



THE GYROLOG

THE GYRO CLUB OF EDMONTON

Club Charter No.18, July 29, 1921

President-Ron Trant, Past President-Dunc Mills

1st Vice-President-Jack Bowen, 2nd Vice-President Martin Marshall

Secretary-Barry Walker, Treasurer-David Burnett,

**Directors- Dan Hasinoff, Bruce Foy, Jim Lepp, Sheldon Weatherby
Peter Carter (Ex-Officio)**

Gyrolog Editor-Fred Schulte

Club Website: www.edmontongyroclub.com

MAY 2022

Those celebrating their birthdays are **Hank Mottl** on the 12th, **Len Evenson** on the 13th, **David Burnett** on the 18th, and **Allan Warrack, 85** on the 24th.

Those celebrating their wedding anniversaries are **Sheldon and Judy Weatherby**, 51 years on the 15th; **Fred and Paulette Schulte**, 54 years on the 18th; **Jack and Steffany Bowen**, 28 years on the 21st; and **Chuck and Myrna Gerhart**, 57 years on the 22nd.

Past President Dunc Mills played an opening tune on the xylophone and **President Ron Trant** welcomed 24 Gyros and our guest speaker to the May 3rd luncheon meeting held at the Derrick Golf and Winter club.

Ron Ramsey led the singing of Cheerio and **President Ron** presented the Grace.

Fred Schulte introduced our guest speaker, **Margo Long, the President and CEO of Youth Empowerment & Support Services (YESS).**

Margo trained first in anthropology and then in business and marketing strategy.

Margo was a partner at INCITE, a small Edmonton marketing strategy firm for ten years before stepping into the non-profit world and leading one of her favourite clients and charities in 2017.

Margo currently sits on the Police Chief's Community Council, the Sexual and Gender Diverse Advisory Committee for BGCBigs' Prism Mentorship program, and the National Learning Committee on Youth Homelessness.

Margo's presentation follows:

Why it's vital we focus MORE on youth homelessness—

By preventing youth homelessness, we prevent adult homelessness.

According to a National survey of adults experiencing homelessness, 50% were homeless before the age of 25¹

When surveyed, most youth said they left their homes because of breakdowns in family, community, or system relationships. These young people experienced some combination of abuse, neglect, mental illness, racism and/or discrimination from adults in systems that were meant to protect them.

The homeless youth of today become the homeless adults of tomorrow if those adverse childhood experiences and early trauma in the home, system, or community are left unacknowledged and untreated.

To use a familiar metaphor, we have been pulling drowning adults out of the river for years. Now that we know WHY and WHEN they are falling in the first place, focusing further upstream is clearly more time and cost efficient.

Pulling a small child or youth out of a river, just as they fall in, is much easier then pulling a full-grown adult who has been struggling for a long time.

The current homelessness support system is heavily focused on improving and bringing back affordable housing services that were cut back in the late 1980's and early 1990's. And rightly so. According to the Canadian Observatory on Homelessness, mass homelessness in Canada emerged around this time because of government cutbacks to social housing and related programs starting in 1984.

In 1993, federal spending on the construction of new social housing came to an end. In 1996, the federal government transferred responsibility for most existing federal low-income social housing to the provinces.²

However, our knowledge is evolving.

Currently, 235,000 people experience homelessness in Canada³. Two groups emerge from this population. The first group needs support to gain housing and once that need is provided, are able to live a comfortable life. The second group, which is sadly referred to as the “hard to house”, is a group which is filled with people who are entrenched into the system of shelters, sleeping rough, and short-term accommodations.

We are learning more and more that **homelessness is often a symptom of much deeper emotional, spiritual, mental, and physical issues** in individuals in our communities and the main cause of these issues is **untreated trauma**.

“Trauma” can be defined as any form of abuse, neglect, abandonment, or violent experience that has a negative impact on the physical, emotional, and developmental well-being of an individual.

Untreated trauma negatively affects the way we see ourselves and those around us, it negatively affects our brain chemistry and architecture; and unregulated trauma responses can lead to a cycle of barriers and destructive behaviours that further prevent us from having healthy relationships with ourselves and others.

For many individuals experiencing homelessness, housing instability is a symptom of an unbroken cycle of hurt and re-traumatization that undermines self-esteem and the ability to have positive relationships. These issues become deeper and harder to address as the cycle continues and the issues compile.

