



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**

MARCH 2015

Those celebrating their birthdays are **Alan Rusler** on the 3rd, **Sheldon Weatherby** on the 11th, **Roy Bennett** on the 17th, **Jack Slobodan** on the 19th, **Len Stevens** on the 27th, **Barry Walker** on the 29th and **Ari (Dutch) Hoeksema** on the 30th. Those celebrating their wedding anniversaries are **Mike and Sharon Matei**, 26 years on the 18th and **David Dyck** and **Sherley Hearty**, nine years on the 26th.

President John Mann welcomed 37 Gyros and five guests to the March 3rd luncheon meeting held at the Royal Mayfair Golf Club. **Warren Garbutt** led the group in the singing of Cheerio and **Jim Lochhead** presented the Grace.

Jim also advised that **Mort Morter** is not feeling well and is staying at home. Mort would welcome any visitors! **Barry** and **Valerie Walker** have been blessed with a new granddaughter **Sloan**, daughter of Barbara.

John Boyd introduced his guest **Steve McEachern**, **John Ross** welcomed his guest **Bob Bahniuk** and **Bruce Swanson** introduced his guest, **Owen Edmondson**.

Alan Warrack introduced our guest speaker, **Tom Ruth, President and CEO of Edmonton Airports**. Mr. Ruth was previously President and CEO of the Halifax International Airport Authority from 2008 until his appointment to Edmonton in January 2014. Prior to his appointment at Halifax, Tom was President and CEO at Oceanex, a leading intermodal transportation specialist in Newfoundland, which he led until its privatization late in 2007. From 2004-2007, Mr. Ruth was President of Canadian North Airlines, a 100% aboriginal-owned airline connecting Ottawa, Calgary and Edmonton to Canada's North.

Mr. Ruth confirmed that **KLM Airlines** will begin non-stop service to Amsterdam on May 5th. The Edmonton Airport Authority owns the Edmonton International and Villeneuve airports. The Board of Directors consists of 14 members representing municipalities and the Government of Alberta. The Authority is a non-profit corporation that is self-funded and pays \$15 million in taxes to Ottawa and \$6 million in local and provincial taxes. Non-aeronautical revenues include parking, shopping, dining, retail, leases and services.

Edmonton International Airport (EIA) handled 8,240,161 passengers in 2014, a 94% increase in 10 years. It is the fastest growing large airport in Canada and offers 59 non-stop destinations. The Authority's current strategy is to develop regional hubs and is working with the travel industry to increase in-bound traffic. In 2014, 907,640 business passengers were handled which is an increase of 17% from the previous year. There was also a 17% increase in business aircraft movements.

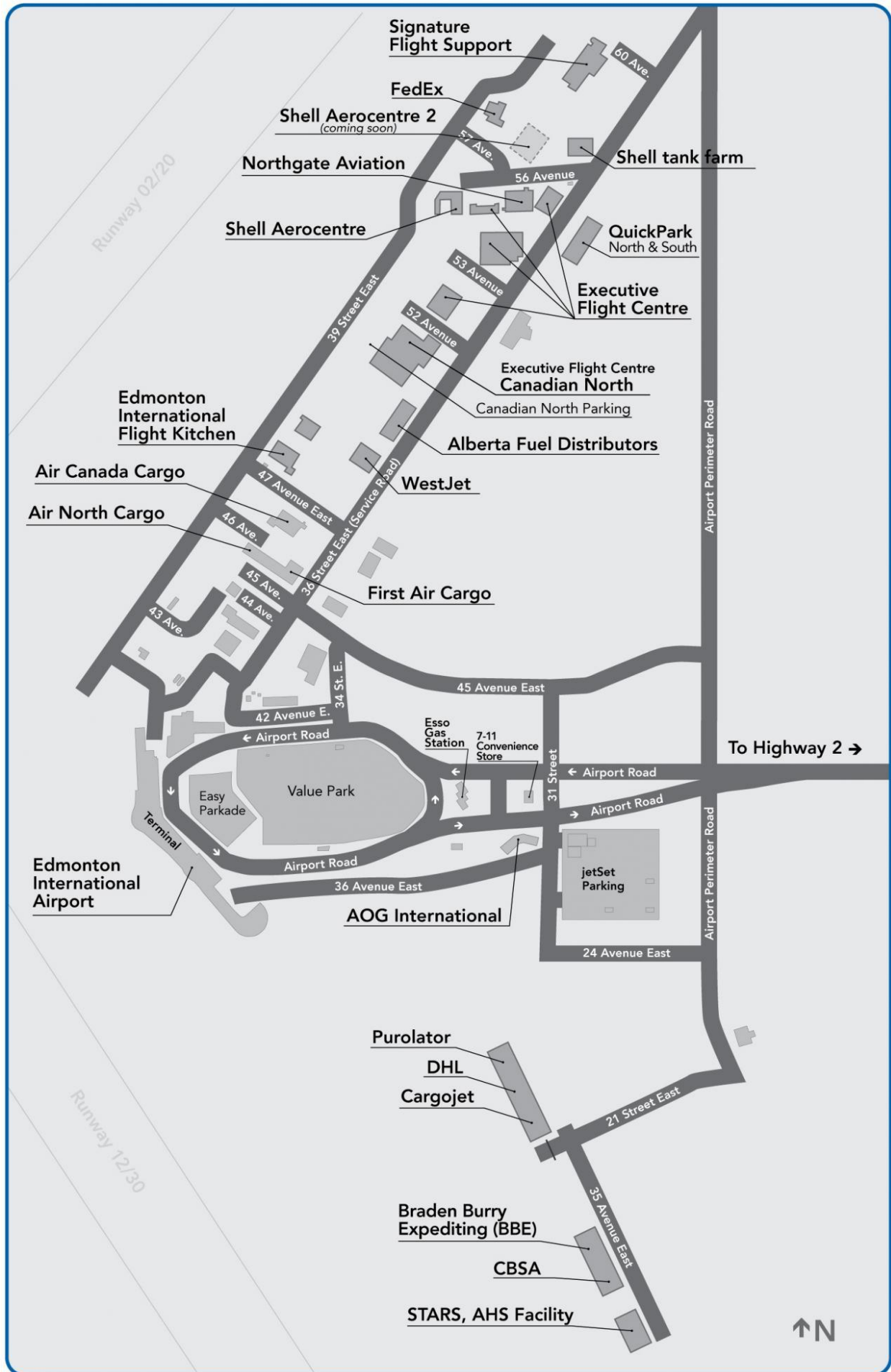
Extensive cargo services are available at EIA:

