

THE GYROLOG



THE GYRO CLUB OF EDMONTON
— EDMONTON — ALBERTA

28 November 1990

AT OUR LAST MEETING on 20 November we had a good attendance plus two guests, Ian McIntyre (introduced by Merrill Morstad) and Grant Shikaza, introduced by John Pedden.

Our guest speaker was Dr. Lawrence (Larry) Wang Professor of Zoology at the University of Alberta, whom we had previously met at our meeting on 9 January, 1990. At that time, Dr. Wang spoke on the subject of "Winter Survival" with reference to the research they were doing with a chemical product, to delay or prevent the onset of hypothermia. As a prologue to his talk today, he advised they have successfully produced a product in the form of a chocolate bar which has been patented, and will be marketed under the name "Canadian Cold Buster".

Today, Dr. Wang's excellent talk was on the topic of Traditional Chinese Remedies - Fact or Fiction. ~~The first book on the subject of Chinese Herbal Medicine was published over 2000~~ years ago and is still used today, a testimony to the value placed on herbal medicine.

The influence of these herbal compounds, with special reference to the Ginseng root, are said to be effective on learning, memory, aging, exercise and obesity.

Dr. Wang and his research team at the university are endeavoring to provide scientific evidence to support the claims of herbal medicine. They have determined that one of the components of Ginseng has a positive effect on memory. Research is continuing.

Dr. Wang's presentation, coupled with his delightful sense of humour, was very much appreciated by all. Our thanks to Larry Dobson and his Program Team members, Marty Larson and Mel Snihurowych for the good job they did of arranging this fine program.

HEALTH & WELFARE - Chairman Bert Boren had a "nil" report - which was good news. However Dave Burnett reported that John & Marion Halford had to delay their trip south for the winter, because of Marion's health. We hope that by this time Marion will be better and they will soon be enjoying warm weather in Rancho Bernardo, CA.

BIRTHDAYS - on 20 November for Don Millar and November 24th for Gunnar Anderson, but neither were at the meeting so congratulations were given in absentia.

CURL-A-RAMA - our curling organizer Mike Matei, reported that we have 2½ rinks plus two "managers" who will be going to Banff. ~~Unfortunately some who had hoped to go had to drop~~ out. Anyway what we lack in numbers we certainly make up in quality. Good curling & good luck.

ANNUAL CHRISTMAS PARTY - John Ross reported that this party will be held at the Faculty Club, University of Alberta on Saturday December 8th. Reception at 6.30 and dinner at 7.30 with a dance to follow. The price \$25.00 per person. Guests are most welcome - see you there!

LUNCHEON MEETING - 18 DECEMBER - This is the meeting at which our Padre Bill Graham delivers his Christmas Message. However Bill has announced that he will be bringing someone else to do the honors this year. He didn't say who our special guest would be - but it will be easy to find out - just be there.

DATES TO RECORD & REMEMBER - District 8 Interim Meeting, 15-17 March 1991 Fairmont Hot Springs, B.C.

SKI-WEEKEND - 5-7 April 1991, at Jasper, Alberta. Arrangements by Merrill Morstad.

TRI-CLUB INSTALLATION - Saturday 11 May 1991 at the Regency Hotel.

GYRO MEMORIAL FUND - President Roger advised that Past International Gyro President Warren and Della Schram; and Gyro International Secretary-Treasurer John and Pat Harding, have made donations to the Fund in memory of Past International President A. Russell Carter.

OBITUARY - It is with deep regret that we report the passing of Margaret Joyce (Kitty) Himmelman, on 9 November 1190 in Calgary. Her husband Larry is a long time member and Past President of the Calgary Gyro Club. Kitty will be sadly missed by her many Gyro friends. Our deepest sympathy is extended to Larry and his family.

GYRETTES CORNER - Mary Simmonds reports that the next Gyrette meeting will be held on Tuesday 11 December 1990 at the Mayfair Golf Club. Cocktails at 6.30 dinner at 7.30. A good attendance is requested and guests are welcome.

HOCKEY POOL - Harry (Papa Bear) Mills reports there are still some pool tickets that have not been turned in to him. The number of these tickets (some could be winners) are:- 2430: 2431: 2453: 2475: 2478: 2483: 2490: 2507: 2526: 2548: 2590 and 2654. Please get them to Harry - pronto!

HOCKEY POOL WINNERS - 10 November Ticket #2605 for \$15.00 Marion Morstad and ticket #2568 \$15.00 Dan Mandrusak. These winners were not previously reported.

17 November	\$10.00	ticket #2419	Bob Danbrook:	#2556	David Johnson:	#2629	Jean Morter.	
	\$15.00	"	#2430 (not turned in)	#2567	James McClure	(Winnipeg)		
	\$25.00	"	#2431 (" ")	#2568	Dale Mandrusak:	#2653	Stacey Little.	
24 "	\$10.00	"	#2445	Graham Dobson:	#2514	Roseann Lawton.		
	\$15.00	"	#2447	Craig Russell:	#2516	Raymond Helgeson:	#2649	Neil McDougall
	\$25.00	"	#2448	Vern Sadd:	#2517	Olive Heron		

About those missing tickets!! please get them to Harry right away - he's getting a little growly!

GYRO NAME BUTTONS - for many years, prior to the provision of our current NAME TAGS, our club used to wear a Gyro Name Button at our meetings. We still have these old buttons at Mayfair which are kept with our Gyro equipment. You might like to have a look at them and perhaps some of the older members might like to have theirs as a memento.

CASH DRAW - the winner of the "carry over" loot at our last meeting was Roy Bennett - a popular win - says Roy!

SMILES AND CHUCKLES - A rich but notorious cheapskate finally died and found himself standing before St. Peter, applying for entry into heaven. "What have you ever done for charity and the love of your fellow man?" asked the angel.

"Well" said the tighwad, "in 1947 I gave fifteen cents to cancer research and in 1963 I donated ten cents more to the heartfund." St. Peter turned to the angel Gabriel and said, "what should we do with this case?" Gabriel replied: "I think we should give him his quarter back, and tell him to go to hell."

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Q. How does a civil servant wink? A. He opens one eye.

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VOX POP - Anger improves nothing except the arch of a cat's back. (Howard Wilson)

Fear is when you're stuck in a traffic jam and remember you just had two cups of coffee and a bran muffin. (Andy Friderichsen)

Don't be troubled if the temptation to give advice is irresistible, the ability to ignore it is universal. (John Stroppa)

Every story has three sides - yours, mine and the facts. (Ernie Siegel)

Ignorance doesn't kill, but it makes you sweat a lot! (Allan Douglas)

THOUGHT FOR THE DAY

A mile of smiles is better
Than a marathon of groans,
Chasing after laughter
Is more fun than trailing groans.
The race of life is hectic
But when all is said and run,
When optimism takes the lead
Contentment can be won.

* * * *

~~There are people around who are never turned down, whenever they chance to stray,~~
They get accolades in the populous towns, or out where the farmers make hay.
They're greeted with pleasure on deserts of sand, and deep in the depths of the woods,
Wherever they go there is a welcoming hand - they are the folks who deliver thw goods.

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OUR NEXT MEETING - will be held on Tuesday December 4, 1990
at the Mayfair Golf Club at 12.00 noon.

At this meeting our two newest Gyro members will be officially inducted into the club. They are Wm. G.C. (Garry) Diment, sponsored by Andy Friderichsen; and Robert Gerald (Gerry) Glassford, sponsored by Dick Ogilvie.

Any time we can "share Gyro with new friends" it's a great day. So let's be there to give them a real Edmonton Gyro Club welcome..

be seeing you - (retread)

