want and what is in their way of succeeding.
2. Deeper connection to themselves and their main goal.
3. Renewed understanding of the importance of community with other men.
4. Game plan and tools for taking action towards their grand vision.



If you're interested in learning more about this Men's Retreat, please contact Greg at greg@stillcenter.ca or 416-219-5799.

June 27-29 - Women's Biking and DreamBuilding weekend

Join Jennifer Marschal and Victoria for a unique retreat incorporating biking through local Ontario countryside, walking in the forest, taking time to slow down and take in nature while visioning into living a life you would absolutely love.

Jennifer offers content-rich, interactive workshops that take participants on a journey in which they design, define, test, and experience a crystal-clear vision of the life they would love – a life that is in alignment with their highest purpose. They will have a unique opportunity to “step into” the life they are imagining and feel a resounding “yes!”

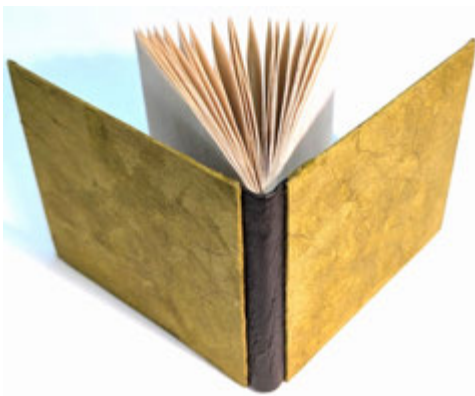
Victoria is also a newly certified Spinning(R) Instructor and will bring this knowledge and awareness to the weekend.



Register early with victoria@scff.ca to avoid disappointment. Maximum 8 people.

July

Bookbinding and Photography Workshops: In January, Peter offered another bookbinding workshop at the library in Sydenham, this time covering a structure called a Drum Leaf Binding. Participants were then excited to have a boxmaking workshop, so stand by for this announcement, as well as for other July dates for summer intensives at the farm. A workshop concentrating on black and white photography is also being considered. The workshops are designed for all levels, providing fun collaboration and connection in the creative process.



Connecting art, science and nature are subjects for a retreat at SCFF for an OCAD University research group during the summer. We will be exploring relationships between nature and technology from a variety of perspectives.

August 2 - 4 and 9 - 10

Co-hosted by Sine Andersen and Victoria, please join us for a **Transformational Weekend Retreats** in nature. Located in the beautiful and private 100 acre off-grid property, we shall spend time in the forest, enjoying the process of therapeutic relaxation focusing on sensory engagement to connect with nature. We'll meditate, walk and study spiritual practices to help you connect to your inner-self and learn some tips, tools and processes into living your happiest lives.

Sine Andersen is a certified coach in life and business. She is a spiritual leader and a meditation guide connecting people to their soul and inner wisdom. As a solopreneur for 3 years, Sine offers individual coaching and has hosted beautiful retreats in Italy and Zanzibar.

In January 2025, she opened the House Of Mind, Body and Soul in Naestved in Denmark <https://www.instagram.com/houseofmindbodyandsoul/> where her and her team collectively focus on mental health, personal development, soul journeys and wellness treatments. She loves working with and through her heart & soul and helping people to grow into and become-in who they truly are. https://www.instagram.com/sine_a_andersen/

Register early with victoria@scff.ca for either weekend to avoid disappointment. Maximum 8 people.

Late August - September

Planning is underway for other late summer events at SCFF: including and not limited to Environmental Sustainability and Art Workshop, International Art Collaborations Gathering, Art and Nature Retreat.

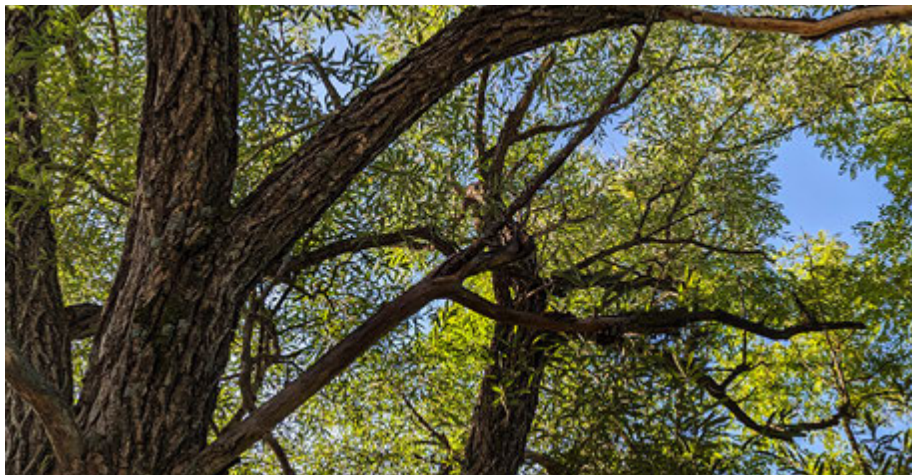
Ongoing

Shinrin Yoku aka Forest Bathing or Forest Therapy

Please reach out to Victoria directly for your very own **Shinrin Yoku** session. Experiences can be tailored to individuals, small groups and corporate teams. This is a perfect gift to give to yourself, a loved one, and those close to you, granting permission and acknowledgment to slow down, meditate and enjoy a sensory experience in nature. There is no right or wrong way to do it, and its health benefits last far beyond the 2.5 hr session.

For convenience Victoria can also travel to you so that you can enjoy a Shinrin Yoku session in a park or garden of your choosing. Endorsed by the NHS in the UK and many countries around the world, Forest Bathing is about a mindful connection to the world around you.

Rates are very reasonable and include a tea ceremony. Contact victoria@scff.ca directly for bookings.



Location Rental

SCFF provides a beautiful inspiring backdrop and is a welcome break for anyone who is looking for time away in the country, be it to relax, host their own workshops, retreats or events, or participate in our events. It's well documented that when we spend a few days in a forested environment, be it in immersive retreat experiences or even for an overnight, we are likely to experience benefits to our health and wellbeing, including improved sleep, reduced stress, clearer thinking and even improved ability to focus and think creatively.

Farmhouse Rental

The pioneer style farmhouse is the perfect place for family reunions, rustic weekends and glamping fun. We appreciate you sharing the links, info etc: <https://airbnb.com/h/scff>

Holsgrove Lane March Rental

And finally, if you're still reading this newsletter, thank you - we're going away to Europe for the whole month of March, spending time with Zefan in Denmark and going on an incredible Whale and Dolphin research expedition in the Azores. We'd love to rent our lakeside home/cottage in South Frontenac for the month and welcome anyone reaching out to Victoria directly for information - 647-588-3232.