



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)

Database Administrator-Chuck Gerhart, Gyrolog Editor-Fred Schulte

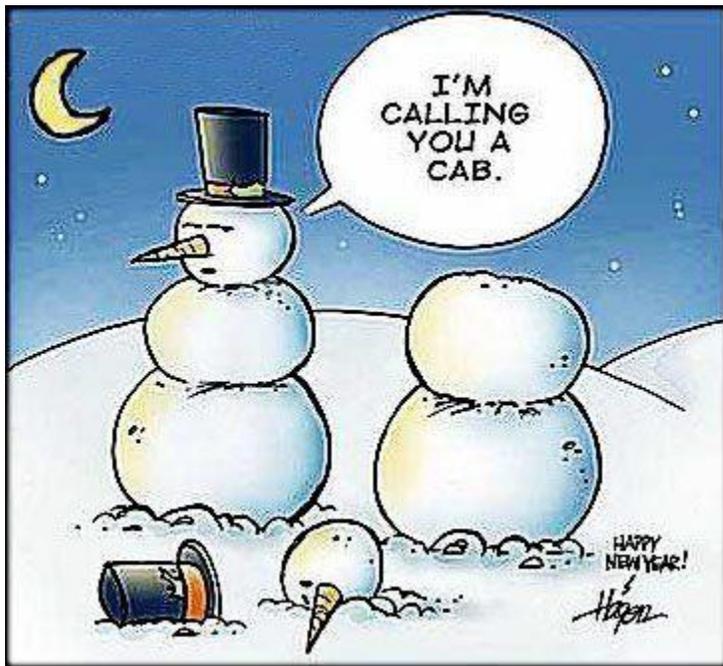
Club Website: www.edmontongyroclub.com

JANUARY 2023

HAPPY NEW YEAR!

Those celebrating their birthdays are **Cliff Revell** on the 2nd, **Daryl Dyck** on the 18th, **Dunc Mills** on the 24th, **John Boyd** on the 26th and **Jack Brown** on the 31st.

Daryl and **Anita Dyck** celebrated their **20th anniversary on the 18th.**



'Doodlebug', an orphaned baby kangaroo was found abandoned on the side of the road when he walked up to a human, held out his arms, and asked to be picked up. His rescuer later gave him a teddy bear, and he wouldn't stop hugging it.

Photo courtesy of Tim Beshara / Twitter

@factsweird



“Just Chillin”

Immediate Past President and Lt. Governor Dunc Mills opened the meeting with a Xylophone tune and welcomed 18 Gyros on January 3rd at the Derrick Golf and Winter Club.

Warren Garbutt led the singing of Cheerio and **Heinrich Grosskopf** presented the Grace.

Fred Schulte reviewed the draft meeting schedule for January to June 2023 and highlighted some of the key events for the fall of 2023. Founders Night will be led by the Edmonton Club with participation by the Sherwood Park Club. It was confirmed that the December Christmas Party will be held at the Derrick Club on December 5th.

Chuck Gerhart presented **Dunc Mills** with his **Lt. Governor** position tag.



Dunc Mills

Chuck Gerhart

Dunc read out the letter prepared by Don Patterson, PDG Fraser Delta Gyro Club.

Michael Mant was the Free Lunch winner.

GYRO, A “PRICELESS” SOCIAL RESOURCE

How often have you heard comments from Gyros asking why any wise young man would want to join a Club of old men. Until recently it was hard to answer this question without partially agreeing with the comment. Well shame on me.

During the past months I have had the opportunity to dig into this question, interview some younger Gyros and have found some answers. Bear with me. I think we have an answer that makes a lot of common sense and in some Gyro Clubs has long been known and has significantly helped with their numbers.

Senior Gyros, a term which identifies most of us, have something that is *absolutely priceless*. We have lived, made mistakes and had success in matters concerning family and business and have a perspective on life that is invaluable to those who have much of their life still unfolding in front of them.

To a prospective younger newcomer to our ranks, we can offer our friendship, mentorship and advice on many subjects. We offer a selection of those role models and experiences within one Club. Where can you find another organization that can offer information like this for free?

Let's go back to the heydays of our business lives. There were “success gurus” like Tony Robins who urged us to find a person who is successful and get close to them to learn their ways and to model their actions into our lives. Want a successful marriage, model someone who has a successful marriage. Want to have a successful business career, model your business actions etc. And haven't we all learned about balance in life and career. We are those people! We offer a smorgasbord of life's lessons. Would we share those experiences?

