



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)

Gyrolog Editor-Fred Schulte

Club Website: www.edmontongyroclub.com

JUNE 2022

Those celebrating their birthdays are **Warren Garbutt** on the 9th, **Tony Mazzuca** on the 11th, **Jim Lepp 85 years** on the 17th and **Heinrich Grosskopf** on the 29th.

Those celebrating their wedding anniversaries are **Ray and Donna Dallaire**, 43 years on the 2nd; **Terry and Patricia Mowbrey**, 62 years on the 4th; **Ken and Barbara Willan**, 56 years on the 4th; **Walter and Kay Yakimets**, 63 years on the 6th; **Larry and Carol Dobson, 55 years** on the 17th; **Cliff and Kathryn Revell**, 52 years on the 18th; **Ron and Marlene Ramsey**, 62 years on the 24th; **Jack and Sylvia Little**, 53 years on the 28th and **Heinrich and Carina Grosskopf**, 37 years on the 29th.

OFFICIAL CLUB NOTICE

THE GYRO CLUB OF EDMONTON CONSTITUTION AND BY-LAWS

PURSUANT TO ARTICLE XIII-AMENDMENTS

Notice is hereby given that proposed amendments to the June 21, 2016, Constitution and By-Laws will be discussed with members on **August 16, 2022**.

Copies of the proposed amended Constitution and By-Laws dated..... will be provided to all members prior to the August 16th meeting.

John Boyd began with a xylophone tune and **President Ron Trant** welcomed 29 Gyros and our guest speaker to the June 7th luncheon meeting held at the Derrick Golf and Winter Club.

Jim Lepp led the singing of Cheerio and **President Ron** presented the Grace.

We were advised that **Eric Spink** has resigned from our club. Eric was sponsored by **Marty Larson** in 2005. We wish **Eric** and his partner **Christina Gauk** all the best in their future endeavours.

Daryl Dyck introduced our guest speaker **Scott McDermott, Personal Trainer, #1 International Bestselling Author, Motivational Speaker, and Ultraman Triathlete.**

Scott indicated that after a 13-year career in architecture that had him overweight, sick, and stressed, he made a change. I got super fit, got certified as a Personal Trainer and then started helping others. I resigned and built a 15,000 square foot gym; Best Body Fitness in 2002, wrote a book about health and fitness called "If Your Body Were a Car, You Wouldn't Treat it This Way, as well as a fitness journal and a few recipe books.

Additionally, since getting healthy, I decided to try the **Sylvan Lake Half Ironman Triathlon** to see if I could finish it. I hired a coach, learned to swim, bought a bike, and relearned to run. I finished well, and qualified for Ironman Canada. Within a few years I was representing Canada at the World Championships in Holland and Australia as well as racing all over Canada and the USA. In 2011 I entered a triathlon 2.5 times longer than Ironman.

At the **Canadian Ultraman Championships**, I found my favourite race where I finished 6th overall, (20 minutes from 2nd) in a 3-day race spanning 520kms.

At the **Ultraman World Championships**, I placed 21st in 2013, and have ridden a bike 400 kms in one day for Cancer research. I have also ridden a mountain bike 700 kms from Banff Alberta to Montana along the great continental divide and completed every Spartan Distance including an Ultra Beast.

In 2015 I was once again racing at the **Ultraman World Championships in Kona, Maui** and crashed my bike in the rain at nearly 70 kilometers per hour, after hitting some algae on a bridge, breaking many bones including my skull, and nearly died. Making a remarkable full recovery with the help of a lot of Doctors, Therapists, and friends, I raced again 3 years later in 2018, placing 25th in the world while filming the process for an award-winning documentary; *Living the Warrior's Code*".

In March 2020 - I closed my gym forever when the world changed with Covid. This has allowed me to fully focus on helping others online with my 21 Day Nutrition Detox program (www.wctdetox.com) as well as one-on-one coaching. I am writing my next book and the documentary is live streaming at www.warriorcodefilm.com

Scott is presently 53 years old and enjoys a busy life.

