



**Newsletter
Of the
Canadian Association of
Aquarium Clubs**

7/1/2017

Editor: Ann Stevens

**CANADA
1867-2017**

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Board of Directors

Executive

President	Ron Bishop	Recording Secretary	Ann Stevens
ron.bishop2@sympatico.ca	Club: London	Ann.stevens@gmail.com	Club: Hamilton
1st Vice President	Ken Boorman	Treasurer	Ed Bosker
rhad@kent.net	Club: Chatham-Kent	ebosker1@gmail.com	Club: Hamilton
2nd Vice President	Ann-Marie Towell	Corresponding Secretary	Lisa Boorman
amtowell@shaw.ca	Club: TCGG/BBC	lisachromis@yahoo.com	Club: Chatham-Kent
Past President	Claudia Carthew		
carthew@yahoo.com	Club: St. Catharines		

Committees

Aquatic Horticulturalist Directory	Ann Marie Towell	Judges	Ken Boorman
amtowell@shaw.ca	Club: TCGG/BBC	rhad@kent.net	Club: Chatham-Kent
Archivist		Membership	Ed Bosker
		ebosker1@gmail.com	Club: Hamilton
Awards	Peter Melady	Newsletter	Ann Stevens
hpmelady@hotmail.com	Club: Sarnia	Ann.stevens@gmail.com	Club: Hamilton
Fish Breeders Directory	Lisa Boorman	Open Show	Barb Draper
lisachromis@yahoo.com	Club: Chatham-Kent	barb.ireland@rogers.com	Hamilton
Binder	Ann Stevens	Programs	Ken Boorman
Ann.stevens@gmail.com	Club: Hamilton	rhad@kent.net	Club: Chatham-Kent
FAAS	Ken Boorman	Steering	Peter DeSousa
rhad@kent.net	Club: Chatham-Kent	pdesouza1@msn.com	Hamilton
Fish Rescue	Jerry Draper/Ann Marie Towell	Ways & Means	Annette Bishop
drapibar@gmail.com	amtowell@shaw.ca	ally_ann@hotmail.com	Club: London
Futures	Jeff Mountjoy	Webmaster	Ann Stevens
jmtjoy@rogers.com	Club: Barrie	Ann.stevens@gmail.com	Club: Hamilton

President's Message

If you couldn't attend our President's pot luck, you missed a good meeting. We had great discussions and food.

Summer is here and most clubs don't meet, but I know some of you take the opportunity to enjoy your gardens, ponds and searching out new fish by checking out new fish stores.

By the time we have our next meeting in September, Auctions and shows will be in full swing. If you haven't already, send your upcoming dates to our Webmaster, Ann Stevens to be included on the calendar.

Enjoy the summer, see you in September.

Ron Bishop

President CAOAC



Executive Meeting – June 25, 2017

Called to order at 11:09 by Ron Bishop (President) at Optimist Hall, Waterdown.

Executive Attendance

Position	Name	Absent/Present
President	Ron Bishop (LAS)	Present
1 st VP	Ken Boorman (CKAS)	Absent (no Internet)
2 nd VP	Ann-Marie Towell (TCGG)	Absent (no Internet)
Corresponding Secretary	Lisa Boorman (CKAS)	Present (texting)
Recording Secretary	Ann Stevens (HDAS)	Present
Treasurer	Ed Bosker (HDAS)	Present
Past President	Claudia Carthew (SCAAS)	Absent
Also In Attendance:	Annette Bishop (LAS)	Barry McKee (DRAS)
	Peter Melady (SAS)	

Minutes –Ed made a motion to accept the minutes from the last meeting. Ann seconded. Carried

Old Business –

2018 Convention – suggested having a summer meeting to set budget and discuss plans, etc. A tentative date of July 29 at Ron’s has been set. A suggestion that we should have a larger room for hospitality next year.

