



# ***THE GYROLOG***

**THE GYRO CLUB OF EDMONTON**

**Club Charter No.15, July 29, 1921**

**President-[John Boyd](#), Past President-[Ari \(Dutch\) Hoeksema](#),  
Vice-President-[Sam Gruden](#), Secretary-[Barry Walker](#), Treasurer-[Gary Campbell](#),  
Directors-[Cliff French](#), [Jack Little](#), [Jim Lochhead](#), [John Mann](#)  
Database Administrator-[John Ross](#), Gyrolog Editor-[Fred Schulte](#)**

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## **JANUARY 2013**

Those celebrating their birthdays in January are **John Ross**, **Cliff Revell** and **John Stroppa** on the 2nd, **John Boyd** and **Jim Lochhead** on the 26th, **Laurie Dennis** on the 30th and **Jack Brown** on the 31st.

At our December 18th Luncheon meeting held at the Royal Mayfair Golf Club, our members and guests donated **\$350 cash** and **100 kilograms (220 lbs)** of food to **Edmonton's Food Bank**. While some individuals and families access food directly from Edmonton's Food Bank, the organization is a central warehouse and referral centre, which distributes food to more than 200 agencies, churches and food depots in Edmonton. Each month, about 15,000 people are assisted by hamper programs and the organization also provides over 350,000 meals to soup kitchens, shelters and snacks to school children.

**President John Boyd** welcomed 22 Gyros, five Gyrettes and two guests to the Tuesday, **January 8th** luncheon meeting held at the Royal Mayfair Golf Club. **Jim Lochhead** gave the Grace and **President John** led the group in the singing of Cheerio.

**Sam Gruden** introduced his guest and interested new member, **Ken Korchinski**. It was a pleasure to acknowledge the attendance of Gyrettes, **Lorraine Assheton-Smith, Terrie Ellis, Marie Losier, Bea McKenzie and Jean Warrack**.

**Sam Gruden** introduced our guest speaker **Bill Cox** who was born in Scotland, moved to Toronto in 1961 and obtained his CA credentials in 1974. Bill then moved to Alberta and undertook internal audit work for the provincial government. He read the book, "**52 Weeks to Winning Bridge**" and became hooked, played a lot and then quit until he retired at age 45. After retirement he moved to Taiwan and again played a lot of bridge for the next seven years.

Bill returned to Edmonton and immersed himself in team bridge championship games through the **Edmonton Bridge Centre** where he played two games a day for three years. His bridge skills led him to championship games in Canada and the U.S.A. He is a **Silver Life Master** and has accumulated Master 1500 points. Bill currently teaches at the Bridge Centre and offers five courses; **basic bidding, playing the hand, defending the hand, advanced bidding and super advanced bidding**.

Bill's most important TIP for bridge players is "**planning**". You have to know what you are going to do, bid after bid, including planning to avoid "finesses".

The **Edmonton Bridge Centre** is Edmonton's only full-time bridge facility. It is open to all players-not a private club. It offers a social setting with a kitchen and lounge. Over 400 members meet and socialize. Lessons are offered during the fall and winter and they are taught by accredited teachers who share their love of the game. Lessons series run 2 hours a week for nine weeks. A variety of afternoon and evening classes is offered. Special seminars and mentorships are also available. The organization has low card fees because they are a non-profit society. Afternoon games are \$6 and evening games are \$7 for members. A small surcharge is levied for non-members. The annual membership is \$40.

For more information contact the Centre at 780-451-6595 or [www.edmontonbridge.ca](http://www.edmontonbridge.ca)

**Jean Warrack** thanked our speaker for a very passionate presentation.

The Free Lunch draw was won by **John Boyd**.

Dick Nichols reports on the results of the Hockey Pool.

Game 6 December 28 Winners First Period      Second Period      Final

**Oil Kings vs. Red Deer**

<b>First</b>	<b>3</b>	<b>0</b>	<b>Jeff Baird</b>	<b>Len Stevens</b>	<b>Walter Yakimets</b>
<b>Second</b>	<b>4</b>	<b>0</b>	<b>Ari Hoeksema</b>	<b>Jack Ellis</b>	<b>Roger Russell</b>
<b>Final</b>			<b>Gyro</b>	<b>Gyro</b>	<b>Gyro</b>

Game 7 January 5 Winners First Period      Second Period      Final

**Oil Kings vs. Vancouver**

<b>First</b>	<b>1</b>	<b>0</b>	<b>Scarlett Burnett</b>	<b>Jeff Larson</b>	<b>Rudi Lukas</b>
<b>Second</b>	<b>2</b>	<b>0</b>	<b>Donna Assaly</b>	<b>Danica Russell</b>	<b>Bea McKenzie</b>
<b>Final</b>	<b>5</b>	<b>0</b>	<b>Gyro</b>	<b>Gyro</b>	<b>Gyro</b>