Ron Trant thanked Scott for an awesome presentation.

Dunc Mills was the winner of the Free Lunch draw.



Scott McDermott



Immediate Past President Dunc Mills began with a xylophone tune and **President Ron Trant** welcomed nine Gyrettes, 23 Gyros and our guest speaker to the June 21st luncheon meeting held at the Derrick Golf and Winter Club.

Congratulations were made to **Peter Carter**, who was installed virtually as **Gyro International President** on June 18th. **Well done, Peter!**

International President Peter had the pleasure of presenting **Bruce Foy** with his 25-year pin.

Bruce was born in Tisdale, Saskatchewan in August 1936 and was raised on a farm southwest of Meyronne. He attended Regina College and the University of Saskatchewan graduating with a civil engineering degree. Bruce began working for Canada Mines and Technical Surveys establishing mapping control for the first order **Geodetic Surveys**. The Geodetic Survey of Canada was established by Order-in-Council on April 20th, 1909. These geodetic surveys established reference points using latitude and longitude and were marked with permanent survey monuments. Bruce's work took him to Northern Alberta, Manitoba, Ontario, the Northwest Territories (NWT) and the Arctic Islands. The subsequent development of topographic surveys and the GPS was based on the geodetic system.

In 1965, the Foy's moved to Vancouver where Bruce took on the position of resident engineer with Transport Canada at the **Vancouver Airport**. This was the beginning of a major expansion of the Vancouver site to accommodate increased jet aircraft traffic.

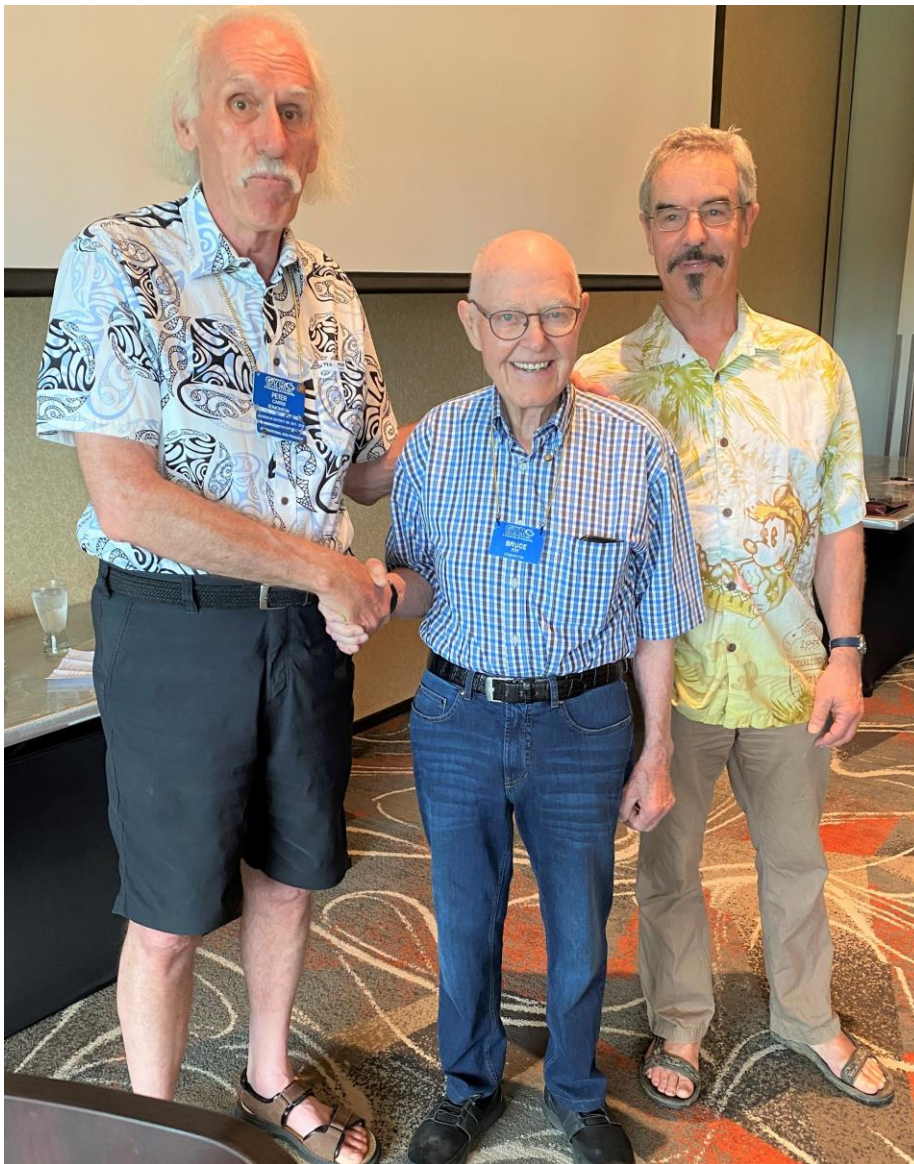
In 1972, Bruce was transferred to **Winnipeg** with Transport Canada and was responsible for airport construction work in Western Ontario, Manitoba, Saskatchewan, and the middle of the NWT between Gjoa Haven and Baffin Island.