- 11 airlines
- Eight integrated couriers/freight carriers
- Three independent cargo handlers
- More than 40 freight forwarders and customs brokers
- Six cargo-handling terminals (including 3 with coolers/freezers)

Air cargo was up 3.9% in 2014. Air cargo accounts for only 2% of total volume but accounts for 35% of value.

Peter Carter thanked our speaker for a delightful presentation.

The winner of the free lunch draw was **Bill Taylor**.



President John Mann welcomed 28 Gyros and one guest to the March 17th luncheon meeting held at the Royal Mayfair Golf Club. **Ari (Dutch) Hoeksema** and **Alan Rusler** led the group in the singing of Cheerio and **Jim Lochhead** presented the Grace.

President John told a few Irish jokes which your Editor had trouble remembering, but the one that did stick in my mind was:

Why are Irish jokes so simple? So the English can understand them!

Here are a few more that I found on Google under www.jokes4us.com

What do you get when you cross poison ivy with a four-leaf clover? A rash of good luck.

Why can't you borrow money from a leprechaun? Because they are always a little short.

I went out drinking on St Patrick's Day, so I took a bus home... That may seem not a big deal to you, but I have never driven a bus before.

How is a best friend like a 4-leaf clover? Because they are hard to find and lucky to have.

Treasurer Gary Campbell advised that **club membership dues of \$235** are payable as of April 1st. Please mail Gary a cheque made out to the Gyro Club of Edmonton or bring it to the next luncheon meeting on April 7th. The **cost of lunch** at the Mayfair will increase to **\$30 as of April 1st**.

David Burnett reported on the health of the Club:

Walter Yakimets is suffering from a slipped disc, **Bruce Foy** broke his leg recently while skiing and **Mort Morter** is confined to home because of mobility issues. Mort would like to have visitors, please give him a call!

John Boyd introduced our guest speaker **Dr. Stephen Genuis**, Clinical Associate Professor, Faculty of Medicine, University of Alberta.

Dr. Genuis is the author of three books as well as publications in diverse **international** medical journals including the Lancet, British Medical Journal, Canadian Medical Association Journal, Public Health, the American Board of Family Practice, and various others. As a clinician and researcher, he is board-certified in both Obstetrics and Gynecology as well as in Environmental Medicine. The title of his presentation was "Is it time to rethink the way we do Healthcare?"

The Canadian Healthcare System has been a source of national pride for a nation that cares for its people. We are now facing a major challenge with the **neglected epidemic of chronic disease**. In Canada, 80% of our healthcare system deals with chronic disease. There has been unprecedented success dealing with acute health problems. Life expectancy or the average age of death has moved from 59 in 1920 to 80 at the present time. Our biggest improvement to life expectancy has been the 90% reduction in infant mortality. Great progress has also been made with trauma, cardiovascular events and infectious diseases. We can expect a little longer life expectancy but with much more chronic diseases.

Alzheimer's disease and dementia are rapidly increasing along with gynecological and prostate cancers. Chronic pain is a huge issue and mental illness is now effecting 1 in 4 adults. There is a tidal wave of cancer, developmental disabilities and autism. In 1958, 1 in 10,000 were diagnosed with autism, in 2005 it was 1 in 68. Diabetes is an emerging epidemic and infertility is a major issue.

