



THE GYROLOG

THE GYRO CLUB OF EDMONTON

Club Charter No.18, July 29, 1921

President-[David Winfield](#), Past President-[Bruce Swanson](#),
1st Vice-President- [Chuck Gerhart](#), 2nd Vice-President-[Dunc Mills](#)
Secretary-[Barry Walker](#), Treasurer-[Gary Campbell](#),
Directors- [Bob Bahniuk](#), [Ron Trant](#), [Fred Schulte](#), [Tony Mazzuca](#)
Database Administrator-[John Ross](#), Gyrolog Editor-[Fred Schulte](#)
Club Website: www.edmontongyroclub.com

OCTOBER 2019

Those celebrating their birthdays are **Roger Russell** on the 5th, **Ken Korchinski, 80 years** on the 26th, **Mike Matei** on the 28th and **Doug Armstrong, 85 years** on the 31st. Those celebrating their wedding anniversaries are **Marty and Shirley Larson**, 59 years on the 8th; **Tony and Care Mazzuca**, 49 years on the 10th and **Gerry and Alice Glassford**, 62 years on the 12th.

The Gyro Club of Edmonton Roster 2019-2020 contains an incorrect email address for Bill Donnelly. Please change the address to bild@nucleus.com

Mike Matei of the Edmonton Gyro Club welcomed 31 Sherwood Park Gyros and 17 Edmonton Gyros to the **Annual Joint Men's Bocce Tourney** held at the ITAL-Canadian Seniors Centre on October 2nd. Cheerio was led by **Roger Russell** and the Grace was presented by **Heinrich Grosskopf**.

The first rounds of Bocce were started at 5:30 pm with score limits of seven and time limits of 20 minutes per game. At 6:30 pm, dinner was served with large Italian buns, Caesar Salad, Pasta and Veal Scalopini. Bocce resumed at 7:30 pm on three courts with battles on both the A and B Sides. The A Side winners were **Ray Davis, Lloyd Wilson, Milt Lane** and **David Burnett** and the B Side winners were **Barry Walker, Roger Russell, Erik Braun** and **Al Bleiken**. Thanks to Mike Matei, Augie Annicchiarico and Keith Bradley for organizing this event.



David Burnett Ray Davis Lloyd Wilson Milt Lanes

Sherwood Park Gyro Club President Allan Bleiken welcomed 34 Gyros and Gyrettes from the **Edmonton Gyro Club** and 56 Gyros and Gyrettes from the **Sherwood Park Club** to the **Founders Night Celebration** at the Belvedere Golf and Country Club on October 16th.

Bruce Copeland led the singing of Cheerio, **Nestor Chomik** presented the Toast to the Queen and **Ted Ewanchuk** gave the Grace.

The group was treated to a first-class buffet dinner consisting of both poached salmon and stuffed pork roast with all the trimmings

President David Winfield gave greetings from the Edmonton Gyro Club and presented a humorous description of a recent thanksgiving dinner.

Past District Governor Keith Bradley gave a humorous snapshot of our Gyro history starting with the Three Wisemen and Founders of Gyro, **Paul Schwan, Gus Henderson** and **Ed Kagy in 1912**. He also indicated that all the Gyros in the room tonight are Founders. Keith spoke of the typical things that young boys did when he grew up, playing with aggies, a type of marble and as teenagers, finding girls, finding cars and finding trouble. As you aged you found work, debt and mortgages. Then came the grandchildren and you said yes to joining Gyro. Keith then asked how many in the room recognized the benefits of being a Gyro? Without exception every Gyro in the room stood up!

Past President Fred Schulte of the Edmonton Club presented information about the Founders of their club.

Reg Henry and **Harry Fuller**, both young businessmen decided in April 1921 that the idea of a Gyro Club should be fully discussed. The organizational meeting was attended by 23 men and it was agreed that a club charter should be applied for.

Chartering of the Edmonton Gyro Club occurred on July 29, 1921 with 32 members in attendance.

Reg Henry was the **first President** and Harry Fuller the **first Secretary**.

Unfortunately, both young men died before the decade ended. Reg Henry died in 1925 and Harry Fuller in 1928.

The foundations of our 98-year-old club were firmly established by these two men.

By **1927**, there were 71 members, all of whom were working businessmen. The population of Edmonton was 67,000 and one can assume that in such a small community, these Gyro business ties played an important role in the growth of Edmonton for decades to come.

Even in the depth of the Great Depression in **1934**, there were 56 members in a city with 80,000 people. By **1944-45**, the Edmonton Gyro Club Roster listed 44 members, including Reg Jennings, Chief of Police and 11 active military members.

In **1951-52** there 102 members in a city of 163,000 population.

The Club Roster of **1957-58** listed for the first time 2 retired members.

1957 was an important milestone for Gyro with the charter of the **Edmonton Crossroads Club**.

The Edmonton Roster of **1970-71** listed 84 members including 21 retired in a city of 433,000.

In **1975**, the **Sherwood Park Gyro Club** was presented with their Charter and in **1992** the **St. Albert Gyro Club** received their charter.