Treasurer’s Report

CAOAC Treasurer’s Report

May, 2017

1. Financial Report:

a. Opening balance March 31, 2017	\$9,353.09
b. Cheque #223 P. Malady Awards	-\$160.27
c. Banks fees/credit	-\$4.95
d. Closing balance April 28, 2017	\$9,187.87
e. Commitments: Terry Little Fund	\$ 466.81
f. Working Balance April 28, 2017	\$8,721.06

2. Membership/Insurance.

3. 2016/2017 Budget. For discussion.

4. CAOAC Archives. TBD.

CAOAC Treasurer’s Report

June, 2017

1. Financial Report:

a. Opening balance April 28, 2017	\$9,187.87
b. Cheque #224 B. Draper Judges Awards	-\$99.94
c. Cheque #225 Holiday Inn 2018 Convention deposit	\$ 500.00
d. Banks fees/credit	-\$4.95
e. Closing balance May 31, 2017	\$8,582.98
f. Commitments: Terry Little Fund	\$ 466.81
g. Working Balance April 28, 2017	\$8,116.17

2. Membership/Insurance.

3. 2016/2017 Budget. For discussion.

4. CAOAC Archives. TBD.

Respectfully submitted, Barry McKee

Motion to accept the report Ed, seconded by Ann.

Correspondence

Received correspondence from Cate Forbes (CAS) and Ottawa Valley AS and responded.

New Business

Upcoming CAOAC meeting dates:

September 17	December 10	March 18
October 15	January 21	April 22
November 19	February 11	June 24

Due to no Internet, a quorum was met by Lisa texting Ron throughout the meeting for updates. Meeting adjourned at 12:02 by Ed.

General Meeting

Called to order at 12:15 by President Ron and welcomed everyone.

Position	Name	Absent/Present
President	Ron Bishop (LAS)	Present
1 st VP	Ken Boorman (CKAS)	Absent (no Internet)
2 nd VP	Ann-Marie Towell (TCGG)	Absent (no Internet)
Corresponding Secretary	Lisa Boorman (CKAS)	Present (Texting)
Recording Secretary	Ann Stevens (HDAS)	Present
Treasurer	Ed Bosker (HDAS)	Present
Past President	Claudia Carthew (TFCEC)	Absent
Club	Name	
Barrie	Jeff Mountjoy	
Calgary		
Chatham	Lisa Boorman (text)	
Durham	Barry McKee	
Hamilton		
London AS	Annette Bishop	
St. Catharines	Phil Barrett	
Sarnia	Peter Melady	
Trans Canada Guppy		
Guests:	Doug Best (BRASS)	
	Leanne Mountjoy (BRASS)	

Minutes - Motion to accept the minutes by Ed, seconded by Phil. Carried.

Treasurers report – see Executive report

Motion to accept by Annette, seconded by Jeff. Carried

Business Arising from Executive – see Executive minutes.

Correspondence –

See executive minutes.

Committee Chairs

Title	Name	
AHD	Ann Marie Towell (?)	
Archivist	Open	
Awards	Peter Melady	Present
Fish Breeders Directory	Lisa Boorman	Via Text
Binder	Ann Stevens	Present
FAAS	Ken Boorman	
Fish Rescue	Jerry Draper/Ann Marie Towell	Absent
Futures	Jeff Mountjoy	Present
Judges	Ken Boorman	Absent
Membership	Ed Bosker	Present
Newsletter	Ann Stevens	Present
Open Show	Barb Draper	Absent
Programs	Ken Boorman	Absent
Steering	Peter DeSouza (?)	Absent
Ways & Means	Annette Bishop	Present
Webmaster	Ann Stevens	Present

AHD- nothing new

Archivist – still no updates on boxes

Awards – All new recipients were added to the web site. Ron indicated a comment was made as to explain why someone received some awards. Ann suggested having a 2 sentence summary of why someone received the award, and then finalize with, if you feel that you know someone that should have received it, then nominate that person for next year.

Binder – All award recipients were updated from the convention.

FAAS – no news

Fish Breeders Directory – Only one club turned in any fish during the last month. CKAS. Fishbreeders has been pretty quiet this year so far. We have one retroactive award to hand out. Lisa Boorman for Thorichthys panchovillai.

