



THE GYROLOG

THE GYRO CLUB OF EDMONTON

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April 17, 2007

President Fred was in Boston where he ran the marathon on Monday so **Allan Douglas** was pinch hitting and welcomed members to the meeting.

Larry Dobson led the group in Cheerio and **Bruce Foy** asked the blessing.

Greg Scherf briefly introduced Sheldon Pasichnyk and **Tony Sheppard** introduced his guest and former landlord Frank Smith.

Mort Morter reported that all is well with the health of the club and pointed out that we had **Dave Duchak** back with us.

Larry Dobson reported that the new Executive will be formally installed by **Vern Griswold**, 1st Lt. Governor, District VIII on Saturday, April 21st at 6:00 pm at the Shaw Convention Centre, River view Room. Space is still available at a cost of \$65 per person with wine or \$55 without wine. Please contact **Larry Dobson 444-5111** immediately if you wish to attend.

Walter Yakimets provided information on the trip to Fort McMurray after the District VIII Convention. People will leave at noon on August 12th and will return on August 14th. The cost is \$399 per person and a deposit of \$150 is due on May 1st, for more information go to www.carterstravel.com/gyro

Barry Walker reminded us that the deadline for the reduced registration for the convention is May 1, 2007. After that date the fee increases by \$50. He encouraged all who have not registered to do so prior to May 1st.

Allan Warrack informed us that the golf tournament at the Convention will be held on Friday August 10th at Victoria Golf Course. The cost will be \$79 per person including a power cart. The start time is 7:00 AM. **Allan** asked those members who want to play to let him know with the proviso that if members of other clubs who are attending the Convention and want to golf are numerous some of our members will be asked to step down to accommodate them.

Hockey Pool: Recent Winners

Game 20

March 24th **Oilers vs. Flames****First** **0** **0****Second** **2** **2****Third** **3** **2**Winners First Period**Ari Hoeksema**

Sara Baird

Unsold

Second Period

Gordon Brook

Bruce Foy**Sam Gruden**Winners Third Period**Dick Nichols**

Daniel Larson

Dorne Hunt

Greg Scherf introduced the guest speaker Sheldon Pasichnyk, a Long Term Care Insurance Specialist with Sun Life Financial. He explained a relatively new product for Canada, Long Term Care Insurance. This policy will provide income when an individual is unable to care for themselves in at least two aspects of daily living.

This insurance is for anyone at any time because life altering events can occur at any age. Forty percent of Sun Life's long term care claimants went on claim before retirement age. Sheldon urges everyone to have a plan in place for what will happen if an accident or illness occurs. The options are to rely on government, family and friends or savings and assets. This Long Term Care Insurance provides income so that the individual can decide how to spend the money. Sheldon stated that approximately 30% of health care costs are paid privately.

There was not a deck of cards available today so there was no free lunch.

Upcoming Events

Gerry Glassford advises that our next regular Gyro Meeting will be a luncheon meeting held on May 1 at the **German Canadian Cultural Association (GCCA) beginning at 12:00 noon.** The GCCA is located at **8310 Roper Road** which is kitty corner from CHED (Roper Road is a continuation of 51st Ave. and their building is located on the north side of Roper Road (just east of 75th Street). There is plenty of free parking available.

This will be a special meeting to allow us to bring our Gyrettes so that we can pay tribute to them during this month when we celebrate Mothers Day; a special time when we can say to our wives, the mothers of our children "How do we love thee? Let us count the ways." And then share with them some of these special ways with a "passion put to use".

This will also be a meeting when we can ask our guest speakers important questions about a disorder that strikes many Canadians – diabetes. Our speaker will be **Dr. Ray Rajotte**, an eminent scientist at the University of Alberta, who is a member of the research team that developed a world hailed diabetes treatment program, fittingly called **the Edmonton Protocol.** Ray will tell us about this Protocol as well as about some of the new research questions he and his colleagues are currently attempting to answer. So

if you would like to know more about diabetes as a major disease; if you want to understand something of the types of diabetes; or more about glucose and insulin; or about insulin resistance; if you have ever asked the question: “Can diabetes be reversed?” this is a Gyro meeting you will NOT want to miss. If you have a friend who has questions such as these please ask him (or her) to join us. As **John Ross** urges us – **Share Gyro with a Friend.**

The cost for this meeting will be \$17.00 per person but the meal will be a **full buffet** (from a range of salads, to three meat courses, vegetables, desserts, tea or coffee).

Plan to come. Plan to share this meeting with that special person in your life. Plan to learn something more about a health problem that plagues hundreds of thousands of Canadians (children and adults). Plan to Share Gyro with a Friend.

Gyrettes May 8th Dinner Meeting. **Georgina Plunkett** advises that the entertainment will be provided by our club member **Ari (Dutch) Hocksema** and a good turnout is expected.

Gyro District VIII Convention August 9-12

Final reminder: the cost of registration for the Convention will increase \$50 per couple to \$445. In addition, the deadline for expressing interest in the **Fort McMurray trip and tour of the Suncor mine/extraction plant** following the Convention on Sunday-Tuesday, August 12-14th is May 1st. A \$150 down payment will be required May 1st with balance due June 1st. Please contact **Walter Yakimets** at **438-1406** or **Barry Walker** at **475-0983**.

Same old Bull



Allan