



THE GYROLOG THE GYRO CLUB OF EDMONTON

President

John Plunkett
Res. 435-7011

JANUARY 2009

1st Vice-President

Leon Lubin
Res. 454-9712

Those celebrating their birthdays in January are **John Ross**, **Cliff Revell** and **John Stroppa** on the 2nd, **Luc Lascelle** on the 15th, **John Boyd** on the 26th and **Jack Brown** on the 31st.

2nd Vice-President

Bill Taylor
Res. 430-0330

The January wedding anniversaries are **Bill and Nancy Clarke**, 37 years on the 4th and **Ernie and Beth Siegel**, 51 years on the 16th.

Imm.Past President

Jack Brown
Res. 434-0392

President John Plunkett welcomed 29 Gyro's and our guest speaker to the luncheon meeting held at the Royal Mayfair Golf Club on January 6th. **Larry Dobson** led the group in Cheerio and **Allan Warrack** presented the Grace.

Secretary

Barry Walker
Res. 475-0983

Treasurer

Mike Matei
Res. 930-1780

Andy Friderichsen passed on the Christmas card message that he and Blanche received from **Al and Bette McClure** who now live in Winnipeg. The McClure's send best wishes to their Gyro friends in Edmonton.

Directors

Bill Clarke
Res. 437-4678
Peter Carter
Res. 488-2403
Sam Gruden
Res. 488-5520
Ari Hoeksema
421-7776

Sam Gruden introduced our guest speaker, **Dean Brumwell**, a clinical occupational therapist with 16 years experience who has developed a keen interest in brain plasticity and the aging population.

Gyrolog Editor

Fred Schulte
Phone 434-0925

Scientific research has revealed that three core trends begin to affect brain function as early as age 30. These brain changes lead to less mental precision and weaker recall. SPEED: Slower Processing Like our bodies, our brains gradually slow down, but the speed of information coming in does not. As a result, we begin to miss details that are essential to our ability to receive, interpret and remember information.

ACCURACY: "Fuzzier" Processing. Over time, input from all our senses loses its strength and clarity. Our sensory organs (eyes, ears, etc) weaken and so does the brain machinery that processes sensory input. Like the grooves of an old record, the brains neural pathways often get fuzzier,

scratchier or even distorted, making it harder to separate the static from the sound.

RECORDING: Lowered Neuromodulatory Production With each passing decade, our brain tends to produce fewer neuromodulators, chemicals that signal the brain what is important enough to remember. A deficit of neuromodulators hinders the brain's ability to record new information, in other words, its ability to learn and remember.

Neuroplasticity: You might be wondering how it's possible to avoid or reverse these factors. The answer lies in neuroplasticity, the brain's ability to change (chemically, physically and functionally) at any point in life. Scientists used to believe that plasticity was limited to early childhood, but more recent research has demonstrated that the brain can change throughout life. The brain can reshape, change, grow and evolve. Exercise, a healthy diet and laughter are also good for the brain.

Mr. Brumwell is an authorized provider for the "*Posit Science Brain Fitness Program*". The Brain Fitness Program is designed to exercise the brain machinery that naturally produces neuromodulators. It is designed to stimulate production of dopamine, by rewarding correct answers; norepinephrine, by containing surprising animations; and acetylcholine, by requiring intensive and focused attention. The Brain Fitness Program uses computer-based training that includes six core exercises, gives continuous feedback on progress and adjusts to your needs and performance.

Dick Nichols thanked Dean Brumwell for a very interesting and thought provoking presentation. **David Burnett** was the winner of the free lunch.

In addition to this presentation, the **January 7th Edmonton Journal** featured an article entitled *Joggin' for the noggin: 'Brain gym's' a new industry.*

The exploding interest in brain fitness saw consumer sales rocket from an estimated \$5 million in 2005 to \$80 million in 2007, according to market research firm *SharpBrains*. Nintendo's Brain Age game, which sold nearly 430,000 copies in Canada since its debut in 2006, propelled the notion of brain fitness into the mainstream. In April 2008, the Ontario government announced a \$10 million investment to create a Centre for Brain Fitness at Baycrest, a health sciences research centre in Toronto. The Centre hopes to advance brain function research and ultimately create mental exercise programs with solid scientific underpinnings.

Lisa Schoonerman and Jan Zivi co-founded *VibrantBrains*, a brain gym in San Francisco in 2008. Like a traditional gym, members pay monthly fees to access exercise programs and equipment.

Michael Cole of Vancouver's *Fit Brains* launched a series of online games in September 2008 targeting five major "brain muscles" or cognitive functions such as memory and logic.

Dick Nichols reported on the results of the Gyro Hockey Pool.

Game 6 December 30	<u>Winners</u>	<u>First Period</u>	<u>Second Period</u>	<u>Final</u>
Oilers vs. Ottawa	Don Roskewich	Don Hunt	Care Mazzuca	
First 1 1	Fred Schulte	Kelly Burnett	Scarlett Burnett	
Second 2 2	Dave McNaughton	Peter Carter	Unsold	
Final 2 3				

Game 7 January 5	<u>Winners</u>	<u>First Period</u>	<u>Second Period</u>	<u>Final</u>
Oilers vs. Islanders	Lara Burnett	Trish Baird	Brook Weisberger	
First 0 2	Margaret Butler	Darren Reed	Melissa McFerrin	
Second 2 2	Blair Tuck	Bob Berube	Amber Peterson	
Final 3 2				