Futures – Futures meeting to be held at Jeff Mountjoy's, date to be determined, sometime in the summer.

Judges – no report.

Memberships – no report

Newsletter – added report from attendance at Peel Speaker dinner

Open Show – 2 shows are coming in so far

Ways & Means –

Month	Balance	Spent	Rec'd	50/50	Raffle
Sept.	93.00				
Oct.	93.00	-8.20	3.05		
Nov.	87.85	-6.85	7.05	13.00	10.00
Dec.	111.05	-31.80	15.25	25.00	5.00
Jan.	124.50	-20.20	11.85	20.00	35.00
Feb.	171.15	-21.10			
Mar.	150.05	-73.20	10.75	17.00	10.00
Apr.	114.60	- 15.75	14.55	22.00	27.00
May	162.40	- 71.50			
June	90.90	-5.00	15.75	15.00	10.00
July	136.65				

Ron Bishop won the 50/50 price of \$15.

Proficient food donated from Jeff – won by Barry.

Nutrifin, Amquel+ donated by Annette won by Jeff.

Krill Gold donated by Ed won by Barry

Brine Shrimp, plant food, goldfish flake food won by Jeff

\$100 cash given to Treasurer for the Ways & Means

Donated tank auctioned, winner Ron for \$9 for Terry Little Fund

Case of water left over from auction, sold to Barry \$2

Phil \$2 for half case of Coke

Half case of Diet Coke \$2 Jeff

Ron paid \$2 for pop in first cooler

Ed paid \$2 for pop in second cooler

Website – Executive were updated, About Us page updated, looking for fall updates

Club Reports

Barrie – 20 members, June elections with new executive, (type list), slide show in June meeting highlighting pictures from convention. Now celebrating 7 years. Fish store, Lake Simcoe circle tour on July 29. New Executive:

President – Doug Best

Vice President – Doug Fleming

Secretary – Geoff Cook

Treasurer – Bonnie Smith

Webmaster/Bulletin Editor – Brittany Watts

Programs Co-ordinator – Udo Rohmann

Past President/CAOAC Rep – Jeff Mountjoy

Betta Breeders - Also Betta Breeders Canada , 4 members down in Florida for the IBC convention. Peter de Souza is now an IBC judge. I think that's it.

Calgary – Our membership is growing and we sit somewhere around 90 members.

At our June general meeting we had Spencer Jack visit and talk about his interesting work and experiences with Fish Farms in Florida. Spencer talked to a packed room of enthusiastic members. We capped off the evening with items supplied by Spencer.

We are adjourned now until September.

Chatham-Kent – Last meeting, Derek Tustin came and did a talk on keeping aquarium plants outside for the summer in ponds. An interesting talk. We will not have a meeting again until August. That is the meeting we do the draw for the tickets to Ripley's Aquarium.

Durham – Membership is currently 58.

The May program was Udo Rohman speaking on tips and tricks for the fishroom. We had a strong turnout for Udo and Udo spent time with everyone's questions.

The June program featured Tommy Lam of Shrimp Fever. Tommy reviewed the various species and colour forms and focused on the potential diseases of shrimp and how to identify and treat them.

September will be Catherine Salmon speaking on Bettas

Special this year will be our 50th anniversary speaker and dinner program October 14th at Toronto Zoo. The speakers will be Ken Boorman, Hernan Lopez-Fernandez and Dr. Coletti. Details to follow.

Barry McKee, Durham Region Aquarium Society

London – Tuesday, June 13 was our final meeting for the year. We had a potluck with lots of goodies. We also had our usual monthly auction. Awards were handed out.

We had our annual elections. Thanks to Edna Swick for assisting in the process. Our new executive consists of President – Ron Bishop, Vice-President – Nancy Egelton, Secretary – Sharon Macdonald, Treasurer – Eric Geissinger.

Most of our committee chairs remain the same. We do have two new faces in chair positions. Welcome to Bob Wright who will be our annual show chair, and Joe Hoffer who will be our member-at-large.

We received some very exciting news. The London Aquaria Society has received their papers stating that we are incorporated. We are now, officially, a not-for-profit club.

