



THE GYROLOG

THE GYRO CLUB OF EDMONTON

Club Charter No.15, July 29, 1921

**President-[John Mann](#), Past President-[Sam Gruden](#),
1st Vice-President-[Jack Little](#), 2nd Vice-President-[David Dyck](#),
Secretary-[Barry Walker](#), Treasurer-[Gary Campbell](#),
Directors-[Michael Mant](#), [Jamie Fleming](#), [David Dyck](#), [Len Stevens](#)
Database Administrator-[John Ross](#), Gyrolog Editor-[Fred Schulte](#)**

APRIL 2015

Those celebrating their birthdays are **Jack Little** on the 1st, **Larry Wang** on the 5th, **Cliff French** on the 7th, **Fred Schulte** on the 13th, **Mort Morter** on the 24th and **Larry George** on the 30th. **Val** and **Linda Pohl** celebrated their 48th wedding anniversary on April 1st.

The Lethbridge Gyro Club celebrated their 90th Anniversary on March 28th at the Lethbridge Country Club. The club received their charter on March 28th, 1925 with 40 members in attendance. Fifty Gyros, Gyrettes and guests from the Nelson, Sherwood Park, Edmonton, Calgary, Stampede City and Lethbridge Clubs enjoyed a prime rib dinner with all of the trimmings. **Tak Okamura** received his 40th year pin and **Doug Aspeslet** received his 25th year pin. **Fred** and **Paulette Schulte** attended from the Edmonton Club. Thanks to **Doug** and **Linda Aspeslet** and their team for organizing a first class celebration!

We acknowledge the resignation of **Rob McLeod** on March 27th and **Dick Moskalyk** on April 1st. We give Rob and Marilyn and Dick and Vi our best wishes. Gyros, please mark your club rosters with this information.



I believe that we don't have to change friends if we understand that friends change.



I believe that my best friend and I can do anything or nothing and have the best time.



I believe that sometimes the people you expect to kick you when you're down will be the ones to help you get back up.

President John Mann welcomed 33 Gyros and two guests to the April 7th luncheon meeting held at the Royal Mayfair Golf Club. **Peter Carter** led the group in the singing of Cheerio and **Ari (Dutch) Hoeksema** presented the Grace. **Chuck Gerhart** introduced his guest **Jim Lepp**.

Past President Sam Gruden presented the proposed Slate of Officers for the 2015-2016 fiscal year.

President: Jack Little
Vice-President: David Dyck
Past President: John Mann
Secretary: Barry Walker
Treasurer: Gary Campbell
Directors: Alan Rusler
 Jamie Fleming
 Tracy DesLaurier
 Tony Mazzuca

On a motion by **Leon Lubin** the membership unanimously accepted the Slate of Officers.

Bill Taylor introduced our guest speaker, **Dr. Larry Wang, Professor Emeritus, Biological Sciences**, University of Alberta. Dr. Wang has been a member of the Edmonton Gyro Club since 1992 and has been retired since 2005. His current research interest is the physiology of cold. Twenty-three years ago he launched the world's first energy bar called the Cold-Buster. It is still sold today under the name Access Bar.

Dr. Wang spoke of his involvement in the **Yangtze River** cleanup which arose after he received a phone call from his childhood friend, **Sam Chao**. Wang and Chao were both born in Chongqing in China's Szechuan Province, both grew up in Taiwan after their families moved there as followers of Chiang Kai-Chek and both attended the same elementary school. Although they parted when they entered different universities, Wang and Chao have remained close over the years.

When Sam Chao returned to the land of his birth as a passenger on a Yangtze River cruise, he saw beyond the spectacular canyons and gorges, the great cliffs and the cultural treasures. He saw a river turbid and dirty, silt-laden and saddened. Chao made a silent vow: he was only one person, but he would do all that he could to make a difference. There and then he dedicated himself to finding a way to restore the river to the sparkling clear waterway he had known as a child, a river supporting abundant plant and animal life, a river whose beauty had been the subject of poets and painters since time immemorial.

Returning to his Los Angeles home, Chao thought about what he could do and who could help him. After discussing his vision with his wife and receiving her support, he called one of his oldest friends, Larry Wang. Wang assured his friend that the University of Alberta had the necessary expertise in soil conservation, forestry management, and rural economic development to put his vision into action, and in short order he had secured the full support of a dozen or more of his colleagues from across campus. He also gained the enthusiastic support of President Rod Fraser, who was happy to take the project under the wing of his office.