In 1977, he became **Director of Construction** with Transport Canada for the Western Region. The completely new Calgary Airport was finished in

1977 and Bruce was directly involved in the ongoing warranty work and associated issues resolution.

In 1988, Bruce moved to **Public Works Canada** and was responsible for construction of many new federal buildings such as RCMP detachments, Agriculture laboratories, federal penitentiaries, and the Virology Lab in Winnipeg. In 1995, he retired after 39 years with federal agencies. He saw the evolution of measurement calculations using slide rules and log tables to primitive computers and today's sophisticated GPS-based electronic measurement systems.

Bruce was sponsored by **Roger Russell** in 1997 and served as President in 2000-01.



Peter Carter

Bruce Foy

Ron Trant

Gary Campbell introduced our guest speaker, **Sheldon Oleksyn, Executive Director, Sport Central**. Sheldon was born in Tisdale, Saskatchewan and as a parish priest, played left wing hockey with the '*Flying Fathers*'. He believes the power of sport can shape and mold young people in a very positive way.

Sheldon was appointed Executive Director in June 2014 and brings significant experience in the charitable sector along with a keen interest in sport. He has lived in the Edmonton area since 2007 sharing his talents at the University of Alberta and the Girls and Boys Club in Edmonton.

Sheldon and his wife Carlene have three boys active in sports and music. He can usually be found at a rink in the winter and at a soccer pitch or baseball diamond in the summer, either playing or helping coach a team.

Sport Central was formed in 1981 by community-minded individuals who wanted to see children in need have access to necessary sport equipment. As a volunteer driven, Alberta-based charitable organization, Sport Central provides sports equipment at no cost to kids in need. As long as the family qualifies, a child outgrowing their equipment can exchange it. Since its inception, Sport Central has provided 180,000 low-income kids with safe gear, enabling them to participate in the sport of their choice. They have a handful of staff and an army of volunteers who have a passion for 15 different sports activities.

Our **MISSION**: Sport Central is dedicated to making resources available to kids in need across Edmonton, central and northern Alberta.

In a typical year, we support 8900 kids, providing 4300 hockey skates/helmets, 2100 bicycles and 450 soccer shoes. Each year we recycle 770 bicycles and 40 tons of metal and plastics. We receive 6000-7000 pieces of sports equipment monthly which can be dropped off at 30 Edmonton locations including most firehalls and other community locations.

Gently used sport equipment is collected and sorted. Repairs are made to ensure the equipment is safe and serviceable. New equipment is often purchased to supplement our supply and meet safety standards.

