



THE GYROLOG

THE GYRO CLUB OF EDMONTON

Club Charter No.15, July 29, 1921

**President-Jack Little, Past President-John Mann,
1st Vice-President-Peter Carter, 2nd Vice-President-Ray Dallaire
Secretary-Barry Walker, Treasurer-Gary Campbell,
Directors- Alan Rusler, Jamie Fleming, Tracy DesLaurier, Tony Mazzuca
Database Administrator-John Ross, Gyrolog Editor-Fred Schulte**

MAY 2015

Those celebrating their birthdays are **Tracy DesLaurier** on the 5th, **Andy Friderichsen, 94** on the 13th, **David Burnett** on the 18th, **Cec Butt** on the 23rd, **Allan Warrack** on the 24th and **David Winfield** on the 25th. Those celebrating their wedding anniversaries are **Sheldon** and **Judy Weatherby**, 44 years on the 15th; **Cec** and **Martina Butt**, 47 years on the 18th; **Fred** and **Paulette Schulte**, 47 years on the 18th; **Chuck** and **Myrna Gerhart, 50 years** on the 22nd; **Peter** and **Katherine Morrison**, 35 years on the 30th and **Bob** and **June Kerrison**, 56 years on the 30th.



I believe that true friendship continues to grow even over the longest distance.



I believe that you should always leave loved ones with loving words, it may be the last time you see them.



I believe that even when you think you have no more to give, when a friend cries out to you, you will find the strength to help.

The Edmonton Community Foundation has just released financial information on the status of **The Gyro Club of Edmonton Fund** as of December 31, 2014.

Balance, beginning of 2014	\$32,091
Donations received	915
Net investment income	4,088
Grants	(1,889)
Operating expenses	(239)
Balance, end of 2014	\$34,966
Available to Grant in 2015	\$1,399

The Gyro Club of Edmonton Fund was established in **2008** with a contribution of **\$16,500**. Our fund combined with the larger **Lee Community Playspace Fund** provides grants to enhance recreational and community building opportunities for children and their families through the development of playgrounds and playspaces in the greater Edmonton area with priority given to low-income neighbourhoods.

The Gyro Club of Edmonton approved **on April 4, 2013** a **Benevolence Vision to continue to financially support children/youth and seniors**. The Club also contributed an additional \$4000 to the Gyro Club of Edmonton Fund.

President John Mann welcomed 52 Gyro and Gyrettes and our guest speaker to the **Executive Officers Installation** held at the Derrick Golf and Winter Club on May 5th. **Jim Malott, Past District Governor** and **Rita** were also introduced. **Fred Schulte** led the group in the singing of Cheerio and **Jim Lochhead** gave the Grace.

PDG Jim Malott installed **Alan Rusler** and **Tony Mazzuca** as Director's, **Gary Campbell** as Treasurer, **Barry Walker** as Secretary, **John Mann** as Past President and **Jack Little** as President. John Mann with a sigh of relief also presented the Chains of Office to Jack Little.



**Alan Rusler Tony Mazzuca Barry Walker John Mann Jim Malott
Jack Little Gary Campbell**

David Winfield introduced our guest speaker, **Neil Sawers** who has been a corporate writer for over 30 years. His clients have included Ford, GM, Apple, Owens Corning, Bank of Montreal, Labatt Breweries and Toronto International Film Festival. He has written and edited major curriculum for the Alberta Department of Education dealing with Social Studies, various languages and a major development for the Cree language. Neil is the author of two well received books on writing:

- **Ten Steps to Help You Write Better Essays & Term Papers** (40,000 copies)
- **How to Write Proposals, Sales Letters, & Reports** (2500 copies sold)

He is also a Platinum level author at Ezine Articles with 163 live articles.

Neil encouraged us to write our own book or memoir as it is easy to get published with our electronic age and e-books. **We all have knowledge - let's get it out there!**

Family stuff can be very interesting. A friend said to me "I don't know anything about my grandfather". Neil's father had left diaries which contained information about his friend's grandfather which was passed on to the friend. Diaries and journals can be very helpful and the Provincial Archives are a great resource.