During the period, 1500-2000 there were five individuals who discovered or identified important illness determinants. The first was **Paracelsus** (1493-1541), a Swiss-German botanist, physician, alchemist, astrologer and occultist who discovered that **adverse exposures to chemicals can cause illness**. He is known as the Father of Toxicology.

James Lind (1716-1794) was a Scottish doctor, a pioneer of naval hygiene and expert on the treatment of scurvy. He carried out experiments to discover the cause of scurvy which resulted in loose teeth, bleeding gums and hemorrhages. Ultimately he found that oranges and lemons which contained Vitamin C cured scurvy and that **vitamin deficiencies can cause illness**.

Gregor Mendel (1822-1884) was a German-speaking Moravian scientist who gained posthumous fame as the founder of the modern science of genetics. Through his work on pea plants, he discovered the fundamental laws of inheritance. He deduced that genes come in pairs and are inherited as distinct units, one from each parent. Mendel's profound work was not accepted in his time and it took three decades for his work to be re-discovered. He confirmed that **genetics are involved in the development of illness**.

Ignaz Semmelweis (1818-1865) was a Hungarian physician who discovered that the incidence of fevers in hospitals could be drastically cut by the use of hand disinfection in obstetrical clinics. He proposed the practice of washing with chlorinated lime solutions in 1847 while working in Vienna General Hospital's First Obstetrical Clinic, where doctor's wards had three times the mortality of

midwives wards. Despite the publication of results showing hand washing reduced mortality to below 1%, Semmelweis's observations conflicted with established scientific and medical opinions. Semmelweis could offer no acceptable explanation for his findings and it was not until Louis Pasteur confirmed that **some germs can cause illness**, was he recognized posthumously for his groundbreaking discovery. **Editor's comment: In some ways we haven't learned much from evidence presented over a hundred year's ago!**

Sigmund Freud (1856-1939) was an Austrian neurologist, now known as the father of psychoanalysis. In creating psychoanalysis, a clinical method for treating psychopathology through dialogue between a patient and a psychoanalyst, Freud developed therapeutic techniques such as the use of free association and transference.

Present day medicine does not look for the underlying root cause of most illness. We **assess, assign a diagnosis (label)**, and treat with medicine or surgery and in many cases we may spend the rest of our life coping with chronic illness. The **"real" cause is not explored anymore and the assumption is that it is "genetic"**. In our medical education nutrition is ignored and psychological toxicity is ignored.

Genetics' is not the issue, our genes are not changing. Identical twins often develop differently because of environmental factors such as varying exposures to toxins. We need to determine "what are the environmental factors?" Are we getting what we need and are we away from what is toxic? The appropriate intake of Vitamin D is essential to our well-being. Seventy percent of Canadian's have insufficient levels. Appropriate levels of Vitamin D has been shown to make a significant difference in the occurrence of mental illness, dementia and cancer. There are now hundreds of dangerous chemicals being released to the atmosphere that affect our well-being.

In summary, to maximize health we need to assess, assign a diagnosis and find the cause of the diagnosis!

David Burnett thanked Dr. Genuis for a very thought-provoking presentation.

Marty Larson was the winner of the Free Lunch draw.

Dick Nichols reports on the results of the Hockey Pool,

Game 16 March 6 Winners First Period Second Final

Oilers vs. Black Hawks

| | | | | | |
|---------------|----------|----------|----------------------|----------------------|--------------------------|
| First | 1 | 0 | Cliff Revell | Cliff Revell | Sheldon Weatherby |
| Second | 1 | 0 | Chuck Gerhart | Chuck Gerhart | Sharon Matei |
| Final | 1 | 2 | Carla Walker | Carla Walker | Brooke Weisberger |

Game 17 March 16 Winners First Period Second Final

Oilers vs. Maple Leafs

| | | | | | |
|---------------|----------|----------|---------------------|---------------------|---------------------|
| First | 4 | 1 | Terrie Ellis | Terrie Ellis | Terrie Ellis |
| Second | 4 | 1 | Rob McLeod | Rob McLeod | Rob McLeod |
| Final | 4 | 1 | Chris Sellar | Chris Sellar | Chris Sellar |

'Fast Fred'

UPCOMING EVENTS

Regular Tuesday Luncheon Meeting, Royal Mayfair Golf Club,

April 7th

Club Executive Elections

Speaker: Larry Wang

Topic: ECO work in China "Seeds of Change: Taking Root and Growing Strong"

Contacts: Alan Rusler and Bill Taylor

Gyrette Luncheon Meeting, Royal Mayfair Golf Club,

Tuesday, April 14th

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

Speaker: Donna Clare

Topic: The new \$360 million Royal Alberta Museum

Contact: Valerie Walker

**Regular Tuesday Luncheon Meeting, Royal Mayfair Golf Club,
April 21st**

Speaker: Maria Holowinshy, Chief Investment Officer, Adroit Investment Management.

Contact: Gerry Glassford

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

Derrick Golf and Winter Club, 119 St & 34 Ave

Contacts: David Winfield and Cliff French

**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: \$200 per person/\$399 per couple before February 1st
\$225/\$449 after February 1st**

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