It seems clear then, that unless we intentionally address the traumatic experiences that people in our community have, we will never truly stop the symptom of homelessness. To avoid people becoming entrenched in homelessness, the best time for this process of healing is while people are young.

Prevention of Youth Homelessness is Prevention of Homeless

Prevention refers to policies, practices, and interventions that either (1) reduce the likelihood that a young person will experience homelessness, or (2) provide youth experiencing homelessness

² Stephen Gaetz, Erin Dej, Tim Richter, & Melanie Redman (2016): The State of Homelessness in Canada 2016. Toronto: Canadian Observatory on Homelessness Press

³ Stephen Gaetz, Erin Dej, Tim Richter, & Melanie Redman (2016): The State of Homelessness in Canada 2016. Toronto: Canadian Observatory on Homelessness Press

with the necessary supports to stabilize their housing, improve their wellbeing, connect with community, and avoid re-entry into homelessness⁴.

So, our evolving system must evolve to **focus MORE on youth experiencing homelessness**. Ideally, preventing youth from experiencing trauma through family or community breakdown, but if not—then preventing them from being further entrenched into the cycle of untreated trauma and the resulting symptoms of homelessness.

Key Policy Recommendations

We are making three key policy recommendations to which immediately make an impact on homelessness in our community.

1) Serve young people under 30 differently.

The current Canadian system to address homelessness is primarily focused on housing, sheltering, and supporting adults (individuals over the chronological age of 18) through the same infrastructure and programs, but youth have unique needs in the system⁵.

The development of the Frontal Cortex and executive reasoning area of the brain continues until age 25 in healthy resilient brains. This development can be altered or slowed if a youth is in crisis, and we cannot presume a fully reasoning adult brain just because someone is over 18. In addition, children and youth often have difficulty understanding what has happened to them in traumatic situations and can be highly shame based and disrupted. This often also negatively affects their ability to have healthy relationships with themselves and others.

Furthermore, many of **the youth we see at our agencies have not been taught the life skills necessary to live stably or independently** and we often see housing or employment opportunities falling through and subsequent re-traumatization because youth are not ready to be on their own.

2) Increased sustained funding to youth agencies for staffing

Youth are different and focusing on the prevention of youth homelessness is more strategic as a true preventative effort (early prevention is even better), then the system of care that addresses youth homelessness must have the capacity for the intense time, expertise, infrastructure, and people capacity required to do such complex work.

We need to provide more funding to youth agencies, specifically around staffing **to ensure that youth have long term relationships with expert youth workers**. What a youth in crisis needs most is safe, healthy, and stable relationships with consistent and predictable adults. Our funding does not currently support this scenario.

3) Create seats for Youth Agencies at the larger homelessness planning tables

⁴ Gaetz, S., Schwan, K., Redman, M., French, D., & Dej, E. (2018). The Roadmap for the Prevention of Youth Homelessness. A. Buchnea (Ed.). Toronto, ON: Canadian Observatory on Homelessness Press.

⁵ French, D., Gaetz, S., Redman, M. (2017). Opportunity Knocks: Prioritizing Canada's Most Vulnerable Youth. Toronto: Canadian Observatory on Homelessness Press

Focusing on youth homelessness also means ensuring that youth agencies have a seat at the larger homelessness planning tables, **to ensure that the unique needs of youth are being met** and that we are shifting our larger response more to prevention and stopping the cycle of trauma – rather than only on emergency-based reaction.

President Ron thanked Margo for her thought -provoking presentation and congratulated YESS for moving from the crisis focus of emergency shelter to one of prevention.

Margo was presented with a book authored and signed by our Gyro member **Doug Armstrong** entitled *Giants of the Pacific Northwest, The Hunt Family Totem Poles*.



Margo Long

Val Pohl was the Free Lunch winner.



Dr. Frederick Douglas Otto, Ph.D. P.Eng.

It is with regret and sadness that we acknowledge the passing of **Dr. Fred Otto** on May 1, 2022. He is survived by Helen, his loving wife and soulmate of 61 years, three children and ten grandchildren: David and Jannine Otto (Claire, Christopher, Sarah); Joanne and Timothy Caulfield (Adam, Alison, Jane, Michael); and Catherine and Jeff Holt (Evan, Ryan, James).