President Jack Little

PDG Jim Malott

Neil also carries around a notebook to help him write fiction. He explained how he can sit down in a quiet dark room and visualize the characters he wants to develop in his book. He made reference to a book entitled **“Writing Down the Bones: Freeing the Writer Within”**.

With insight, humor, and practicality, **Natalie Goldberg** inspires writers and would-be writers to take the leap into writing skillfully and creatively. She offers suggestions, encouragement, and solid advice on many aspects of the writer's craft: on writing from "first thoughts" (keep your hand moving, don't cross out, just get it on paper), on listening (writing is ninety percent listening; the deeper you listen, the better you write), on using verbs (verbs provide the energy of the sentence), on overcoming doubts (doubt is torture; don't listen to it)—even on choosing a restaurant in which to write. Goldberg sees writing as a practice that helps writers comprehend the value of their lives.

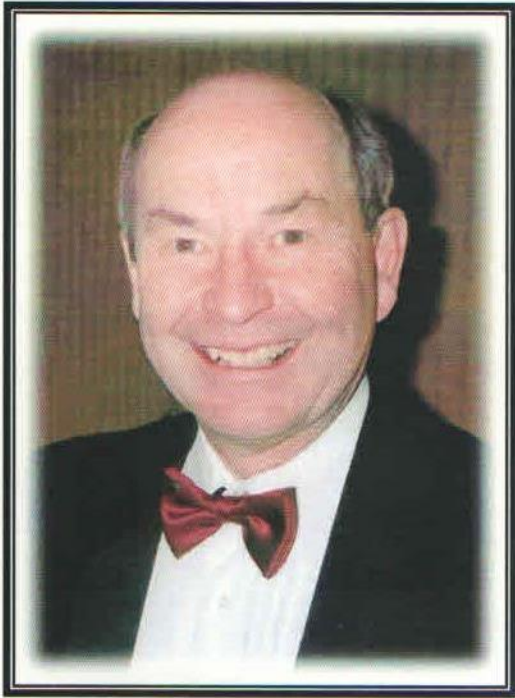
Mr. Sawers finished his presentation by quoting **Carl Sagan**, American Astronomer. 1934 -1996: "**Somewhere, something incredible is waiting to be known**".

Marty Larson thanked our speaker for a very interesting presentation on developing writing skills.

We wish to acknowledge the resignation of **Cec Butt** who will be unable to attend our luncheon meetings for the next couple of years due to business commitments. We trust that Cec and Martina will rejoin our merry throng when they are retired.

It is with regret that we acknowledge the passing of **Allan Douglas** on May 10th. Allan is survived by his wife Elaine, son Warren (Janet) Douglas and nephews Emott and Everett Douglas. Allan was a 28 year member of the Gyro Club of Edmonton, a member of the Rocky Mountain Seniors Ski Club and a volunteer with the Centre for Family Literacy.

Allan received a BA in Political Science from Carlton University in Ottawa in 1965 and an MSc. from the University of Western Ontario in London in 1967. In 1979 Elaine and Allan moved west where Allan joined the Alberta Social Services Department in the area of disabilities. In 1992, Allan left government and worked as a consultant and then established his own company in 1996, Allan Douglas and Associates.



Allan Douglas August 14, 1943 - May 10, 2015

Allan's colleagues described him as good listener, a man of few words and a great writer. His real strength was to observe, gather information and write well. He was also a gourmet cook and showed his prowess at many Douglas dinner parties and often was asked to look after the barbequing at other friends parties. His family described his love of boating at the family cottage in Ontario. Allan cherished politics and was looking forward to the beginning of a new era in Alberta with the election of an NDP government.

In addition to curling and downhill skiing, Allan had a passion for golf. He was never very good but he persevered and enjoyed being a member of the CPDA (Canadian Professional Duffers Association).