I think the answer is a resounding YES!

I have been told by more than one younger Gyro that they consider the resource pool of life experiences is absolutely priceless.

Be proud of the Treasure of Resources that you offer as a club. Don't be afraid of being turned down when you offer an opportunity of friendship to a young person. If they are smart and trying to build a career, what better resource could they possibly find?

Don't undervalue what you and Gyro can offer.

This is a personal perspective on Gyro. I hope you find it valuable.

Don Patterson
Past District Governor
Fraser Delta Gyro Club

Lt. Governor Dunc Mills played an introductory tune on the xylophone and **President Ron Trant** welcomed 31 Gyros and 5 guests to the January 17th luncheon meeting held at the Derrick Golf and Winter Club. **Cliff** and **Kathy Revell** introduced their daughter **Lesley**. **Bruce Swanson** led the singing of Cheerio.

Marty Larson introduced **Scott Bremner**, Director of Development, Office of Advancement, Faculty of Medicine and Dentistry, University of Alberta.

Scott introduced **Dr. Mark Greve**, **Dr. Mark Seamone** and **Dr. Matt Tennant**, who all teach at the University of Alberta and perform eye surgeries with **Alberta Retina Consultants**.

Dr. Mark Greve attended and received his Doctor of Medicine in 1983-1988 from the University of Saskatchewan. He then began his Ophthalmology Residency in 1988, at the University of Saskatchewan, completing his Residency in 1992. Dr. Greve spent the next two years, till 1994, completing his Medical/Surgical Retina Fellowship at Louisiana State University.

Some of Dr. Greve's other accomplishments include Licentiate Medical Council of Canada, Fellow of the Royal College of Physicians and Surgeons, Diplomate for the American Board of Ophthalmology, and Assistant Clinical Professor at the University of Alberta.



Dr. Mark Greve

Dr. Mark Seamone was raised in Halifax, Nova Scotia. He completed a 4-year BSc in Biology at Acadia University. Following his undergraduate, he moved to Calgary where he completed a MSc in Immunology and his Doctor of Medicine as a member of the Leaders in Medicine Program, University of Calgary. He then

completed a 5-year Ophthalmology residency at Dalhousie University. Dr. Seamone concluded his training by completing a 2-year medical and surgical Vitreoretinal fellowship at the University of Alberta, after which he was fortunate to stay in Alberta and join Alberta Retina Consultants.

Dr. Seamone is an Assistant Professor in the Department of Ophthalmology, University of Alberta, and serves as the Fellowship Director for the University of Alberta Vitreoretinal Fellowship Program. He is also a Fellow of the Royal College of Physicians and Surgeons of Canada. Dr. Seamone has been comprehensively trained in the management of medical and surgical diseases of the retina and vitreous.



Dr. Mark Seamone

Dr. Matthew Tennant is a clinical professor with the Department of Ophthalmology, University of Alberta. He has served as residency training director for the department. He is the past president of the Retina Society of Alberta, and past vice-president of the Canadian Retina Society. Dr. Tennant was a representative forum delegate for the Edmonton Zone for the Alberta Medical Association for 6 years. Most recently Dr. Tennant has worked with the Royal College of Physicians and Surgeons of Canada to develop a retina specific area of focused competency, this was approved as of May 2019. This will provide standardization of fellowship training for all retina specialists who train in Canada.

Dr. Tennant completed medical school at UBC, followed by residency in ophthalmology at the University of Alberta. He completed his vitreoretinal fellowship at Wills Eye Hospital in Philadelphia in 2003 and then joined Alberta Retina Consultants. Dr. Tennant's areas of interest include diabetic retinopathy,

macular degeneration, complex retinal detachments, retinopathy of prematurity, uveitis, and telemedicine.



Dr. Matt Tennant

Dr. Greve advised that he started with teaching medical residents and is now teaching fellows. The fellow program started in 2010 and two candidates a year are chosen from countries around the world, including India, Cameroon, Israel, Argentina, Australia, and Canada.

The **University of Alberta, Department of Ophthalmology and Visual Sciences**, provides ophthalmic care to much of Northern Canada. The department is located at the Royal Alexandra Hospital and features 5 operating theatres, 16 examination lanes, at a 24- bed in-patient unit.