Game 8 January 12 Winners First Period      Second Period      Final

**Oil Kings vs. Saskatoon**

<b>First</b>	<b>0</b>	<b>0</b>	<b>Jack Slobodan</b>	<b>Sharon Matei</b>	<b>Carolyn Ramsey</b>
<b>Second</b>	<b>2</b>	<b>0</b>	<b>Emott Douglas</b>	<b>John Boyd</b>	<b>Thomas Glassford</b>
<b>Final</b>	<b>2</b>	<b>1</b>	<b>Gyro</b>	<b>Gyro</b>	<b>Gyro</b>

Game 9 January 26 Winners First Period      Second Period      Final

**Oilers vs. Flames**

<b>First</b>	<b>1</b>	<b>2</b>	<b>Kennedy Brown</b>	<b>Mort Morter</b>	<b>Doug Heibert</b>
<b>Second</b>	<b>2</b>	<b>4</b>	<b>Bea McKenzie</b>	<b>Teresa Ellis</b>	<b>Janelle McManus</b>
<b>Final</b>	<b>3</b>	<b>4</b>	<b>Alan Rusler</b>	<b>Leanne Dobson</b>	<b>Sheldon Weatherby</b>

**The NHL is back in the game** and our Hockey Pool line up for the rest of the season is as follows:

Game 10 Canucks February 4th, Game 11 Avalanche Feb 16th, Game 12 Coyotes Feb 23rd, Game 13 @Wild March 3rd, Game 14 @Predators Mar. 8th, Game 15 Red Wings Mar. 15, Game 16 Blues Mar. 23rd, Game 17 Canucks Mar. 30th, Game 18 @Kings April 6, Game 19 @ Avalanche Apr. 19th and Game 20 Black Hawks Apr. 24th.

**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 the years individual club members and the club as a whole have generously donated funds for the establishment of the **Centre for Gerontology Fund**.

The endowment fund 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 2012-2013 Gyro Club of Edmonton Graduate and Undergraduate Scholarships in Aging.

**Stephanie Riley**, a fourth year Arts student has been selected to receive this year's undergraduate award. Stephanie's career plans are to focus on providing specialized mental activities for those individuals who are dealing with the development of dementia.

**Linzy Bohn** has been selected to receive the Master's level graduate scholarship award. Her thesis focuses on examining time perspective and social goals in Alzheimer's Disease.

**Christine Daum** is a 4th year PhD student in Occupational Therapy who is expected to complete her studies in September 2013. Through her research she hopes to advance current understanding of how neighbourhood contexts influence participation in activities and consequently older adults' health and quality of life.

These scholarships were awarded at the **January 18th** Research on Aging: Nibble, Nosh and Network Event at the University of Alberta.

### **Friendship Quotes from dizzyboy.com**

- **Do not protect yourself by a fence, but rather by your friends.**  
Czech Proverb
- **It is wise to apply the oil of refined politeness to the mechanism of friendship.** Colette (1873-1954)
- **When the character of a man is not clear to you, look at his friends.**  
Japanese Proverb
- **In prosperity our friends know us; in adversity we know our friends.**  
John Churton Collins
- **The shifts of fortune test the reliability of friends.** Cicero (106-43 B.C.)
- **The meeting of two personalities is like the contact of two chemical substances: if there is any reaction, both are transformed.** Carl Jung (1875-1961)

## FIRST POSTING

**Ken Korchinski** has applied for membership in our club. Ken and his wife **Arden** reside at **25 Glacier Place, St. Albert**. Their postal code is **T8N 1R7**. Their telephone number is **780-458-5140** and email address is [kkorchinski@shaw.ca](mailto:kkorchinski@shaw.ca) Ken is a retired civil engineer and is proposed by **Sam Gruden** and **Fred Schulte**.

**President John Boyd** welcomed 35 Gyros and six guests to the January 22nd luncheon meeting held at the Royal Mayfair Golf Club. **Roger Russell** led the group in the singing of *Cheerio* and **John Boyd** presented a *Scottish Grace*.

**Marty Larson** introduced his guest and former club member **David McNaughton** as well as his other guest, **Arv Hardin**. **Sam Gruden** introduced his guest and last meeting's speaker, **Bill Cox**. **Sam** also introduced his guest and new member applicant **Ken Korchinski**.

**Marty Larson** introduced our guest speakers **Stephanie Keeling** and **Melinda McGill**.

**Stephanie** is a clinical rheumatologist and Assistant Professor of Medicine at the University of Alberta. She recently completed her Master's in Experimental Medicine at the U. of A. with a focus on inflammatory back pain screening for ankylosing spondylitis. While she does practice general clinical rheumatology and sees a wide variety of patients, her main interests within rheumatology include rheumatoid arthritis, ankylosing spondylitis and systemic lupus erythematosus.

