



THE GYROLOG THE GYRO CLUB OF EDMONTON

President

John Plunkett
Res. 435-7011

JUNE 2008

1st Vice-President

Leon Lubin
Res. 454-9712

Warren Garbutt celebrated his birthday on June 9th. The June wedding anniversaries are **Walter and Kay Yakimets**, 49 years on the 6th; **Roger and Janet Russell**, 48 years on the 11th; **Larry and Carol Dobson**, 41 years on the 17th; **Cliff and Katherine Revell**, 38 years on the 18th and **Ron and Marlene Ramsey**, 48 years on the 24th.

2nd Vice-President

Bill Taylor
Res. 430-0330

Imm.Past President

Jack Brown
Res. 434-0392

President John Plunkett welcomed 32 Gyro's and three guests to the June 3rd luncheon meeting held at the Royal Mayfair Golf Club. Cheerio was led by **Dick Nichols** and the Grace was presented by **Brad Childs**.

Secretary

Barry Walker
Res. 475-0983

President John introduced his guest **Brad Childs** and our guest speaker **Dr. Steven Aung**; **Leon Lubin** introduced his guest **Bob Clarke**.

Treasurer

Mike Matei
Res. 930-1780

Directors

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

Harry Nash introduced our guest speaker **Dr. Steven K.H. Aung**. Dr. Aung is a geriatric and family physician and a traditional Chinese medical practitioner and teacher. Dr. Aung is also an associate clinical professor in the Departments of Medicine and Family Medicine and adjunct professor of Extension at the University of Alberta. Dr. Aung is the recipient of numerous awards including the Alberta Order of Excellence in 2002 and the Order of Canada in 2006. Dr Aung previously spoke at our luncheon meeting held on January 8th, 2008.

Gyrolog Editor

Fred Schulte
Phone 434-0925

Acupuncture is one tool used to restore the flow of vital energy or chi, 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. Dr Aung explained that not everything can be explained by science and that there is room for traditional Chinese medical practices alongside Western Medicine.

Dr. Aung also explained that he has used acupuncture to treat very small creatures such as birds as well as large animals such as Lucy, the elephant at the Valley Zoo. In the case of the small bird, he was able to stop the constant biting of chest feathers by the insertion of one needle in the top of the head. Dr. Aung advised that many years ago his father had presented him with a large and very long needle which had been used on large animals in Asia. This needle was a treasured family gift and Dr. Aung did not expect to ever use it. However this needle was used with the permission of the Valley Zoo to treat Lucy's low back pains.

Dr Aung then proceeded to observe a number of Gyro members and comment on various physical attributes such as baldness, dilated or blood shot eyes and other markings that could be seen on ears and tongues. These attributes might show signs of stroke, kidney, liver disease or arthritis. A red ear on the right side may indicate a problem with the left kidney. An imbalance in the jaw can affect the whole side of the body including the walking gait.

A lot of your personality can be determined by the handshake; there is an energy exchange through eye contact and grip pressure. Studying the various parts of the ear can identify many problem areas in the body. Dimples that appear 2 to 3 years after trauma or surgery are readily evident.

Dr. Aung then proceeded to sketch the human tongue on the flip chart with a number of compartments or sections. The centre of the tongue from top to bottom was divided into four sections; kidney/bladder, intestine, stomach and lung. The upper sides of the tongue were labeled liver, the left middle outer side labeled spleen and the tip of the tongue labeled heart. A close observation of colour, coatings or blemishes in these various sections of the tongue may point to disease of a body organ.

Many people have asked the question: Which is the best way, Eastern (Chinese) or Western? Both approaches have merit and both should be used in the pursuit of wellness. Ideally, we need to treat the cause and not the symptoms. Our approach needs to focus on maintaining wellness, not just treating the illness. Mental health includes spiritual health. All three components, mind, body, spirit must be treated.

Cliff Revell thanked Dr. Aung for another very interesting and informative presentation. The winner of the free lunch draw was **Sam Gruden**.

Some more African Proverbs:

Money is sharper than a sword.
No one tests the depth of a river with both feet.
He, who asks questions, cannot avoid the answers.
The heart of the wise man lies quiet like limpid water.
Let him speak who has seen with his own eyes.
If you offend, ask for pardon; if offended, forgive.

Compiled by Charlotte and Wolf Leslau, Peter Pauper Press, 1962

President John Plunkett welcomed 30 Gyro's and two guests to the **June 17th** luncheon meeting held at the Royal Mayfair Golf Club.

Roger Russell led the group in Cheerio and **Peter Morrison** offered the grace.

Our President recognized **David J. Burnett** who was inducted into the Order of Athabasca University on June 14th, 2008 in recognition of his hard work, focus and dedication to Athabasca University during his service as both a member and, subsequently, as Chair of Athabasca University Governing Council. Mr. Burnett was first appointed to Governing Council as a public member on November 1, 2000, and was appointed chair on May 10th, 2004. Under his leadership, the university changed its governance structure, developed and approved a new Strategic University Plan and experienced unprecedented enrolment growth.

John Stroppa advised the members that **John Ross** began his two month, 4000 km bicycle trip from Paris, France to Istanbul, Turkey on June 1st. The 28 male and 18 female bicyclers will follow the route of the famed Orient Express railway.