Out of that phone call evolved the **Ecological Conservancy Outreach Fund** which was launched in October 2000 and based at the University of Alberta. The ECO Fund is managed through a trust account administered by the Office of the President. The sole purpose of the fund is to support of Chao's vision. Every dollar donated to it will be spent on the restoration of the Yangtze. The three co-founders of the fund were Sam Chao, Larry Wang and Carter Tseng.

The main culprit in the deteriorating water quality of the Yangtze was the intense cultivation that has taken place on the steep slopes that border the river and its tributaries. Where there were once vast forests that could absorb huge quantities of monsoon rain, there were now terraced fields from which rainwater pours into the river, taking with it huge amounts of topsoil.

Restoring the Yangtze called for enormous efforts at reforestation, says Wang. The plan of action worked out for the ECO Fund involves identifying critical sites for reforestation and then working with local governments and farmers to find suitable solutions. "We have to be aware of the social conditions," explains Wang. "The local farmers depend on this land for their livelihood. Through sustainable forestry, we have to provide them a viable alternative to farming."

One of the ECO Fund's inaugural projects was launched in a remote area of **Yunnan Province** in collaboration with the Yunnan Department of Forestry. In this out-of-the-way corner of China, farmers eked out a meagre living that averaged \$80 per year growing rice and other crops on the mountain slopes above a tributary of the Golden Sand River—the name the Yangtze bears for the first part of its journey to the China Sea. These same slopes once nourished impressive bamboo forests, and the plan was to return 280 hectares of land to bamboo, a tree that provides an economic return to the landowners, who are able to harvest and sell bamboo shoots. In addition, a mountainous area of about 340 hectares planted with bamboo was completely closed to human activities.

The planting of **mulberry bushes** has become the most successful species combining rehabilitation and economic benefits. Mulberry leaves can be harvested on an ongoing basis to raise **silkworms**. The production of new silk has increased farm income four to 12 times after five years. The mulberry bushes reduce soil loss by 90% and have benefited 10,000 farm families. One silkworm cocoon produces 1 km plus of silk and the mulberry planting is good for 20 years.

The socio-economic benefits from family income derived from mulberry planting is significant, local environmental awareness has been greatly enhanced and technical knowledge has been acquired.

Dr. Wang finished his presentation quoting an ancient Chinese proverb: **“A journey of a thousand miles begins with the Right Foot.”**

Peter Carter thanked our speaker for an interesting and thought provoking presentation.



Dr. Larry Wang

The Free Lunch draw was won by **Ron Ramsey**.

Dick Nichols reports on the results of the Hockey Pool,

Game 18 March 21 Winners First Period Second Final

Oilers vs. Flyers

First	3	3	Doug Heibert	Jeff Baird	Rudi Lucas
Second	4	3	Gary Campbell	Sam Hunt	Bill Taylor
Final	4	3	Grace Burnett	David Burnett	Shirley Larson

Game 19 April 2 Winners First Period Second Final

Oilers vs. Kings

First	0	3	Len Stevens	John Mann	Eric Spink
Second	1	5	Bea McKenzie	Dick Nichols	Jack Heibert
Final	2	8	Alice So	Sam Glassford	Unsold

Game 20 April 11 Winners First Period Second Final

Oilers vs. Canucks

First	2	1	Sheldon Weatherby	Janet Russell	Andrew Russell
Second	5	3	Mike Matei	Trish Baird	David Ross
Final	5	6	Cohen Sellar	Unsold	Unsold

Thank you Dick for organizing another successful Hockey Pool for 2014-2015!

President John Mann welcomed 38 Gyros and our guest speaker to the April 21st luncheon meeting held at the Royal Mayfair Golf Club. **Larry Dobson** led our group in an on key singing of Cheerio. **Jim Lochhead** gave the Grace.

Jim Lochhead also reported that **Mort Morter** is expected to be released from the hospital in the next few days. **Bruce Foy** is still hobbling around with a broken foot from a skiing mishap. We wish Mort and Bruce a quick recovery.

Peter Morrison introduced our speaker **Maria Holowinsky, President and CEO, Adroit Investment Management** which is part of Canadian Western Bank Group. Maria is a graduate of the University of Alberta with a BA, Economics and received her CFA designation in 1990. She has over 30 years of investment experience and joined Adroit in 1996 as a partner and Portfolio Manager of the non-Canadian equity portfolio.