John Ross invited Allan to join the Gyro Club of Edmonton in **1986** and he quickly got involved in club activities, serving as a Director for two terms and then **President in 1996-97**. Allan also assisted Gordon Rennie, Editor of the **Gyrolog** as a roving reporter for seven years. On May 2, 1995 Allan prepared his first edition as Editor. In 1996, the club hosted the Gyro International Convention and Allan produced a convention bulletin, the **Gyroscoop** which was hand delivered every evening to each Gyro convention guest. Allan continued as Gyrolog Editor for 11 years, giving up the reins in May 2006. He had continued the tradition of long editorial service first established by Bob Muir and Alex Mitchell in the 1920's.

Allan was a good friend, embraced the spirit of Gyro and enhanced our lives; he will be missed!

Andy and Blanche Friderichsen held their “90’s” birthday luncheon on Saturday, May 16th at the Holiday Inn on Gateway Blvd. in Edmonton. Blanche celebrated her 90th birthday on March 31st and **Andy** celebrated his birthday of **94 years** on May 13th. A lively group of family and friends reconnected to honour this exceptional couple. Blanche’s sisters Wilma and Jean and their families helped organize this special event.



President Jack Little welcomed a large group of Gyros and Gyrettes to the May 19th luncheon meeting held at the Royal Mayfair Golf Club. **Jack Brown** led the group in the singing of Cheerio and **John Mann** gave the Grace. **Sheldon Weatherby** introduced his guest **Bob Bahniuk** and **Jamie Fleming** introduced his guest **Larry Davidson**.

Past District Governor Gerry Glassford installed four of our Executive Team that were unable to attend the May 5th Installation Ceremony held at the Derrick Golf and Winter Club. **Tracy DesLaurier, Director; Jamie Fleming, Director; Ray Dallaire, 2nd Vice-President and Peter Carter, 1st Vice-President** promised to uphold the bylaws of Gyro International, District VIII and the Gyro Club of Edmonton in the performance of their duties.



Jack Little Ray Dallaire Tracy DesLaurier Jamie Fleming Peter Carter

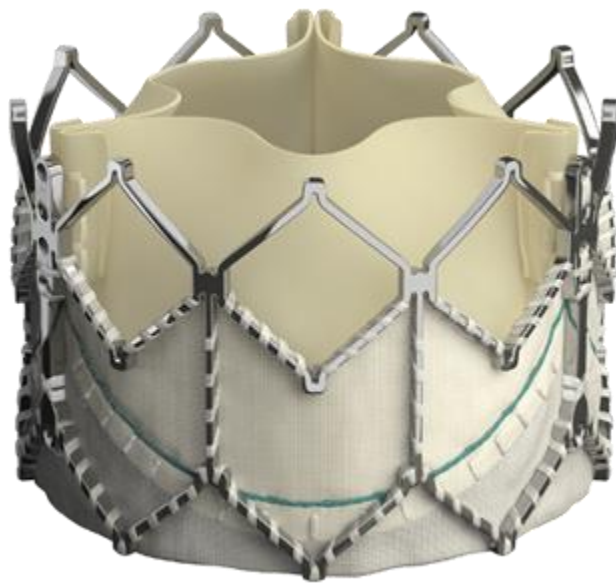
Walter Yakimets introduced our guest speaker **Dr. Steven Meyer** a Cardiac Surgeon at the Mazankowski Alberta Heart institute and an Assistant Professor at the University of Alberta. He completed his formal residency training in cardiac surgery at the University of Alberta in 2006. During this training he also received a PhD in 2005 investigating the immunology of allograft tissue used in congenital cardiac surgery. Steven recently returned to Edmonton after two years of fellowship training in the United States. This included one year of adult cardiac surgery at the Mayo Clinic in Rochester, Minnesota and one year at the University of Pennsylvania in Philadelphia. His clinical interests are the surgical management of heart failure including heart transplant, lung transplant, and mechanical circulatory support. His research interests include tissue engineering and transplant immunology.

Dr. Meyer's presentation was "**What's New and Novel in Cardiac Surgery at the Mazankowski Alberta Heart Institute**".

Dr. Meyer advised that conventional heart surgery involves the division of the sternum which results in significant pain in the recovery stage. Frail patients are not ideal patients for this type of surgery because of the trauma and the length of the operation. New technology and operating techniques include partial sternum

separation and minimally invasive procedures that reduce blood loss and the risk of infection as well as a shorter ICU stay.