Fred was born in Hardisty, Alberta, January 12, 1935, to the late Douglas and Mable Otto, and is survived by his sister Florence Mesland in Ouderkerk, Netherlands.

Fred grew up in Mannville and graduated from high school in 1953. He attended the University of Alberta, Faculty of Engineering, with a scholarship covering his tuition fees. In 1956, while working as a summer student for Atomic Energy of Canada in Chalk River, Ontario, Fred met **Helen Brown**, who was a summer student from Carleton University. They were married in 1960 in Westmeath, Ontario, and subsequently settled in Edmonton.

Fred graduated in Chemical Engineering at the U of A in 1957, with the APPEGA Gold Medal for highest honours. He received his Masters in 1958 and then entered the PhD program at the University of Michigan. Upon completing his doctorate,

Fred returned to his alma mater in 1962 as an Assistant Professor in the Chemical Engineering Department.

He later became Chair of the Department of Chemical Engineering (1970-84) and Dean of the Faculty of Engineering (1985-94). He was appointed professor emeritus in 1996.

Fred Otto was a member of APEGGA for over 40 years and was involved with all aspects of the organization including President in 1996-97.

Fred met **Allan Warrack** at the University of Alberta and ultimately accepted an invitation to join Gyro in 2018.

Fred advised that his grandfather was born in Germany in 1862 and moved to Hastings, England where he married Alice Fuller of Sussex in 1885. They had nine children and in 1912, his grandfather emigrated to Canada with his two eldest sons. They took possession of the Windsor Hotel in Hughenden, Alberta. Grandmother Alice came with six more children in 1913 to work with her husband. A full course meal at the Windsor cost 35 cents in the 1920's.

Fred's dad, Douglas was an agent for the National Grain Co. in the Hughenden area. In the 1930's he moved to Marwayne and operated two grain elevators. He then moved to Mannville in 1945 and in 1946 became a grain buyer for National Grain. The family doctor was Dr. David Hasinoff, and his son Danny was a friend of Fred's. **Dan Hasinoff** is a current member of the Edmonton Club. Alf Gerhart managed Mannville Motor's and his son Charlie (**Chuck**) **Gerhart** is also a member of our club.

All three, **Chuck Gerhart**, **Dan Hasinoff** and **Fred Otto** were from **Mannville**.

John Boyd played an opening tune on the xylophone and **President Ron Trant** welcomed 30 Gyros and our guest speaker to the May 17th luncheon meeting held at the Derrick Golf and Winter Club.

President Ron led the singing of Cheerio and also presented the Selkirk Grace: Some Folk hae meat that canna eat,
And some can eat that want it;
But we hae meat, and we can eat,
So let the Lord be Thanket!

Gyro International 1st Vice-President Peter Carter had the pleasure of inducting new member **Terry Mowbrey**. Terry was sponsored by his son, **Trevor Mowbrey** and **Jim Lepp**.



Terry Mowbrey

Ron Trant

Peter Carter

Doug Armstrong introduced our guest speaker, **Michael Zaugg, the Artistic Director/Conductor of Pro Coro Canada.**

Michael was raised in a small town in Switzerland and was a school teacher by trade and taught in elementary and Junior High School schools for 10 years. He also sang as a young tenor across the globe with the World Youth Choir as one of three selected singers from Switzerland. Michael completed post-grad studies at the Royal College in Stockholm, one of the finest schools for professional conductors.

He moved to Canada in 2004 and built a career from scratch in Montreal and Ottawa. Michael worked with the St. Lawrence Choir (2008-2013), the voces boreales (2006-2015), the Cantata Singers of Ottawa (2015-2014) and the Chorus Master of the Orchestre Symphonique de Montreal (2006-2011)

Michael was **appointed Artistic Director of Pro Coro Canada in 2012** and has been resident in Edmonton since 2016. He has established Pro Coro as the leading choral ensemble in Canada, specializing in new and contemporary classical choral music.

Michael advised that based on 2017-18 Census, there were **3.5 million** Canadians singing in **28,00 choirs**. Choral music is like a pyramid, everybody sings but only a select few make it to the top. Choral singing is a Canadian National Sport; there are more kids singing in choirs than playing hockey!

The benefits are significant. Singing improves lung function, regulates the heart, the respiratory system and provides immunity. Physiological benefits include pain relief, mood boosting, brain health and stress relief. Social benefits include empowerment, wellbeing, community building, social skills, and identity.