Maria indicated that the title of her presentation was **Boys Behaving Badly-Bad Investment Habits You Can Beat.**

Men and women act differently as investors. **Men are more prone to overconfidence and fear of loss.** A study of 78,000 single men and women found that men traded securities 67% more than women and made 1.5% less than women per year. In a self-evaluation, 67% of the men believed they were smarter investors while only 48% of the women believed they were smarter.

There is a need for caution when investing and to be less emotional about buying and selling stocks. People don't diversify enough, diversification is very important! There are 10 investment sectors in North America and having coverage in most of them is a good strategy. No more than 30% should be invested in any sector and no more than 10% in a single equity. Avoid buying a stock that catch's your fancy, do your research and limit your exposure!

Women, by nature are better organized. Christmas shopping is a good example. They have a game plan and start in January when many things are on sale and by November they have purchased everything on their lists. Men start thinking about shopping in December and most of their shopping is done in the last week.

Prospect Theory suggests that people value gains and losses differently and, as such will base decisions on perceived gains rather than perceived losses. Thus, if a person were given two equal choices, one expressed in possible gains and the other in possible losses, people would choose the former.

To demonstrate, say one investor was presented with the same mutual fund by two different financial advisors. The first tells the investor that the mutual fund has had an average return of 7% over the past five years. The second advisor tells the investor that the mutual fund has seen above-average returns in the past 10 years but has been declining in recent years. According to prospect theory, even though the investor is presented with the same mutual fund, he or she is more likely to buy the mutual fund from the first advisor, who expressed the rate of return as an overall 7% gain, rather a combination of both high returns and losses.

The definition and example were provided by Investopedia.

In summary, Maria advised that if you are going to do your own investing, you need to develop a plan, follow the plan and review annually just like your wife does for Christmas shopping!

Gerry Glassford thanked our speaker for a wonderful and an example-filled presentation.

Val Pohl was the winner of the Free Lunch draw.

2014-15 Bridge Club

Another successful Bridge season ended with a wonderful celebration at the Highlands Golf Club on April 22. Last year's winner, Warren Garbutt, said Grace. Ken Willan presented the awards with Jack Brown being the big winner: **Jack Brown** won the trophy and a \$50 gift card with a season high score of 19440.

Other winners were:

Berni Hardin – woman's high season score of 17110; \$40 gift card

Jack Brown (again) – evening high man's score of 6510; \$25 gift card

Shirley Larson – evening high woman's score of 4900; \$25 gift card

Marty Larson – high spare score of 4670; \$15 gift card

Vicki Garbutt (draw) of the Walter Yakimets award aka "better luck next year"; \$10

After the meal, three rounds of bridge completed the evening with the winners as follows:

Terrie Ellis – high woman's score; \$20

Jack Brown (again) – high man's score; \$20

Barbara Stevens – last player to win a trick with the club 2; \$20

It was decided by vote to keep playing 4 rounds per night to allow more time to socialize. If any Gyro member would like to join the Bridge Club as either a regular or a spare, please **contact Ken Willan (780-434-1306)**.

'Fast Fred'

UPCOMING EVENTS

**Mixed Gyro/Gyrette Event, Club Executive Officers Installation,
Tuesday Evening, May 5th,**

Derrick Golf and Winter Club, 119 St & 34 Ave

Time: 6:00, Dinner 6:30 pm

Speaker: Neil Sawers, Author

Contacts: David Winfield and Cliff French

Gyrette Luncheon Meeting, Royal Mayfair Golf Club, Tuesday, May 12

Time: Gathering 11:30, lunch 12:00 noon

Speaker: Dr. Stephen Genuis, Clinical Associate Professor, Faculty of Medicine, University of Alberta.