We would like to thank Bob Wright for his hard work getting us through this process.

Welcome back to the returning executive members and welcome to the new people on our executive.

See you in September.

St. Catharines – We didn't have a program for our June meeting , instead we had our club elections and a year-end BBQ . We have a lot of changes to our executive. A big thanks to our 2016/2017 executive and committee chairs for their hard work. Our next meeting will be September 11th. October 29th we will be having our fall auction. Hope to see everyone in the fall.

New Executive

President, Patrick Shriner gpshriner@cogeco.ca

1st vp. Tom Hillier tom.hillier@Hotmail.com

2nd vp. Ryan Koch koch.ry@Gmail.com

Secretary Shane Eaton aquaticguy85@Gmail.com

Sarnia –We are planning a shop hop on July 15 to the London area fish stores. Our club summer picnic is July 30. Our Fall Auction will be held September 9 at our usual site, Sarnia Christian School. Details will be on our club website.

Société d'Aquariophilie de Montréal - Exceptionnellement la réunion débutera à 19h30 le Mercredi 21 Juin. Pour cause d'horaire d'été du centre nous avons du changer le jour et l'heure de cette dernière réunion.

(Translation: An exception for this meeting will begin at 19:30 on Wednesday 21 June. Because of the summer schedule of the center we had to change the day and the time of this last meeting.)

Trans Canada Guppy – Guppypalooza July 22 from 1:00-6:00, to be held at 58 Red Clover Court, Ilderton. This is our first Trans Canada Guppy quarterly meeting. Barbecue, fun, etc.

Thank you Peter Melady, Phil, Annette, Lisa, Kate, Myron, Nancy, Francois and Catherine Salmon. for sending their reports prior to the meeting. Thank you to those who sent their reports after also. It is appreciated.

Old Business

Pet Expo 2017 – Ontario – Fall Sept 9-10, Ken to confirm with Grant

Convention 2017

Ron will send an email to HDAS convention team for report. Kudos to the specialty groups that help to enhance interest.

Convention 2018

Flyers were distributed at convention and announced. People seemed to receive the same location positively. Get SNAP to cover convention. Updated guidelines are needed for hosting for future conventions.

Excellent conversation on future conventions with ideas took place.

New Business

Adjourned at 2:40 by Ed.

Upcoming Events

September		November	
9	Sarnia Aquarium Society Auction	5	Peel Region Aquarium Society Auction & show
9-10	Pet Expo - Mississauga	19	CAOAC General Meeting – 12:00
17	CAOAC General Meeting – 12:00		
24	London Aquaria Society auction		
30	Hamilton & District Aquarium Society - Auction		
October		December	
14	Durham 50 th Anniversary dinner speaker	10	CAOAC General Meeting – Pot Luck – 12:00
15	CAOAC General Meeting – 12:00		
22	Kitchener-Waterloo Aquarium Society Auction		
29	St. Catharines & Area Aquarium Society Auction		

Check the website calendar for links for more details.



OBITUARY: DR. HERBERT R. AXELROD



Herbert Axelrod, pictured with another of his great passions — the violin. Image: Barcroft Media.

Dr. Herbert Axelrod has died at the age of 89. Nathan Hill looks back on the life of the ichthyologist, author, explorer, entrepreneur, philanthropist and publisher with a controversial history, who once dominated and then receded from the hobby.

The author and publisher Dr. Herbert Richard Axelrod passed away at his Swiss home on May 15, 2017, with tentative reports trickling out over the subsequent days — articles from online Violin publications followed word-of-mouth announcements between friends of those close to him. In most camps, the news has been greeted with sadness, while some of those with whom he collided throughout his life have been less morose: in death, as in life, Axelrod is divisive.

Axelrod's history is as coloured as it is cloudy. Sections of his youth are undocumented, while periods of his adult life lack corroboration.

He was born June 7, 1927, the son of Russian Jewish émigrés. His mother worked with the US Navy Procurement Office, while the interests of his father, a violin and maths teacher, would have great effect on Axelrod's own life choices.