Pro Coro Canada celebrated its 41st year in January 2021.

All singers and staff are paid. There are 10 concerts a year from September to June with 24 singers, evenly split between male and female. Two to three smaller concerts are also held each year. Singers are paid by the hour and per concert.

The University of Alberta Music Program has provided a significant pool of talented composers and music leaders, but they cannot excel in practical terms without experience.

The Pro Coro Emerging Artists Program offers professional composers and conductors, opportunities to write compositions for the choir or to work with the Artistic Director to hone and refine their conducting skills. These artists have the opportunity to work directly with the full professional choir.

During the global pandemic, Pro Coro Canada moved into a hybrid model, providing live-stream performances, educational video, and audio materials. The new subscription-based TV platform for the professional choir has within less than a year published over 100 videos and received several thousand reviews.

President Ron thanked our speaker for an exceptional presentation.



Michael Zaugg

Gary Campbell was the Free Lunch winner.

Annie Edson Taylor had planned to make a fortune via a one-of-a-kind PR stunt. She intended to take a barrel ride over Niagara Falls on her birthday (October 24, 1901). She had a watertight, cushioned barrel specially made for her. As a test, she sent a barrel over the falls with a cat inside. Much to her pleasure and the cat's happiness, the feline survived the journey.



So, on that 24th day of October, the 63-year-old retired teacher got into the barrel with the help of her companions and secured the lid. She began her adventure just above the falls. After she journeyed down the waterfall, she was met by an awaiting boat. Thankfully, Annie Edson Taylor was discovered alive and well.

Cigarettes Bought from a Hospital Bed in the 1950s

Prior to the Surgeon General's message connecting tobacco use to a variety of illnesses, the medical community did not consider smoking to be a bad. In fact, it was considered to soothe a worried person, suppress appetites, and generally be beneficial.



As absurd and counterproductive as it may seem, hospital patients could purchase packs from their hospital beds during this time. They could even use them in their hospital rooms if they wanted to!

**A truck loaded with thousands of copies of
Mirriam-Webster's Thesaurus spilled its cargo
leaving Toronto heading down the 401.
Witnesses were stunned, startled, aghast, stupefied,
confused, shocked, rattled, paralyzed, dazed,
bewildered, surprised, dumbfounded, flabbergasted,
confounded, astonished, and numbed.**





Toward the end of the Sunday service, the Minister asked, "How many of you have forgiven your enemies?" 80% held up their hands.

The Minister then repeated his question. All responded this time, except one man, an avid golfer named Walter Barnes, who attended church only when the weather was bad.

"Mr. Barnes, it's obviously not a good morning for golf. It's good to see you here today. Are you not willing to forgive your enemies?"

"I don't have any," he replied gruffly.

"Mr. Barnes, that is very unusual. How old are you?"

"Ninety-eight," he replied. The congregation stood up and clapped their hands.

"Oh, Mr. Barnes, would you please come down in front & tell us all how a person can live ninety-eight years & not have an enemy in the world?"

The old golfer tottered down the aisle, stopped in front of the pulpit, turned around, faced the congregation, and said simply, "I outlived them all."

Dick Nichols reports on the Hockey Pool Winners.

Game 19 April 29			<u>Winners</u>	<u>First Period</u>	<u>Second</u>	<u>Final</u>
Oilers vs Canucks						
First Period	0	1	Marlene Ramsey	Marlene Ramsey	Sarra Dobson	
Second	0	1	Ken Korchinski	Ken Korchinski	Gyro Benev. Fund	
Final	3	2	Gyro Benev. Fund	Gyro Benev. Fund	Cassandra Russell	

Game 20 April 26			<u>Winners</u>	<u>First Period</u>	<u>Second</u>	<u>Final</u>
Oilers vs Penguins						
First Period	1	0	Carol Dobson	Len Evenson	Dunc Mills	
Second	2	1	Gyro Benev. Fund	Brooke Weisgerber	Alan Rusler	
Final	6	5	Kendra Russell	Mikal McKinnon	Marty Larson	

Thanks to Dick Nichols and Janice Molofy for organizing another successful Hockey Pool season.

“Fast Fred”

Upcoming Events:

Gyro International Officer Installation via Zoom, June 18th, Evening

Gyro District VIII Convention, Medicine Hat, Alberta, Sept. 22-25, 2022