A vitreoretinal fellow is trained for 2 years. The fellow will divide their time between the private office, the Royal Alexandra Hospital clinic, and operating theatres. The fellow is expected to work-up medical and surgical patients, perform vitreoretinal surgery and to be involved with all aspects of post-operative care. The very high volume of patients will allow for extensive experience in all aspects of medical and surgical retinal disease.

Alberta Retina Consultants (ARC) is a private vitreoretinal practice affiliated with the University of Alberta. There are approximately 2000 vitreoretinal surgical cases performed by the physicians at ARC on an annual basis. A greater number of lasers, intravitreal injections are also performed both at the hospital and in the clinic.

The vitreoretinal surgeons at ARC are all fellowship trained with graduates from Louisiana State University, Wilmer Eye Institute, Wills Eye Hospital, University of British Columbia, and Iowa University.

Eye Anatomy: Parts of the Eye and How We See

Leer en Español: Partes del ojo y como vemos

By Kierstan Boyd, David Turbert

Reviewed By Ninel Z Gregori MD

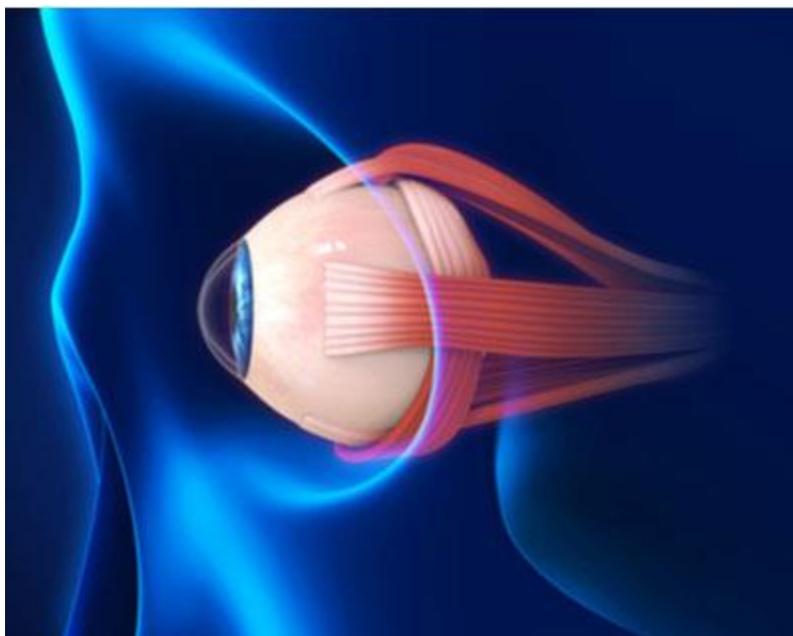
Mar. 09, 2021

To understand the diseases and conditions that can affect the eye, it helps to understand basic eye anatomy. Here is a tour of the eye starting from the outside, going in through the front and working to the back.

Eye Anatomy: Parts of the Eye Outside the Eyeball

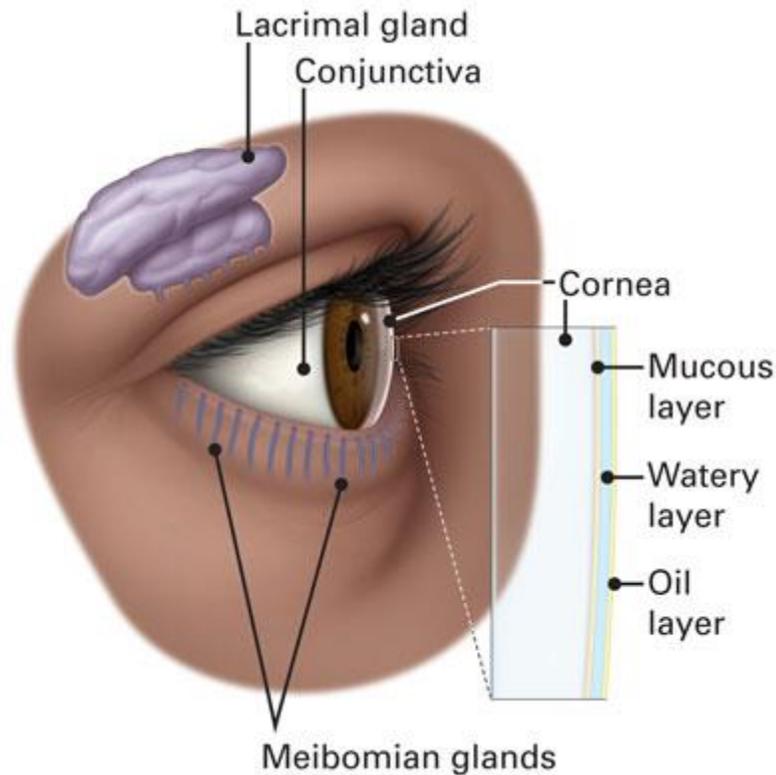
The eye sits in a protective bony socket called the orbit. Six extraocular muscles in the orbit are attached to the eye. These muscles move the eye up and down, side to side, and rotate the eye.