Little is known of his school years, though there are hints of adventure. At 10, it was claimed that he swam the fifteen-mile width of Lake Ontario; a suggestion of the derring-do that would drive him through life. His family wasn't a wealthy one, and Axelrod would gain a little spending money catching crabs and selling them to Chinese laundrymen. He had an obsession with pigeons, the messy nature of which led to angry landlords ousting the family from their lodgings.

At 17, Axelrod joined an Army Specialised Training Program to study a pre-medicine course. By the age of 23 he was serving in the active war in Korea, assigned to a M*A*S*H unit.

It was during this time that one of his first, dramatic claims arises. Whilst in Japan, dropping off blood and collecting whisky to trade with his fellow servicemen, he had a chance encounter with an ichthyologist in a Tokyo library, Dr. Takiharo Abe. After Abe introduced him to a book by Emperor Hirohito — an ardent marine biologist — Axelrod pointed out an error in the scientific name of a nudibranch. It turned out that Abe was well connected, and cleared a pathway for Axelrod to meet the Emperor Hirohito. On orders from his military commander to respond to an invite from the Emperor himself, Axelrod and the Emperor then spent a week together collecting the nudibranchs of which the Emperor was fond.

During his Korea years Axelrod received an unspecified wound to his hands, which in turn drove him to the career with which we fishkeepers mainly associate him. In an attempt to restore his dexterity, he took to typing, directing his words at a subject he knew and loved — fishkeeping.

Returning from Korea, Axelrod eventually completed studies for his Ph.D in Biostatistics, to join his Master's degree in Mathematics. During this time, he claimed to have attended lessons given by Albert Einstein, who was at that time teaching lattice theory at nearby Princeton. The timescales and geographies of the parties involved make this more than plausible.

In tandem with study, he started to produce the magazine *Tropical Fish Hobbyist*, first published in September 1952. *Tropical Fish Hobbyist* was an opening for Axelrod, and by 1955 he had founded TFH Publications Inc., a huge publisher of pet-keeping books and magazines.

Among his titles, several of which are still found as reference books sold and used by retailers around the world, is his *Handbook of Tropical Aquarium Fishes*, which may represent one of the most successful fish books of all time, selling well in excess of one million copies globally. Dr. Axelrod's *Atlas of Freshwater Aquarium Fishes*, last printed in 2004, probably still ranks as the most recognisable fish title for aquarists.

Publishing wasn't Axelrod's only source of income. As time progressed he invested in fish farming, owning no less than five tropical farms near Tampa, as well as inventing scores of products we take for granted today.

Freeze dried worms, for example, were originally an Axelrod concept. Dog owners may be surprised to find that the Nylabone their pets are chewing was also one of his creations.

TFH also afforded Axelrod some personal indulgences, such as the sister publishing company Panganiniana, producing musical-themed publications that allowed an outlet for Axelrod's love of violins. Throughout his life, he was an amateur violinist, as well as a collector and trader of rare violins.

The runaway success of TFH Publications afforded Axelrod free time to do what he pleased, and what pleased him was exploration. With energy to spare and ample funding, he ventured around the world, starting with the rainforests of South America. While seeking out fish, Axelrod still found time to brush shoulders with extraordinary characters. In 1960, he took the former King of Belgium, Leopold III, on a spear-fishing expedition into the Amazon. Somewhere in the late 1950s he procured Jaguars for Walt Disney. The Jaguar brief was for two black cats — potentially those seen in Disney's 'Jungle Cat' (1959) — but given that Axelrod couldn't find any truly black jaguars, he trapped and sedated a normal one, before hurrying it to a Manaus hairdresser for an all-over dye. There was even mention at one stage that Axelrod advised Churchill on goldfish, though this does seem to have been refuted.

The mid-1950's marked the beginning of another of Axelrod's fishkeeping legacies — the number of fish named after him. Regardless what genera of fish you keep personally, chances are that Axelrod's hand is somewhere in your collection.