Dick Nichols reported on the results of the 2007 Hockey Pool which resulted in tickets sales of \$4900, prizes of \$2400, expenses of \$201 and \$2000 transferred to the Club Benevolence Fund.

Peter Morrison advised that the **Alberta Diabetes Foundation** is sponsoring the Sean Fleming Golf Tourney on August 27th at Red Tail Landing.

Mike Matei reported on the **Annual District VIII Golf Tourney** held in Red Deer at the Riverbend Golf Course on June 5th. Our club was represented by Mike Matei, Tony Sheppard, Ernie Siegel and Fred Schulte. A very disappointing turnout of only 17th golfers from three Edmonton clubs has raised the question of whether the tourney should continue. There were no golfers in attendance from southern Alberta. It is not clear why the numbers of golfers has dropped dramatically in the last two years. Is it due to weather uncertainty, cost, distance to travel or other commitments for this time of year? Are there some ideas in order to salvage this event? Could it be made into a two-day function to make it worthwhile to travel to Red Deer from longer distances? Should the tournament be changed to a mixed event or should it be moved to a different location to attract other clubs?

The Edmonton area clubs have traditionally rotated the responsibility of hosting this tourney and next year it will be the responsibility of the Edmonton Club to hoist the event. We would appreciate any feedback from those interested in what we can do to save this event. Our 1st Lt. **Governor Bernie Kropp** intends to place this topic on the Business Meeting agenda of our District VIII Convention to be held in Nelson, August 7-10th, 2008. Please feel free to provide e-mail comments to Bernie at bkropp@berjagroup.com or Mike Matei.

Val Pohl introduced our guest speaker **Jack Little, Executive Director of the Edmonton Heritage Festival**. Mr. Little moved west from Ontario and graduated from NAIT and spent 27 years with CFRN Television. In 2003, he became Executive Director of the Festival. Our festival is the largest festival in one location in the world and allows people to experience cultural diversity. This year the event will be held August 2nd to 4th. A majority of the visitors will arrive by Edmonton Transit buses and will be met front and centre by the Edmonton Food Bank. Last year, the citizens of Edmonton and area donated 55,000 kg of food and \$55,000 in cash.

There will be 322 opportunities to buy food and 300 different entertainment events. Sixty two countries representing 85 cultures will be in attendance. In the centre of Hawrelak Park there will be three large tents for kid's activities. This year for the first time, all utensils and plates will be made of biodegradable materials.

Ten percent of tickets sales revenues and corporate donations will allow the festival to remain financially stable in case of reduced attendance because of rain or other inclement weather conditions. Six hundred volunteers will help keep the festival on track. The volunteers are so important that an Edmonton Heritage Festival Association Endowment Fund has been established to promote ethnic and cultural diversity, to entertain and to educate future generations of festival attendees.

Last year 350,000-400,000 citizens attended the three-day event and purchased 2.5 million tickets. Advance ticket sales will be available this year to deal with long lineups. The number of venues cannot be increased because there is physical limit to the underground electrical and water services that were originally paid for by the Edmonton Heritage Festival and turned over to the City of Edmonton.

Warren Garbutt thanked Mr. Little on behalf our members for a very informative and fast paced presentation. The free lunch draw was won by **John Plunkett**.

Thanks to the team of Val Pohl, Warren Garbutt and John Stroppa for organizing this luncheon event.

Late breaking news!

Our own **David Burnett CA** will receive a Distinguished Service Award from the Institute of Chartered Accountants of Alberta at their annual Celebrating Alberta CA's events on June 20th in Edmonton.

UPCOMING EVENTS

Regular Noon Luncheon Meeting, July 8th

Royal Mayfair Golf Club

Installation of new member: **Ken Bowes**

Speaker: **Walter Yakimets** who will present a visual presentation on his recent trip to Antarctica.

Annual Gyro/Gyrette Golf Tournament July 22nd, 2008

Legends Golf Course, 1:00 pm

9 hole Texas scramble format

Cost: \$55 for golf and BBQ Dinner per person, including prizes and wine with dinner.

Dinner only for those wishing to join us for the meal is \$30 per person

Contacts: **Barry Walker and Roger Russell**

Prize donations are needed please!!

There will be no luncheon meeting on July 22nd

District VIII Convention August 7-10, 2008

Prestige Lakeside Resort and Convention Centre

Nelson, British Columbia

Phone: 1-877-737-8443

There will be no luncheon meeting on August 5th.

Mixed Gyro/Gyrette Bocce Event, Tuesday Evening September 16, 2008

Bocce and Dinner

Italian Canadian Seniors Association

9111- 110 Avenue (near Commonwealth Stadium)

Contact: **Barry Walker**

Gyro Northlands Races, Sunday afternoon, September 28th

Cost: \$36 per person for prime rib dinner.

Contact: **Val Pohl**

District VIII GYRO Curlarama, Friday, Nov. 7th to Sunday, Nov. 9th

Banff, Alberta

Sponsored by the Stampede City Gyro Club

Included in your registration fee will be something for everyone.

- 2 days curling, no experience necessary
- Drinks and Dinner Friday night
- 2 days Breakfast and Dinner Saturday
- Pub crawl in Banff
- Dart Tournament
- Texas Hold-em Poker Tournament

Contact: **Dale Green** dale@dalegreen.com