Ms. Keeling indicated that there are **over 100 kinds of arthritis** and **osteoarthritis** is the most common form. Osteoarthritis is a painful joint disease that happens when the joints in the knees, hips, hands and spine break down. Since cartilage normally serves as a shock-absorbing cushion between bones, its breakdown results in bones rubbing directly against one another during movement. Such friction causes the bone to thicken so that spurs (bony growths) may develop between joints. Stiffness, pain and loss of movement may occur as the joint lining becomes inflamed by cartilage breakdown and spur growth. Over time, such abrasions between bones may result in permanent joint damage. We still don't quite understand what causes it and were are not as advanced with treatment.

**Rheumatoid Arthritis (RA)** is a systemic inflammatory disease which manifests itself in multiple joints of the body. The inflammatory process primarily affects the lining of the joints (synovial membrane), but can affect other organs. The inflamed synovium leads to erosions of the cartilage and bone and sometimes joint deformity. Pain, swelling and redness are common joint manifestations. Although the causes are unknown, RA is believed to be the result of a faulty immune response. There is no cure but new effective drugs are able to treat the disease and prevent deformed joints.

**Lupus** is an autoimmune disease where the body's immune system becomes hyperactive and attacks normal, healthy tissue. This results in symptoms such as inflammation, swelling and damage to joints, skin, kidneys, blood, the heart and lungs. It is not known what exactly causes lupus there is a strong belief that it results from both genetic and environmental stimuli. The higher number of lupus cases in females than in males may indicate that the disease can be triggered by certain hormones.

**Melinda McGill** joined the **Arthritis Society Alberta and Northwest Territories** in 2008 as the Special Events Coordinator and moved to her current position as Donor Relations Coordinator in 2010. In addition to serving as liaison to all donors, she also writes the grant proposals and coordinates the database for the division. Ms. McGill advised that there are eleven staff in the Calgary divisional office and the Edmonton Regional office. Arthritis is the leading cause of workplace disability in Canada and costs the economy \$33 billion annually. One in six adults and one in 1000 children will be affected by the disease. More than \$180 million has been invested towards arthritis research in Canada. Over the last five years, \$2.3 million has been allocated for research in Alberta.

A two-hour **Arthritis 101 Program** has been developed by the Society in Alberta, which is volunteer-led and provides information to those who are newly diagnosed. Participants will learn:

- the differences between inflammatory and degenerative types of arthritis;
- the early warning signs and how to get an accurate diagnosis;
- self management strategies and the various treatment options available;
- tools to help enhance collaboration with you health care team.

**Eric Spink** thanked the speakers for their presentations and the level of interest shown by the members questions was large.

**Sam Gruden** was the winner of the **Free Lunch draw**.

Our own **Dick Nichols** was the recipient of the **Queen Elizabeth II Diamond Jubilee Medal** at a ceremony hosted by the Lt Governor, Donald Ethell on January 22nd at Government House in Edmonton.

More information to follow in the February Gyrolog.

## UPCOMING EVENTS

**Regular Tuesday Luncheon Meeting, Royal Mayfair Club, February 5th**

**Speaker:** Lerena Greig, Public Relations and Resource Officer, Edmonton Dream Centre. The Centre offers long-term residential programs for women in crisis and their children.

**Contact:** John Mann

**Gyro/Gyrette Mixed Valentines Event, Ernie's Restaurant, Northern Alberta Institute of Technology, Thursday, February 14th.**

**Time:** 6:30 pm

**Cost:** \$60 per person for a four course dinner prepared by NAIT culinary students.

**Contacts:** John Boyd and Bill Taylor

**There will be no Tuesday Luncheon Meeting on February 19th!**

**Regular Tuesday Luncheon Meeting, Royal Mayfair Club, April 2nd**

**Club Executive Elections and New Member Biographies**

**Contacts:** Ari Hoeksema and Fred Schulte

**Gyro International Convention, 7 Day Western Caribbean Cruise, May 11-19**

**Ship:** The Oasis of the Seas

**Cruise Itinerary:** Fort Lauderdale, FL.; Labadee, Haiti; Falmouth, Jamaica; Cozumel, Mexico.

**More details at [www.Gyro.ws](http://www.Gyro.ws)**

**Contact:** Cathy 858-781-GYRO or 954-781-4011

**[Cathy@besswilliamstravel.com](mailto:Cathy@besswilliamstravel.com)**

**District VIII Convention, Fairmont Hot Springs Resort, May 23-27**