Cardinal tetra, *Paracheirodon axelrodi*

The first fish named after him was both the most famous and the most controversial. The Cardinal tetra, *Paracheirodon axelrodi*, a fish known of since 1953 was due to be described by Drs. George Myers and Stanley Weitzman in the University of Stanford Ichthyological Bulletin. Allegedly finding Cardinals in a local retailer, Axelrod bought some of the fish and gave them to L. Schultz for a hasty description, which then appeared in an article in *Tropical Fish Hobbyist* one day before the publication of the Bulletin. In keeping with nomenclature laws, the first published name takes precedent, and the fish we have gained its name from Schultz's description. It was, by a factor of just one day, originally to be *Hyphessobrycon cardinalis*.

Axelrod's fish discovery years were prodigious, bringing hundreds of new species to the hobby. 16 species and one genus are currently named after him, though there were more. At one stage, he had a Discus named after him; lost to a taxonomic clean up. As well as journeying to find fish firsthand, it was Axelrod's benevolence that funded the likes of Dr. Jacques Gery and Dr. Martin Brittan to trek for new and exotic species.

It was Axelrod, along with Willi Schwarz, who set up the Cardinal tetra industry of Barcelos back in the 1950s. Given that the Cardinal accounts for 80% of artisanal fisheries in that region, Axelrod's impact on the region and its subsequent conservation was great. In recent years, Project Piaba continues the legacy of Axelrod — a project he donated heavily to in the 1990s, leading to the development of the Centre for Aquatic Conservation. Reportedly, Axelrod was once asked by the then President of Brazil, Humberto Castelo Branco, to help draw conservation plans for wider swathes of the Amazon.

Charity and philanthropy was a recurrent theme in Axelrod's long life. In 1989, he donated fish fossils to the University of Guelph; at the time, likely the single largest donation ever received by a Canadian University. Six months later they had established the Axelrod Institute of Ichthyology in his honour.

He was busy donating to the violin world, too. Over his lifetime, he built up one of the largest collections of Italian violins, loaning them to virtuosos as he saw fit. Within music circles he donated tens of millions to orchestras, operas and academies. In 1997, the Curtis Institute and New York's Juilliard School hosted a party for his 70th birthday, at Carnegie Hall, and with an all-star cast.

In 2003, donations to museums in Vienna brought him the gift of Austrian citizenship, which he later put to use during a darker phase of his life.

His philanthropic fame — he was once ranked as one of the top benefactors of America in the Chronicle of Philanthropy — was overshadowed in April 2004 when Axelrod became a headline name for a different reason: He had been indicted on charges of conspiring to defraud the US government. It was alleged that he had filed false tax returns, as well as diverting money into a Swiss bank account. The aquatic and violin worlds collectively clammed up in horror.

Axelrod failed to appear in court — he'd instead travelled to Cuba where he pleaded no wrongdoing with journalists who tracked him down. With a warrant now against him, he travelled Europe as a refugee, using the Austrian passport he had gained through his philanthropy. Authorities caught up with him in Berlin's Tegel Airport, and after six months in a German prison he was extradited and imprisoned in New Jersey. He pleaded guilty to a charge of tax fraud and was handed an 18-month sentence, of which he served 16 months. He was also fined \$40,000.

This was far from the first time that Axelrod had engaged in legal antics. As early as 1965 he'd already been sued 14 times. His strategy was to countersue, and he almost always won. Only his first case, involving the unauthorised use of images taken by William T. Innes in a TFH-published book was lost by him. Even here, the case left him relatively unscathed — Innes was awarded almost nothing as it couldn't be shown he'd substantially lost anything.

In Axelrod's own admission, there was a thrill to the litigation process, with winning bringing him, it was said, as much joy as the discovery of a new species of fish.

As an individual, Axelrod — 'Herb' to his friends — garnered both admiration and resentment from the fish world; perhaps it's a sin to be financially successful in aquatics. Numerous rumours and allegations surround his fishy antics — none of which come backed with evidence, however.

Indisputable is the enormous role he played in forming the hobby as we see it today. While it was stale and tired before the addition of Axelrod, he brought a wealth of colour and variety to fishkeepers everywhere, in print and flesh.