A minimally invasive surgical procedure that repairs the valve without removing the old damaged valve by wedging a replacement valve into the aortic valve's place is now being used at the Mazankowski Alberta Heart Institute. The surgery may be called a transcatheter aortic valve replacement (**TAVR**) or transcatheter aortic valve implantation (**TAVI**). Somewhat similar to a stent placed in an artery, the TAVI approach delivers a fully collapsible replacement valve to the valve site through a catheter. Once the valve is expanded, it pushes the old valve leaflets out of the way and the tissue in the replacement takes over the job of regulating blood flow.



Edwards SAPIEN XT Transcatheter Heart Valve

The TAVI/TAVR procedure is performed using one of two very different approaches, allowing the cardiologist or surgeon to choose which one provides the best and safest way to access the valve.

- Entering through the femoral artery in the groin which does not require a surgical incision in the chest or
- Using a minimally invasive surgical approach with a small incision in the chest and entering through a large artery in the chest or through the tip of the left ventricle, which is known as the transapical approach.

The "Team Approach" is used at the Mazankowski and there has been a 98.8% success rate with the 200 new non-invasive implant procedures completed to date. These new valves don't require sutures which saves 20 minutes in operating time.

On January 16, 2015 surgeons at the Peter Munk Cardiac Centre in Ontario performed the first TAVI AWAKE procedure on an 87 year old male using no anaesthesia. This first procedure took about 25-30 minutes and the new valve was moved through a catheter without having to surgically open the artery. The use of newer sedating drugs eliminated the need for a full general anaesthetic.

Dr. Meyer also spoke of other ground-breaking procedures that are now being undertaken on a limited basis. Robotically assisted mitral valve surgery provides the surgeon with an undistorted, three dimensional view of the mitral valve, leaflets and subvalvular structures with use of a special camera. The approach enables surgeons to perform complex repairs without the need for division of the breast bone (sternum) or spreading of the ribs in most cases.

Jack Brown thanked Dr. Meyer for an awe-inspiring presentation.

The Free Lunch draw was won by **Jamie Fleming**.

Eighty-one Gyros and Gyrettes attended the **District VIII Convention** held at the Fairmont Hot Springs Resort in British Columbia May 21-24. Members of the Wallace, Nelson, Castlegar, Lethbridge, Calgary, Stampede City, Sherwood Park and Edmonton clubs were in attendance.

Alan Pentney of the Stampede City Club was installed as District Governor, **John Hodgson** of Calgary was installed as Lt. Governor using skype technology and **Dave Deroos** from Wallace became Past President. **Ken Baker** agreed to continue his role as Secretary-Treasurer.

The **Best Bulletin Award** went to Fred Schulte of the Edmonton Club, **Lethbridge** won the **Man-Mile Award** and the **Membership Award** went to the **Wallace Club**. Wallace currently has 50 members which is the limit allowed by their bylaws. They are a young club with many 30 and 40 year olds in a town with a population of only 800.

FIRST POSTING

Bohdan (Bob) Bahniuk has applied for membership in our club. **Bob** and his wife **Hanya** reside at **13211- 26 Street NW, T5A 4H1**. Their telephone number is **780-473-0846** and their email address is BohdanBahniuk@yahoo.ca **Bob** is semi-retired, does business development for Bob Cat Measurement and is proposed by **Sheldon Weatherby** and **John Ross**.

'Fast Fred'

UPCOMING EVENTS

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

Gyrette Meeting, Royal Mayfair Golf Club, Tuesday June 9th

Time: Gather at 11:30 am, lunch at 12 Noon

Annual General Meeting

Regular Tuesday Luncheon Meeting, Royal Mayfair Golf Club, June

TBA

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: \$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

Gyro/Gyrette Corn Roast and Bocce, Tuesday Evening, September 1st

Malmo Community Hall, 11525-48 Ave.

Time: Bocce 4:00 pm, Dinner at 6:00 pm

Corn, Chicken, Salad and Dessert

Contacts: Roger Russell, David Burnett and friends