The following sport categories are supported:

Hockey/Shinny, Soccer, Basket Ball, Bicycles, La Crosse, Cross-Country Skiing, Snow Boarding, Baseball/Softball, Racquet Sports, Football, Tennis, Roller Skates/Roller Blades, skating.

Rosenau Transport moves all of our equipment across Western Canada for free!

Fifty-two communities are served by Sport Central. Last year we received three million dollars of equipment value. One dollar donated creates 10 dollars in value. Funds are needed for rental of warehouses and the purchase of hockey helmets (\$30,000) and bike helmets (\$25,00). New equipment donations are provided by the Oilers Community Foundation, Bauer, and True Temper Sports.

The **Mark Spector Golf Classic** played at the Quarry since 2014 has raised one million dollars for Sport Central.

Some of the many teammates that support us are: United Sport & Cycle, GoAuto, Park Derochie Inc., Hockey Alberta Foundation, Mid-City Construction Management, MHK Insurance. The Butler Family Foundation and the Doc Seaman Amateur Sport Fund.

Ken Willan thanked Sheldon for his presentation and their commitment To the 4 R's.



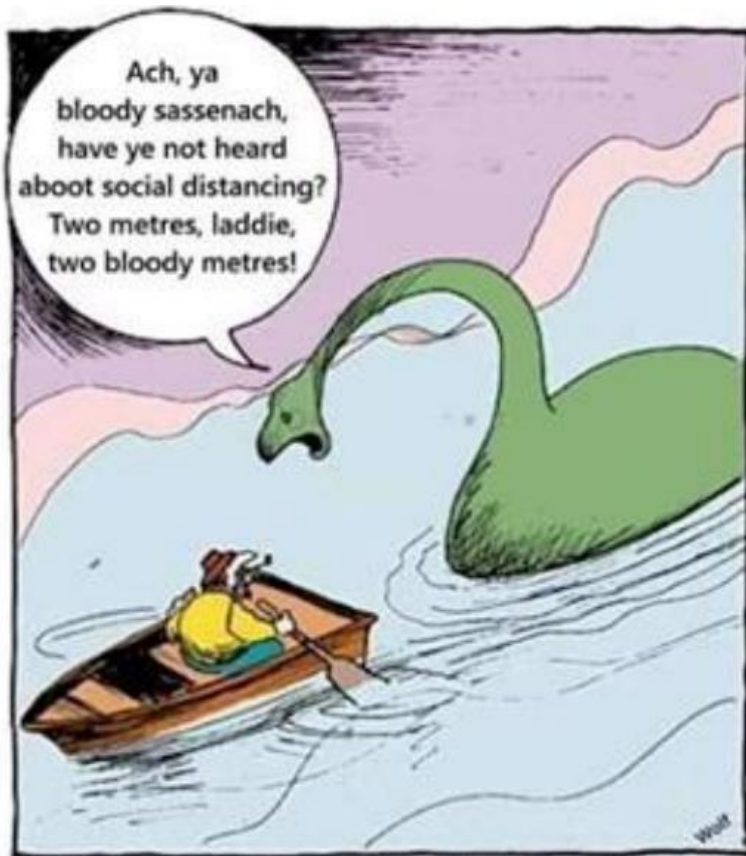
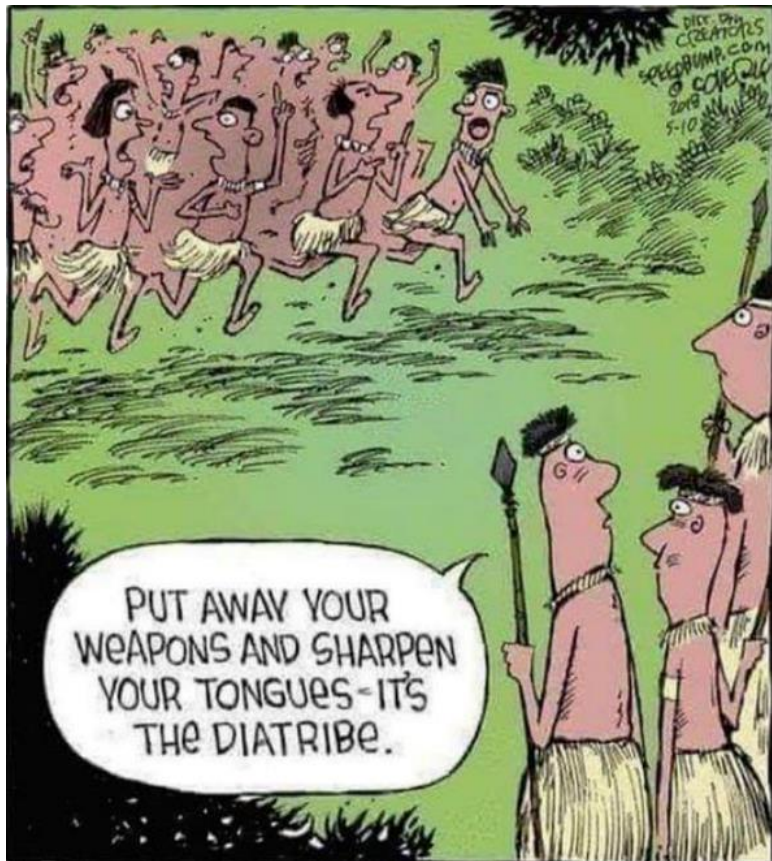
Sheldon Oleksyn