One seminal work on the early years of Axelrod's life refers to him as a 'panjandrum'. Fast forward fifty years, and that word is replaced with a less than flattering adjective 'picaresque'.

On one of the rare occasions he commented on his own life, Axelrod was on record after his conviction in 2004 as saying: "It was always my goal to be remembered as an outstanding philanthropist. That's all gone. Instead, I will be remembered as a person who disrespected his country, his government, the law and this court. It is the biggest mistake of my life."

Whether we remember him as philanthropist or not, his mark on fishkeeping is indelible and one that deserves the widest recognition. Perhaps — just perhaps — he was the singlemost influential fishkeeper the hobby and industry has seen.



Black neon tetra, *Hyphessobrycon herbertaxelrodi*

Story found at Practical Fishkeeping <http://www.practicalfishkeeping.co.uk/news/fishkeeping-news/articles/2017/5/30/obituary-dr-herbert-r-axelrod>

Eating fish may reduce arthritis symptoms

In a recent study, individuals with rheumatoid arthritis who consumed fish 2 times/week had lower disease activity (swollen/tender joint counts along with other assessments) than those who ate fish never to <1/month. There was also a graded association, so that increasing servings of fish were linked with incrementally lower levels of disease activity.

In the study of 176 patients, frequency of fish consumption was assessed by a food frequency questionnaire assessing usual diet in the past year.

"If our finding holds up in other studies, it suggests that fish consumption may lower inflammation related to rheumatoid arthritis disease activity," said Dr. Sara Tedeschi, lead author of the Arthritis Care & Research study. "Fish consumption has been noted to have many beneficial health effects, and our findings may give patients with rheumatoid arthritis a strong reason to increase fish consumption."

Story Source: Materials provided by Wiley. Note: Content may be edited for style and length.

Journal Reference:

Sara K. Tedeschi, Joan M. Bathon, Jon T. Giles, Tzu-Chieh Lin, Kazuki Yoshida, Daniel H. Solomon. The relationship between fish consumption and disease activity in rheumatoid arthritis. *Arthritis Care & Research*, 2017; DOI: 10.1002/acr.23295

Wiley. "Eating fish may reduce arthritis symptoms." *ScienceDaily*. *ScienceDaily*, 21 June 2017. <www.sciencedaily.com/releases/2017/06/170621082809.htm>.



Presents...GUPYPALOOZA!!!!

July 22, 2017 from 1:00p.m to 6:00p.m

The Trans Canada Guppy Group will first have its quarterly meeting, then there will be BBQ'ing, there will be fun. There will be surprises!

Please bring a lawn chair!

Please RSVP as soon as possible so we know how many burgers to make!

See you all there!

T.C.G.G

OPEN TO ALL GUPPY ENTHUSIASTS !!

PLEASE BRING NIBBLES TO SHARE WITH EVERYONE

We will be having an auction. Please bring donations. All proceeds to the TCGG!

Club Members: we have a special activity planned!

Mini Bowl Show!

Categories:

Male (Any style)

Female (Any style)

Pairs

RSVP:

**July 22, 2017
58 Red Clover Court
Ilderton ON**

transcanadaguppygroup@gmail.com

or on Facebook

What do you want to read?

The intent of this newsletter is to share some of the details of the meeting and upcoming events. From time to time, I try to include recent news. If there is something you would like to see, or if you have an article you would like included, please send it to me, ann.stevens11@gmail.com.

Regular Monthly Meetings

Who can attend? Any member of an Aquarium Club can attend the General Meeting that follows the Executive Meeting. It usually starts around 12:00 noon.

We have raffles, 50/50 draws, and snacks to share.

Why should you attend? To be part of the discussion that takes place between other clubs and items that are raised by the Executive. It's a great way to share ideas and discuss issues you may be having.