The extraocular muscles are attached to the white part of the eye called the sclera. This is a strong layer of tissue that covers nearly the entire surface of the eyeball.

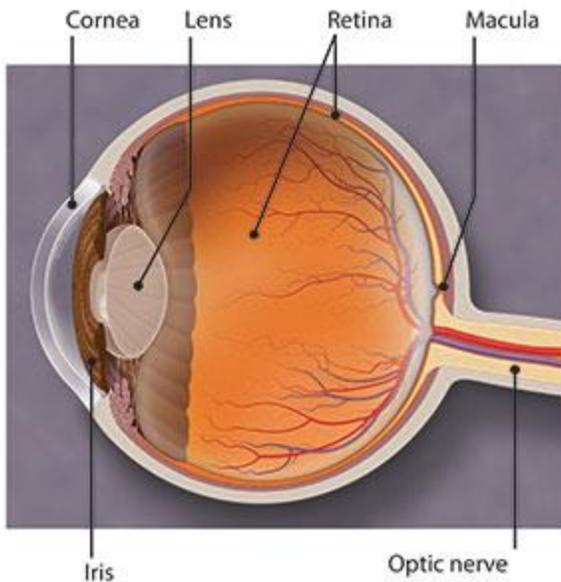


This illustration shows eye muscles, which control eye movement.

The surface of the eye and the inner surface of the eyelids are covered with a clear membrane called the conjunctiva.



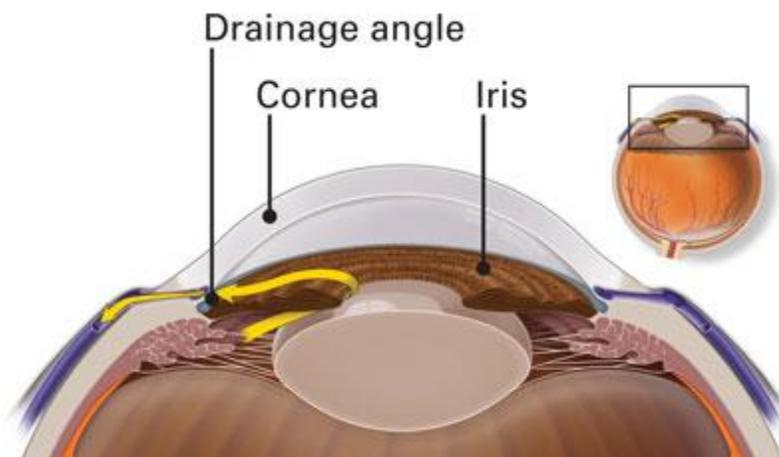
The layers of the tear film keep the front of the eye lubricated. Tears lubricate the eye and are made up of three layers. These three layers together are called the tear film. The mucous layer is made by the conjunctiva. The watery part of the tears is made by the lacrimal gland. The eye's lacrimal gland sits under the outside edge of the eyebrow (away from the nose) in the orbit. The meibomian gland makes the oil that becomes another part of the tear film. Tears drain from the eye through the tear duct.



The Front of the Eye

Light is focused into the eye through the clear, dome-shaped front portion of the eye called the cornea.

Behind the cornea is a fluid-filled space called the anterior chamber. The fluid is called aqueous humor. The eye is always producing aqueous humor. To maintain a constant eye pressure, aqueous humor also drains from the eye in an area called the drainage angle.



Behind the anterior chamber is the eye's iris (the colored part of the eye) and the dark hole in the middle called the pupil. Muscles in the iris dilate (widen) or constrict (narrow) the pupil to control the amount of light reaching the back of the eye.

Directly behind the pupil sits the [lens](#). The lens focuses light toward the back of the eye. The lens changes shape to help the eye focus on objects up close. Small fibers called zonules are attached to the capsule holding the lens, suspending it from the eye wall. The lens is surrounded by the [lens capsule](#), which is left in place when the lens is removed during [cataract surgery](#). Some types of replacement intraocular lenses go inside the capsule, where the natural lens was.