Today, the Edmonton Gyro Club Roster lists 42 retired and 16 working members.

All our Gyro Clubs can give thanks to Reg Henry and Harry Fuller for their vision of friendship.

Vice-President Ted Ewanchuk introduced **Dr. Jasneet Parmar**. Dr. Parmar has 27 years of experience as an academic, educator, clinician and advocate in seniors' care in the Edmonton Zone. She serves as the **Medical Director for Covenant Health's Network of Excellence** in Seniors' Health and Wellness (NESHW). She is also an **Associate Professor in the Department of Family Medicine** at the University of Alberta. Jasneet is very active in developing and implementing clinical programming in the care for the frail elderly.

Dr. Parmar commented that she has never seen such a large group of **"successfully aging people"** as present at this event. Physicians are now actively involved in homecare for seniors.

She introduced the organization **CAREGIVERS ALBERTA**.

Caregivers Alberta grew from the ashes of one caregiver's burnout. A group of caregivers banded together to support each other. In 2001 they founded Alberta Caregivers Association, now Caregivers Alberta.

Our mission: To empower caregivers and promote their well-being.

Our vision: An Alberta where caregivers are valued and supported.

Caregivers Alberta is an organization of caregivers, for caregivers. We focus on the caregiver as an individual- helping them maintain their well-being rather than teaching them how to be better caregivers.

As Alberta's only dedicated caregiver organization, we improve the lives of Alberta's caregivers by:

- Providing group and one-on-one supports that help caregivers connect with others, navigate the system and look after themselves while providing care.
- Increasing communities' capacity to support caregivers by educating professionals, promoting networking and referrals, and sharing programs.
- Advocating for policy changes that will make a difference in caregivers' lives.

A caregiver assists a family member or friend with challenges resulting from illness, disability or aging.

Caregivers can be:

- The family member of someone with a brain injury, mental illness or addiction.
- The spouse of someone with heart disease, MS, Parkinson's, ALS, arthritis or dementia.
- The parent of a child with high needs or a disability.
- The adult child of aging parents who need help with appointments, home maintenance and finances.
- The main person checking in on a neighbour or friend because “there is no one else”.

These examples are just the beginning. The situations that can make someone a caregiver is endless.

Caregivers are an essential part of our society. There are more than 8 million caregivers in Canada- more than 1 in 4 adults. If you were to replace all the care, they provide it would cost \$66 billion per year. **In Alberta, there are one million caregivers, saving \$8 billion per year.**

Providing care comes at a cost. Many caregivers face negative consequences because of caregiving: Any thing over 20 hours per week can cause serious physical and mental effects.

- Higher rates of stress, anxiety and depression
- Greater risk of burning out
- Difficult emotions like grief, anger, frustration and guilt
- Poorer physical health and lack of sleep
- Out-of-pocket expenses
- Employment impacts including absenteeism, reducing hours and exiting workforce
- Difficulty finding resources and getting necessary support
- Strained family relationships

As a society, we need caregivers. The population is aging, and people are living longer with illness and disability. As care needs grow, we rely on caregivers to fill

in the gaps. But caregivers can't do it without support and recognition from the government, the system and the community.

For more information on CAREGIVERS ALBERTA see: www.caregiversalberta.ca

Ted Ewanchuk thanked our speaker for a very thought-provoking and timely presentation.

Thanks to the Sherwood Park Gyro Club for hosting an excellent Founders Night celebration and specifically to Al Bleiken, Ted Ewanchuk, Milt Lanes, Keith Bradley, David Winfield and Dunc Mills. Kudos also to the Edmonton Club for their participation.

“Fast Fred”

UPCOMING EVENTS

Tuesday Luncheon Meeting, Faculty Club, November 5th

Speaker: Chuck Gerhart

Topic: “Lest We Forget”-Belgium and France

Team Leaders: Chuck Gerhart and Jim Lepp

Tuesday Luncheon Meeting, Faculty Club, November 19th

Speaker: Eric Upton, Edmonton Eskimos Offensive Lineman

Topic: Edmonton Eskimos Five Great Cup Championships 1978-82

Team Leaders: Gerry Glassford and Walter Yakimets

Annual GYRO/GYRETTE Christmas Party, Riverview Room, Edmonton Convention Centre, December 3rd.

Team Leaders: Jack Little and John Mann

Tuesday luncheon Meeting, Faculty Club, December 17th

Speaker: Jim Lochhead

Topic: “Christmas Message”

Team Leaders: Jim Lochhead and Tony Mazzuca

District VIII Convention May 28-31, 2020 Medicine Hat, AB

Hosted by the Stampede City Gyro Club

Book Your Room Now!



Booking Information

- Call 1 800 661 8095
- Reservations – Press 1
- Ask for Gyro Convention
- Rate: \$124(plus tax) per night (includes breakfast)
- Room Choices:
 - ✓ 2 Queen Beds. overlooking pool
 - ✓ 1King Bed & Pullout Couch.
- Cancellation Policy:
 - ✓ 48 hrs. notice

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