10 REASONS WHY ENGLISH IS WEIRD

- 1) The bandage was wound around the wound.
- 2) The farm was used to produce produce.
- 3) The dump was so full that it had to refuse more refuse.
- 4) We must polish the Polish furniture.
- 5) He could lead if he would get the lead out.
- 6) The soldier decided to desert his dessert in the desert.
- 7) Since there is no time like the present, he thought it was time to present the present.
- 8) A bass was painted on the head of the bass drum.
- 9) When shot at, the dove dove into the bushes.
- 10) I did not object to the object.

**IF WE WANTED TO BOLDLY SEND
BILLIONAIRES WHERE
NO BILLIONAIRES HAVE
BEEN BEFORE, WE
COULD HAVE JUST
SENT THEM TO
THE TAX OFFICE**





THE LOCH DOWN MONSTER

Pre internet chat room using
An old version of windows...



“Fast Fred”

Upcoming Events:

Tuesday Luncheon Meeting, Derrick Golf and Winter Club, July 19th.

Time: 11:30, Dinner 12:00 noon.

Speakers: Caroline Thompson and Louis Hugo Francescutti-

Bridge Healing Project, closing the gap between homelessness and permanent housing.

Gyro District VIII Convention, Medicine Hat, Alberta, **Sept. 22-25, 2022**

The poster features a yellow and orange textured background. At the top left is the Gyro District VIII logo, a stylized 'G' with a crosshair. To its right is the text: "Lets 'Raise a little Hell'" in a large, bold, black font, followed by "In the city with" in a smaller font, and "'All Hell for a Basement*'" in a large, bold, black font. Below this is the text "Sept 22-25, 2022 at the Medicine Hat Lodge". A circular logo for the "STAMPEDE CITY GYRO CLUB" is in the top right corner, depicting a cowboy on a bucking horse. The central text "Medicine Hat" is written in a large, blue, cursive font, with a sun icon above the 'H'. Below this are several photographs: a landscape with a river and hills, a wind turbine, a city street with a church, and a modern building with a glass facade. At the bottom right is the "Medicine Hat The Gas City" logo, featuring a lantern icon.

GYRO
DISTRICT VIII

Lets "Raise a little Hell"
In the city with
"All Hell for a Basement*"
*Rudyard Kipling, 1907

Sept 22-25, 2022 at the Medicine Hat Lodge

Medicine Hat

Medicine Hat
The Gas City