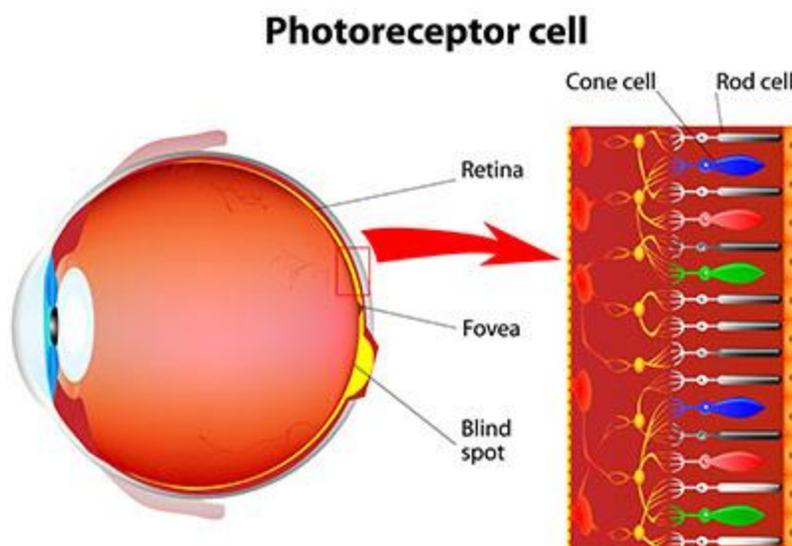
By helping to focus light as it enters the eye, the cornea, and the lens both play important roles in giving us clear vision. In fact, 70% of the eye's focusing power comes from the cornea and 30% from the lens.

The Back of the Eye

The vitreous cavity lies between the lens and the back of the eye. A jellylike substance called [vitreous humor](#) fills the cavity.

Light that is focused into the eye by the cornea and lens passes through the vitreous onto the [retina](#) — the light-sensitive tissue lining the back of the eye.

A tiny but very specialized area of the retina called the [macula](#) is responsible for giving us our detailed, central vision. The other part of the retina, the [peripheral retina](#), provides us with our peripheral (side) vision.



The retina has special cells called **photoreceptors**. These cells change light into energy that is transmitted to the brain. There are two types of photoreceptors: rods and cones. **Rods** perceive black and white and enable night vision. **Cones** perceive color and provide central (detail) vision.

The retina sends light as electrical impulses through the optic nerve to the brain. The optic nerve is made up of millions of nerve fibers that transmit these impulses to the visual cortex — the part of the brain responsible for our sight.

Dr. Matt Tennant indicated that he took his medical residency in Edmonton and became interested in the older population and went to Philadelphia for two years for advanced ophthalmology training. Alberta is also well regarded as a first or second choice for advanced training.

Dr. Mark Seamone presented a short eye surgery video: **Subretinal hemorrhage** from age-related macular degeneration (AMD) has a poor visual prognosis. Surgical drainage of the blood improves visual acuity only in a few selected patients.

The video showed the surgical repair of the full thickness of the **Macular hole**. There are some very new surgical techniques using the injection of drugs to treat subretinal hemorrhage to retain some frontal vision.

Questions: **Eye replacement?** We can replace corneas and lens. In 5-7 years, we will implement **gene therapy** to put in what isn't there.

Dry Macular Degeneration? This the largest eye issue in North America. Our approach is to implement treatment to prevent degeneration and our goal is to restore eyesight.

Dry macular degeneration is a common eye disorder among people over 50. It causes blurred or reduced central vision due to the breaking down of the inner layers of the macula. The macula is the part of the retina that gives the eye clear vision in the direct line of sight.

Wet macular degeneration is a long-lasting eye disorder that causes blurred vision or a blind spot in the central vision. It's usually caused by blood vessels that leak fluid or blood into the macula.

The eye is anesthetized to allow surgery and by the age of 60 early stages of AMD can occur, but you will not go blind but have peripheral vision.

Where do you acquire your specialized surgery equipment? Alcon in Texas is a major source, along with PulseMedica.

There are currently some supply issues such as microscopes which have a six month wait time after payment.

Dr. Doug Armstrong thanked the speakers and presented them with one copy of "Giants of the Pacific Northwest, The Hunt Family Totem Poles."

Dick Nichols reports on the [Hockey Pool Winners](#).

