



# **THE GYROLOG**

THE GYRO CLUB OF EDMONTON

August 17, 2004

## **President**

Dick Nichols  
Res. 476-3221

## **1<sup>st</sup> Vice-President**

Walter Yakimets  
Res. 438-1406

## **2<sup>nd</sup> Vice-President**

Fred Schulte  
Res. 434-0925

## **Imm. Past President**

Roy Bennett  
Res. 987-2403

## **Secretary**

Barry Walker  
Res. 475-0983

## **Treasurer**

Mike Matei  
Res. 930-1780

## **Directors**

Bruce Foy  
Res. 436-7142  
Win Kirkwood  
Res. 436-2300  
Gordon Robertson  
Res. 486-1240  
John Stroppa  
Res. 469-6133

## **Gyrolog**

### **Editor-In -Chief**

Gordon Rennie  
Res. 488-2856

### **Editor**

Allan Douglas  
Phone/Fax 433-5409

**President Dick** welcomed 30 Gyros and 2 guests to the second meeting in August. I missed the first part of the meeting and didn't know I had a good reason to be late until I learned that **John Ross** led the group in Cheerio. The Reverend **John Dowds** asked the blessing.

**President Dick** and **Val Pohl** jointly hosted their guest, Bill Clarke. **Allan Warrack** introduced his guest Bob Berube.

**John Ross** explained that the purpose of the Prostate Cancer Golf Tournament was to increase awareness and prevention of prostate cancer. He provided some packages of Brazil nuts that were left over from the Tournament. They contain a mineral called selenium that reduces prostate cancer by two-thirds. The recommended dietary intake for selenium is 55 micrograms per day. Six to eight Brazil nuts have 840 micrograms.

He also informed us that Gyro Park #1 that was established in 1922 is being redeveloped and they are installing a mural. He contacted the officials to see if they wanted some pictures from our club's historical records to be included. **John** was supported in his offer to follow up.

In the list of birthdays for August, there was an omission. **Val Pohl** is celebrating this month as well.

**President Dick** reported on a very successful District VIII Convention in Waterton that included a mountain hike, the golf tournament, and a cruise to the American end of the lake. The new Executive for District VIII was installed on Saturday evening.

In the golf event, **Wes Fillo** won the **Gord Rennie** award and **Shirley Tucker** won the **Ivy Rennie** award, in part due to a hole in one.

Our own **Barry Walker** was recognized as the best Secretary in District VIII. The Calgary Club won the

**Russ Carter Award** for bringing in the largest number of new members. **Keith Bradley** from the Sherwood Park Club won the award for the best Bulletin in District VIII and for the best Bulletin for the intermediate size clubs in all of Gyro International. Congratulations to the deserving winners.

A **golf cart** is a four wheeled powered vehicle that decreases the exercise value of playing 18 holes of golf from about the level of two sets of doubles tennis or a 5 mile hike to the equivalent of an hour of vigorous shopping. A **green** is a roughly circular expanse of tightly mown and smoothly rolled grass approximately three putts long and four putts wide.

**PDG Gerry Glassford** was pleased to install two new members to the Edmonton Gyro Club. **John Plunkett** proposed **Jack Brown** and **John Read** and **Marty Larson** proposed **Ron Newman**. Both new members were warmly welcomed by the members in attendance.

**Jack** told us he was born in Saskatchewan and grew up in Winfield. He became a family physician and practiced in Barrhead until he went to the Mayo Clinic for a 3 year residency. He then came to Edmonton where he had a private practice affiliated with the University Hospital. He is now retired.

**Ron** came to Edmonton in 1957 to go to university. After graduating he worked for CICA and CFRN but decided he needed a more lucrative career. He founded a labour law firm that provides supports and advice to management about labour law. Half of his clients are from the public sector and the other half from the private sector.

In reporting on the health of the club, **Mort Morter** welcomed **John Ross** and **Andy Frederickson** back to the Gyro luncheon.

**Bryce Van Dusen** was the popular winner of a free lunch.

#### ***UPCOMING EVENTS***

The Quad Club golf tournament is being run by the Edmonton Gyro Club this year and will be held at the Legends Golf & Country Club on Thursday, August 26, 2004 at 1:00 P.M. with a BBQ to follow. Cost is \$65.00 including golf, cart, dinner and wine or \$25.00 for dinner if you prefer not to golf. The funds must be received by Monday, August 23, 2004 to secure your spot. Please contact **Barry Walker** for more details and signing up.

**Tom Chambers** and **Erik Hedegaard** have arranged for an exciting speaker for our September 7<sup>th</sup> meeting. He is John Chomiak who is with Hemispheric Engineering who will be talking about disease control centres such as the ones in Winnipeg and Atlanta and their importance to all of us. Bring a friend out to this interesting event.

**John Stroppa** reports that he and his team of **Harry Nash** and **Val Pohl** have arranged an afternoon of thoroughbred racing on Sunday September 26, 2004. **John** has reserved the Upper Sky Suite on the 4th floor of the Spectrum at Northlands Park with its balcony access. Take elevator from main floor - left side. Limited free parking if grounds entered from Borden Park Road. The package includes a lunch buffet, private bar or cocktail service, racing program, convenient access to pari-mutual windows, and a group hostess to assist during the function. The buffet will be served approximately 12:30 pm. Post time is 1:00 pm. The cost to the Edmonton Gyro Club members and Gyrettes is \$24 per person. For guests the cost is \$28. Please make all cheques payable to Gyro Club of Edmonton. To register please contact **John** 469-6133, **Harry** 482-1012 or **Val** 462-0511

Same Old Bull

Allan