Contacts: Julie Ewoniak and Marilyn Nichols

Regular Tuesday Luncheon Meeting, Royal Mayfair Golf Club, May 19

Speaker: Dr. Myer, Heart Surgeon

Contacts: Jim Lochhead and Leon Lubin

Regular Tuesday Luncheon Meeting, Royal Mayfair Golf Club, June 2

Speakers: Sergio Teixeira and Michael O'Mara, Shaw Conference Centre

Topic: Edmonton's Convention Developments

Contacts: Jack Brown and John Mann

Regular Tuesday Luncheon Meeting, Royal Mayfair Golf Club, June 16

Speaker: Barry Walker

Contacts: Bob Kerrison and Ray Dallaire

GYRO International and District III Convention, Buffalo, New York, Adam's Mark Hotel and Convention Center, June 22nd-28th, 2015

EVENTS:

June 22 Executive Committee Meeting, Past Governor's Meeting

June 23 Board of Governors Meeting

June 24 Ladies Lunch and Guided Tours

June 25 District III Business Meeting, Miss Buffalo Lake Erie Dinner Cruise

June 26 District III Installation Dinner, Live Entertainment with Roaring 20's Theme and Special Celebrity Guest Speaker

June 27 Annual General Meeting, Presidents Banquet, International Officers Installation and Entertainment

June 28 Farewell Breakfast

Registration Fee: \$225/\$449

Room Rate: \$119 per night at Adam's Mark Hotel 866-539-8430

Convention Contact: Steve Glamuzina, 716-510-3499

Email: GYROS@GTOWNWINE.COM



The Pirates of Panorama are Gathering to Celebrate Gyro Friendship



Gyro District VIII Convention At Fairmont Hot Springs Resort May 21 to 24, 2015

CONVENTION ACTIVITIES & ATTRACTIONS

Thursday May 21, 2015

District VIII Golf Tournament at Riverside Golf Course

Tee Times 11:00 AM – 1:00 PM

Green Fees and prizes are included with your golf fee registration. Carts are available if you require one. This is a mixed tournament; everyone plays his or her own ball. There is room for only 48 Golfers, first come, first served.

Registration at the Resort	2:00 PM to 5:00 PM
No Host Cocktails	5:30 PM
Dinner and Entertainment	6:30 PM

Friday May 22, 2015

Registration (Lobby)	8:00 AM to 10:00 AM
Car Rally: Leaves from the upper parking lot	9:00 AM to 11:00 AM
Bocce:	3:00 PM
Dinner Party: (Pirate or Princess Dress)	6:00 PM
Entertainment by Derm the DJ	7:00 PM

Saturday May 23, 2015

Past Governors Breakfast	7:30 AM
Business Meeting	9:00 AM
Ladies Lunch	10:00 AM
District VIII Hospitality	2:00 PM to 4:00 PM
Governors Banquet and Ball (Business Casual Dress)	
No Host Bar	5:30 PM
Dinner	6:30 PM
Dancing to L8	9:00 PM

Sunday May 24, 2015

Float Away Breakfast - Fairmont Hot Springs Resort 8:00AM to 11:00 AM

GYRO DISTRICT VIII CONVENTION - May 21 to 24, 2015

REGISTRATION FORM

Name: _____

Spouse/Guest: _____

Street Address: _____

City: _____ Province/State: _____ Postal/Zip Code: _____

Telephone: (Res) _____ (Bus) _____

Email: _____

Name of Club: _____ District: _____

Arrival Date: _____ Departure Date: _____

Please note accommodation if not at Fairmont Hot Springs Resort (**Phone 1-800-663-4979**)

Please specify any special food requirements/allergies:

REGISTRATION FEE (Canadian Funds but US is accepted – difference will be rebated):

\$ 395.00 (couple) \$200.00(single) \$ _____

Registration Fee Includes

- Dinner and Entertainment Thursday
- Car Rally, Bocce, Dinner and Entertainment Friday
- Ladies Luncheon on Saturday
- Banquet and Dance on Saturday evening
- Float away Breakfast on Sunday

Golf Tournament at Riverside Golf Club - \$85.00 per Golfer (includes prizes and green fees)

Gyro Yes _____ No _____ Handicap _____ \$ _____

Partner Yes _____ No _____ Handicap _____ \$ _____

Do you require a cart? Yes _____ No _____ Cost to be determined.

Do you have preferred Tee Time _____

Car Rally

Gyro _____ Partner _____

Bocce

Gyro _____ Partner _____

TOTAL REGISTRATION FEE ENCLOSED \$ _____

Please make cheque payable to District VIII Gyro and mail cheque and this form to: Ken Baker, 59 Woodgreen Dr. SW, Calgary, AB T2W 4G6

Questions: Phone Ken at : 403-281-0920 or email : kjb.pc@telus.net