Game 7 December 9 Winners First Period Second Final

Oilers vs Wild

First Period 2 1 Darcy Burnett **Dick Nichols** **Val Pohl**

Second 3 2 **Myrna Gerhart** **Sheldon Weatherby** Mia Scornaienchi

Final 5 2 Kherington Baird Brock Cook Janice Nichols Molofy

Game 8 December 15 Winners First Period Second Final

Oilers vs Blues

First Period 1 1 **Helen Ross** Joyce Aulenback Cohen Sellar

Second 2 1 **Gary Campbell** **Mike Matei** Verne Reeder

Final 3 4 Mike Long Marcia Kashani **Jack Brown**

Game 9 December 27 Winners First Period Second Final

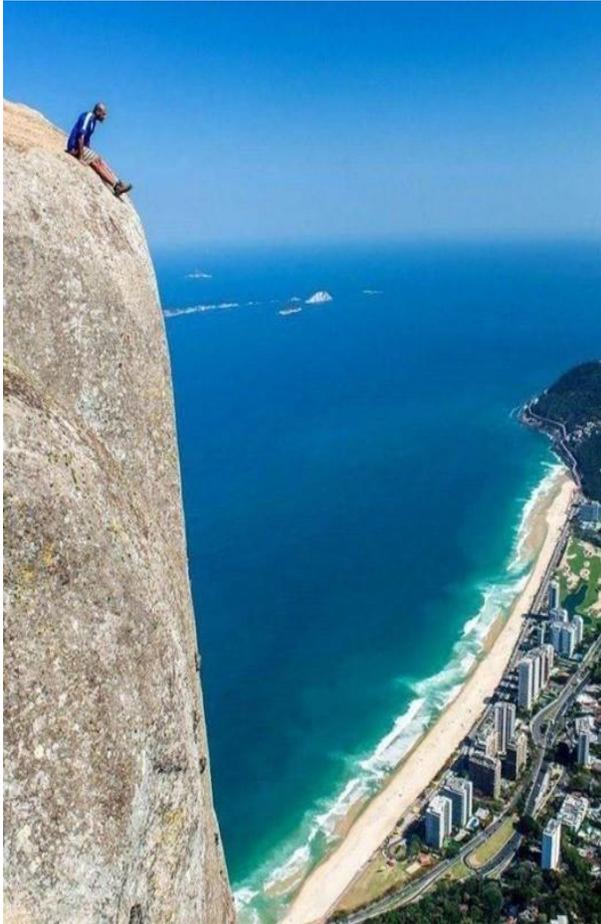
Oilers vs Flames

First Period 0 0 **Helen Ross** **Myrna Slobodan** Guy Thaller

Second 1 1 Jill Hastings **Gary Campbell** Barbara Walker

Final 2 1 **Jack Little** Kherington Baird Morgan Power

Game 10 January 7	Winners	First Period	Second	Final
Oilers vs Avalanche				
First Period	1 0	Norman Lorrain	Norman Lorrain	Derm Jackman
Second	1 0	Barry Walker	Barry Walker	Walter Yakimets
Final	2 3	Ryan Power	Ryan Power	Jack Brown



“Fast Fred”

Upcoming Events:

Tuesday Evening Mixed Valentines Celebration, Derrick Golf and Winter Club, February 7th

Theme: “Love and Friendship”, Three Course Plated Dinner with bubbly at the door. Cash Bar.

Time: Gathering 5:00 pm, Dinner 6:00

Team Organizers: Cathy Johnson, Carol Dobson, and Dunc Mills.

Wednesday Luncheon Meeting, Derrick Golf and Winter Club. March 8th.

Speaker: Rob Creaser-Geological Subject

Team Leader: Dan Hasinoff

Tuesday Luncheon Meeting, Derrick Golf and Winter Club, March 21st. Annual General Meeting: Approval of Annual Budget, Election of Officers and Directors.

Team leaders: David Burnett and Dunc Mills

Tuesday Luncheon Meeting, Mixed Event, Derrick Golf and Winter Club, April 4th.

Speaker: Dr. James Shapiro, MD PhD

Topic: Autologous Stem Cell Islet Transplants for Diabetes: A first-in-Human Trial Presentation.

Team Leader: Marty Larson

Tuesday Evening Mixed Event, Derrick Golf and Winter Club, April 18th.

Topic: Installation of Officers and Directors.

Speaker: Tim Cartmell, Ward 9 Councillor.

Team Leaders: Ron Trant and Mike Matei