



# YORK MEDICAL SOCIETY

## MINUTES OF MEETING OF YORK MEDICAL SOCIETY Friday 26<sup>th</sup> February 2021

1. Presidents welcome
2. Minutes of the previous meeting
3. Apologies: Allan Harris, Andy Grace
4. New members: None
5. Deaths – Dr Margaret E Manning – Hon. Secretary Harrogate Medical Society
6. Guest Speaker:  
Jonathan Pomroy – *Sketches of the Landscape and Wildlife of Yorkshire*

This meeting was all held virtually on Zoom, with Sarah Anderson co-ordinating the IT.

Jonathan opened the talk by mentioning the benefits to physical and mental health by re connecting with nature and taking time to sit still and notice your surrounds.

By doing that nature and wildlife will come to you.

Painting a picture means more to the artist than the viewer. It takes you back to what was happening in your life at the time.

Jonathan took us on a tour of his local sites and favourite other sites particularly Norfolk where he sketches and if possible, paints in the field. He is an authority on all birdlife and showed us sketches and descriptions of typical birds seen and where they were.

This year he is the artist in residence at the Yorkshire Arboretum. He is now turning his skill to painting trees which he has found very rewarding.

Jonathan showed us many of his sketches and watercolours.

Lockdown has had a benefit of spending valuable bonding time with his son, on regular local nature walks, as a perk of home schooling

7. Vote of Thanks: Prof James Drife

8. Any other business:

9. Date of Next Meetings:

Friday 5<sup>th</sup> March – Founders Prize Presentations

Friday 19<sup>th</sup> March – Dr Fiona Godlee – *Editing the BMJ*

Friday 16<sup>th</sup> April – Dr Neil Metcalfe – *100 Notable Names from General Practice*

Meeting attended by 40

Minutes taken by Dr Judith Boffa