



THE GYROLOG THE GYRO CLUB OF EDMONTON

President

Jack Brown
Res. 434-0392

Meeting held on **Tuesday, January 8, 2008**
Royal Mayfair Golf Club

1st Vice-President

John Plunkett
Res. 435-7011

President **Jack Brown** welcomed 32 Gyro's and seven guests to another normal and sunny winter day in Edmonton. **Alan Rusler** led Cheerio and **Val Pohl** asked the blessing.

2nd Vice-President

Leon Lubin
Res. 454-9712

Our President introduced and welcomed our newest member **Bruce Houston**. Walter Yakimets introduced his guests: **David Baine, Ken Schmidt** and **Nick Chepeha**. Val Pohl introduced his guest and son **Darren Pohl**. Marty Larson introduced his son-in-law **Luigi Scornaienchi**. Ron Ramsey introduced his guest **Ken Bowes**. President Jack introduced our guest speaker **Dr. Steven K. H. Aung**.

Imm.Past President

Fred Schulte
Res. 434-0925

Secretary

Barry Walker
Res. 475-0983

Congratulations to **Eric Spink** for receiving his Queens Counsel (QC) designation. **Mort Morter** reported that all members are in good health.

Treasurer

Mike Matei
Res. 930-1780

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

Directors

Eric Spink
Res. 436-5242
Bill Taylor
Res. 430-0330
Bill Clarke
Res. 461-2228

Game 7 December 21			Winners	First Period	Second Period
Oilers vs. Devils			Paulette Schulte	Paulette Schulte	
First	1	0	Kelly Burnett	Kelly Burnett	
Second	1	0	Ernie Siegel	Ernie Siegel	
Final	1	3			

Final

Graeme Glassford
Don Hunt
Peter Carter

Gyrolog Editor

Aurelio Fernandes
Phone 476-0073

Game 8 December 29			Winners	First Period	Second Period
Oilers vs. Wild			Dick Nichols	Paulette Schulte	
First	2	4	Georgia McKinnon	Kelly Burnett	
Second	4	2	Andy Friderichsen	Ernie Siegel	
Final	4	5			

Final

Robert McKinnon
Bill Clarke
Unsold

Game 9 January 5		<u>Winners</u>	<u>First Period</u>	<u>Second Period</u>	<u>Final</u>
Oilers vs. Rangers		Garry Keen		Spencer Scornaienchi	Unsold
First	0	Terrie Ellis		Joanne Snihurowych	Unsold
Second	1	Chris Sellar		Cassandra Russell	Unsold
Final	3				2

Ron Ramsey introduced our guest speaker **Dr Steven K. H. Aung**. Dr. Aung is a geriatric and family physician and a traditional Chinese medical (TCM) practitioner and teacher. He seeks to blend Eastern, Western and natural medicine in his medical clinic in Edmonton. At the University of Alberta, Dr Aung is an associate clinical professor in the Departments of Medicine and Family Medicine and adjunct professor of Extension. Dr Aung founded the Certificate Program in Medical Acupuncture at the University of Alberta in 1991 and he is the program's chief instructor, examiner and curriculum consultant. He is also a medical acupuncture consultant for the University of Alberta Hospitals, the Cross Cancer Institute and the Caritas Health Group (Edmonton General Site, Misericordia Community Health Centre, Grey Nuns Community Health Centre) as well as the Glen Sather University of Alberta Sports Medicine Centre and the Edmonton Oilers Hockey Team. He is an active member of the Acupuncture Committee, Province of Alberta.

Dr Aung received the Alberta Order of Excellence in 2002; recently received the Physician of the Year award and in 2006 he was presented with the Order of Canada.

Traditional Chinese Medicine and Acupuncture consists of the following elements:

1. Traditional Chinese Nutritional Therapy
2. Traditional Chinese Herbology
3. Traditional Chinese Medical Acupuncture
4. Traditional Chinese Manipulative Therapy
5. Traditional Chinese Exercise
6. Qi Gong
7. Bone Setting
8. Blood Letting

Qigong is an aspect of TCM involving the coordination of different breathing patterns with various physical postures and motions of the body.

Acupuncture is very popular in the West because it brings fast relief.

There has been an evolution in the delivery of acupuncture over thousands of years; beginning with the use of bone fragments placed on various body pressure points to the use of bamboo needles, bronze needles and now stainless steel needles.

Dr. Aung spoke of vital energy, chi (qi) and how Traditional Chinese Medicine recognizes a subtle energy system by which chi (qi) is circulated through the body. The transportation system is referred to as the channels or meridians. There are twelve main meridians in the body, six ying and six yang, and each relates to one of the organs.

To better visualize the concept of chi (qi) and the meridians Dr. Aung used visual examples of large freeways and the flow of traffic. If the flow of traffic is disrupted by accidents or congested intersections, the system breaks down. The same is true in relation to chi (qi) and the meridians. When chi (qi) becomes blocked, the rest of the body that was being nourished by the continuous flow now suffers. Illness and disease can result if the flow is not restored.

Acupuncture is one tool used to restore the flow of chi (qi), by inserting needles into the acupuncture points (located on the meridians). These insertions are said to clear any residing blockages, thus freeing the circulation system to better feed the body in its entirety.

The body, mind and spirit can and do come out of alignment and all three elements must be addressed and treated.

Dr. Aung concluded his presentation with visual examples of inflammation and other markers in the ear and the tip of the tongue that can be used to diagnose problems in the major organs such as the liver, spleen, lungs, heart, stomach and gall bladder.

In response to a question from one of the Gyro members, Dr Aung provided the names of two books that would provide more background on Traditional Chinese Medicine.

The Web That Has No Weaver: Understanding Chinese Medicine by Ted J. Kaptchuk

Between Heaven and Earth: A Guide to Chinese Medicine by Harriet Beinfield and Efram Korn

Bob Berube on behalf of the members and guests thanked Dr Aung for his very interesting and informative presentation. **Mike Matei** was the recipient of the free lunch draw.

Thanks to the team of **Ron Ramsey, Bob Berube** and **David Burnett** for organizing this luncheon speaking event.

UPCOMING EVENTS

January 22 Luncheon Meeting

Royal Mayfair Golf Club

Speaker: Insurance Actuary, **George Pleau** who will speak on Insurance pricing, foreign travel and reinsurance.

There is no luncheon meeting on February 5th!

**Gyro/Gyrette Valentines Party,
Tuesday Evening February 12th, 2008
“Peace, Love & Rockn Roll”**

Mayfield Dinner Theatre

Cost \$63.00 per person

Contact: **Larry Dobson 444-5111**

February 19, 2008 Luncheon Meeting

Royal Mayfair Golf Club

Business Meeting and new member autobiographies

District VIII Interim Convention

March 14-16, 2008

Fairmont Hot Springs, B.C.

Rooms have been blocked off for Gyro's until January 16th

For Convention applications, please contact **Jack Brown**

Some New Bull, Fred Schulte