Game 8 January 13	<u>Winners</u>	<u>First Period</u>	<u>Second Period</u>	<u>Final</u>
Oilers vs. Capitals	Larry Turchansky	Georgina Plunkett	Jack Brown	
First 2 0	Walt Pelletier	Jack Ellis	Brian Scranton	
Second 3 1	Elaine Douglas	Ermott Douglas	Yvette Stroppa	
Final 5 2				

Game 9 January 18	<u>Winners</u>	<u>First Period</u>	<u>Second Period</u>	<u>Final</u>
Oilers vs. Coyotes	Marion Reynolds	Jack Brown	Georgina Plunkett	
First 3 1	Tony Sheppard	Jennee Brewer	Jack Ellis	
Second 4 3	Unsold	Unsold	Emott Douglas	

President John welcomed 27 Gyro's and our guest speaker to the January 20th luncheon meeting held at the Royal Mayfair Golf Club. **John Ross** led our group in the singing of *Cheerio* and **Peter Fairbridge** presented the *Grace*. **Dutch Hoeksema** introduced his guest **John Williams**.

Mike Matei introduced his long-time curling friend and guest speaker, **Ron McGowan** whose "day job" is Senior Construction Manager with the Edmonton Public School Board. Ron's other life passion is curling enthusiast and volunteer with the organizing and hosting of curling championships in Edmonton. Mr. McGowan was actively involved with the Briar Curling Championships held in Edmonton in 1987, 1999, and 2005 as well as the World's Men Championship in 2007. In the initial championship years, 400 to 500 volunteers were needed to stage the Briar Games and attendance numbered around 5000 people per draw in the finals of the events. These events now attract 15,000-16,000 fans in each of the final draws. These large events now draw 180-240,000 fans.

The latest event to be staged in Edmonton will be the **Canadian Men's and Women's Curling Trials** at Rexall Place, **December 6-13, 2009**. This event called the "Roar of the Rings" will determine which teams will advance to the 2010 Winter Olympic Games in Vancouver. The teams of Kevin Martin, Jennifer Jones and Glen Howard will lead an elite field of eight men's and eight women's teams. Two teams will advance to the Olympic Games. There will be three draws per day with an alternating mix of two men's and one women's team followed by two women's and one men's. There is a great interest in these trials as 4000 tickets have been sold since the tickets were put on sale on November 25th, 2008.

The required experienced volunteers are already on board and available to undertake this large event. One hundred and fifty to two hundred volunteers will be needed for security and to staff the beer gardens known as the "Briar Patch". A budget of \$1.5 million will be needed to rent Rexall Place and the Operations budget will be \$5 million. Sponsorships will raise \$1 million in value and kind. The 2007 World's Men's championships resulted in net proceeds of \$800,000 which went back to the curling community.

It will take three days to convert Rexall Place hockey ice to curling ice. The first step will be to shave the hockey ice down to about half of its original thickness. The lines and logos are then painted on and then the ice surface is built up again. Curling ice is about 1.5 to 2 times warmer than hockey ice; as a result certain temporary measures are taken to change the air flow in the arena area to maintain a warmer temperature.

Bruce Foy thanked Ron McGowan for a very interesting and relevant presentation of interest to the Edmonton Region. **John Plunkett** won the free lunch.

The Alberta Centre on Aging at the University of Alberta is an interdisciplinary research and education centre dedicated to the study of aging. The Centre's focus is on aging as a process, including but not exclusive to the situations of older adults. The Gyro Club of Edmonton has a long-standing relationship with the Centre and over many years individual club members and the club as a whole have generously donated funds for the establishment of the Centre for Gerontology Fund. The book value of the endowment fund is now in excess of \$50,000. This fund now provides yearly, one undergraduate scholarship of \$700 and a Master's and PhD scholarship each of \$1200.

The Alberta Centre on Aging has completed the adjudication process for the 2008-2009 Gyro Club of Edmonton Graduate and Undergraduate Scholarships in Aging. **Travis Featherstone**, an undergraduate student from the Faculty of Pharmacy has been selected to receive this year's undergraduate award. Travis is interested in medication-related problems in geriatric populations.

The Selection Committee also chose **Misty Whalen**, a Master's student in Nursing, whose area of interest includes the adverse effects of complicated medication regimes in elderly patients. **Beryl Cable-Williams** was chosen as the PhD scholarship recipient whose area of interest focuses on quality end-of-life care for the elderly in long-term care centres.

Your Gyrolog Editor, **Fred Schulte** attended the January 23, 2009 Research on Aging: Nibble, Nosh and Network 2009 event at the U of A and presented the scholarships to this years winners on behalf of the Gyro Club of Edmonton.



Misty Whalen
Masters Program
Nursing

Fred Schulte
Gyro Club
of Edmonton

Travis Featherstone
Undergraduate Program
Pharmacy

UPCOMING EVENTS

Regular Luncheon Meeting, Royal Mayfair Golf Club, February 3rd

Speaker: Don Robinson, Executive Director, Friends of the University of Alberta Hospitals. Mr. Robinson will speak about volunteerism at the U. of A. Hospitals and the Friends organization.

There is no Regular Meeting on February 17th!!

Mixed Gyro/Gyrette Valentines Event, Beverly Heights Community League, 2009 Variety Show, "Once Upon a Mattress", Friday, February 20th

Location: 4209-111Ave

Time: Dinner (Optional) 6:30 PM, Show 7:30 PM

Contact: Larry Dobson (780) 444-5111

District VIII Interim Meeting, Fairmont B.C., March 13 to 15

Hotel Reservations: Fairmont Hot Springs Resort

March 13 and 14 room rates available until February 15th. \$99.00 Single/Double
Standard room, \$149.00 Loft Unit plus 8% Prov. Tax and 5% GST

District VIII Convention, Cranbrook B.C., September 17 to 20