Skype Details

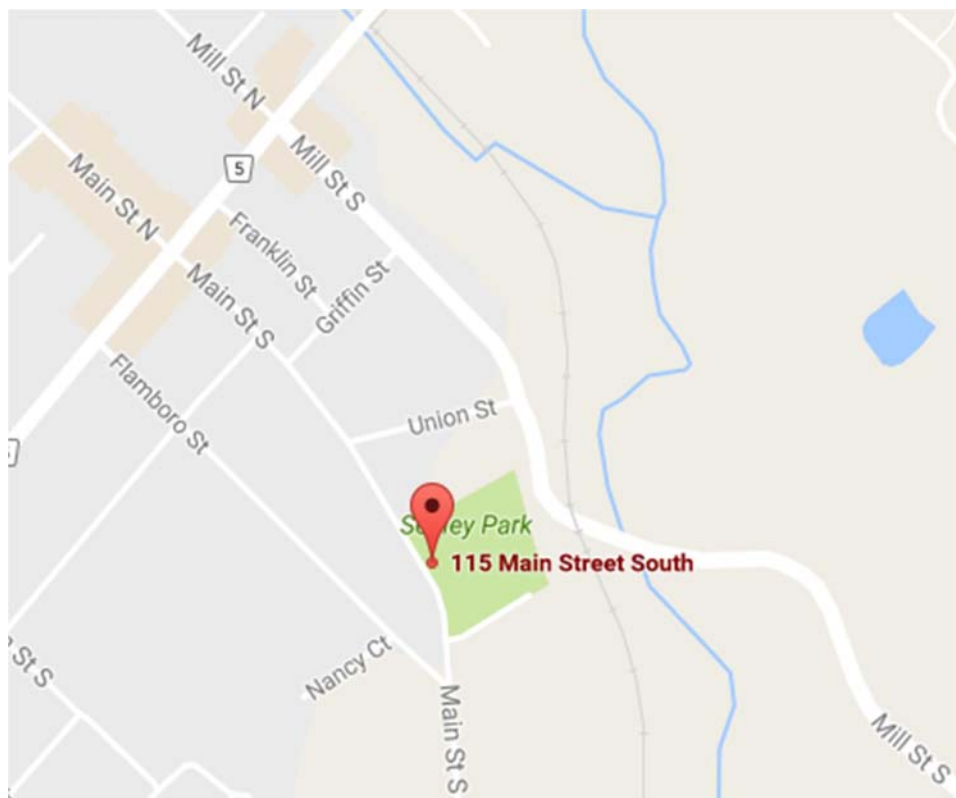
Can't attend the meeting? You can Skype in and participate that way. Here are the details:

Search for either Nov18angel or ann.stevens11@gmail.com

Request to be added to your contacts and I will accept.

Where do we meet?

Optimist Hall, 115 Main Street South Waterdown, Ontario



What is CAOAC?

We are often asked this question. CAOAC stands for The Canadian Association of Aquarium Clubs. We are a non-profit corporation and are composed of member aquarium, reptile & amphibian, pond & water garden, and similar clubs or societies from across Canada and the Northeast United States. CAOAC was founded in 1959 (incorporated in 1963) to allow the clubs to work together for their common good and the good of the hobby. Legislative issues, promotion of events, a judging system, national awards, assistance for new clubs, & liability Insurance are just a few of the things on which clubs can work and benefit together. Recently, a Fish Rescue Program has begun. This has been developed with outside partners who also have an interest in our hobby and environmental issues.

What are the benefits of being a member?

- National awards program to honour those in member clubs who have achieved success in breeding, plant propagation, or other endeavours related to the hobby.
- National judging program to train and certify judges as well as set standards that all can use to judge their shows.
- Third-party liability insurance program to protect club members in case of an unfortunate accident at one of their functions.
- National forum to express views and opinions.
- National voice to deal with legislation which may impact negatively on our hobby and to put forward constructive ideas to politicians and bureaucrats.
- A chance to become involved with people who share similar interests with yourselves.
- If you are interested in joining CAOAC as a club or as a private (non-voting) member, please contact our Membership Chair, see under committees for email address.
- In person meetings are held monthly (except July & August) in Waterdown, Ontario (unless otherwise posted) at the Optimist Hall where clubs which are within driving distance send their representative (s) to discuss issues of the day as well as the future.