



THE GYROLOG

THE GYRO CLUB OF EDMONTON

October 21, 2004

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Some thoughts to reflect on during these cool autumn days, which have regenerated that sense of introspection brought on by early snowfalls (what did we do to deserve this??)

“I wish I was honest enough to admit to all of my shortcomings:

- Brilliant enough to accept flattery without it making me arrogant;
- Tall enough to tower above deceit;
- Strong enough to treasure love;
- Brave enough to welcome criticism;
- Compassionate enough to understand human frailties;
- Wise enough to recognize my mistakes;
- Humble enough to appreciate greatness;
- Staunch enough to stand by my friends;
- Human enough to be thoughtful of my neighbors;

Righteous enough to be devoted to the love of God.”

A Gyroism for the day: Friendship is like a bank account. You can't continue to draw on it without making deposits.

These are days when many of us burn the midnight oil watching the baseball games that will eventually take us to the “World Serious – 2004”. And last night was a night when history was made in the world of professional major league baseball – a team came back from being down 3 games to nil to win a seven game playoff 4 games to 3. Fans of the Boston Red Sox were finally repaid for their faithfulness – while there is no joy in Mudville, the mighty Yankees have struck out.! Attitude? Courage? Talent? Confidence? Whatever it was that brought those Red Sox from the brink of a sweep to ultimate victory may never be known with a certainty – perhaps it was a combination of many qualities. At any rate, here is a little baseball story that falls under the rubric “Self-Confidence”. When Ty Cobb (a great player of decades long past) was 70, a reporter asked him, “What do you think you'd hit today if you were playing these days?” Cobb, who was a lifetime .367 hitter said, “About .290, or maybe .300.”

The reporter said, “That’s because of the travel, the night games, the artificial turf, and all of the new pitches like the slider. Right?”

“No,” replied Cobb, “it’s because I’m seventy!”

On to more substantial things.

THE GYRO PROSTATE CANCER AWARENESS GOLF TOURNAMENT

On Tuesday evening, October 19th the organizers of the above named tournament (we still need a good acronym that describes this important event) assembled a wonderful evening aimed at building awareness of the growing significance of the rise in prostate cancer cases as well as to express appreciation to the many sponsors of the Gyro Golf Tournament. Ten tables for eight people were set and the Sponsor Appreciation Night was lead off by **President Dick** who told a story that reminded us that “things are not all that they seem to be” – that we all appreciate the things around us in different ways. Tonight, however, all Gyros and Gyrettes were of an accord in their sincere appreciation of those who so willingly and selflessly sponsored the Gyro Golf Tournament.

Tournament Chair, **Barry Walker**, introduced the sponsors of the Tournament and spoke eloquently about the outstanding response of all sponsors and specifically identified the following that were present for the dinner:

- Don and Jane Howdon of Raymond James
- Lee and Neula MacDonald of Sandy’s Oilfield Hauling
- Doug Fedoruk of Sanofi-Synthelabo Canada
- Lee Gottschlick and Blaine Kennedy of GLM Tanks & Equipment
- Wayne and Bonnie Shaw of Pioneer Chrysler Wetaskiwin
- Val and Francoise Vaillant of Adroit Investment Management
- Grant and Sheila McCarthy of Beaver Plastics
- Don and Rita Bosch of Canadian Industrial Metallizing
- Rick and Michelle Gagnier of Canesco Services
- Richard and Angela Yurko of Classic Well Servicing
- David McNaughton of CIBC Wood Gundy

Barry extended sincere appreciation to all who had been involved in the Tournament that raised over \$50,000 that will be directed to prostate cancer research. He reminded us that the date for next year’s Tournament will be hosted at The Links in Spruce Grove, Friday, June 17th. The Organizing committee will subsequently set out the fiscal targets and identify where the funds raised will be directed.

Typical of **Barry**, he stressed the important contributions of our Honorary Tournament Co-Chairs, **Bob Stollery and Doug Peterson** and the people from the Canadian Cancer Society who assisted the planning and the hosting in many ways. **Lorraine Yoneda**, of the Canadian Cancer Society, expressed appreciation to all involved and assured the group that the Society would continue to aid the Tournament Organizers in every way possible. There is, she noted, an important role for Gyros to play in building the level of awareness regarding the growth of

Prostate cancer in our province and our nation. A special acknowledgement was made of the extraordinary efforts of **Myron Yurko** in helping to expand the circle of tournament sponsorship.

PIP Marty Larson set the stage for our Keynote Speaker, **Dr. Michael Hobart**, by paying tribute to the three key people who had initiated the Prostate Cancer Golf Tournament several. **Ted Holtby**, the leader of the team years, **Al Wood** and **Bill Duncan** were present and stood to receive the warm applause of those assembled. All three are prostate cancer survivors. **Marty** then addressed the important need of building awareness of this male disease as well as support for the outstanding research/treatment work being carried out by medical pioneers. Among these pioneers in the world of prostate cancer treatment is **Dr. Michael Hobart** who works out of the Royal Alex Hospital and the U of A Hospital. **Dr. Hobart** is one of Canada's pioneers in the area Laparoscopic Radical Prostatectomy/Minimally Invasive Surgery (MIS). **Dr. Hobart**, a native Edmontonian and graduate of the University of Alberta, studied with the early adopters of this new medical procedure at the Cleveland Clinic Foundation and later with the inventor of the MIS procedure in Paris.

Dr. Hobart emphasized the fact that research is the cornerstone to new medical procedures such as MIS but also reinforced the points made by **Barry and Marty** that AWARENESS of this disease is vitally important. Prostate cancer is known as "The Silent Killer" (it is the second largest cause of death due to cancer) for good reason. Early detection is critical and, fortunately, there exists a blood test that provides important clues when the cancer has invaded. It is the Prostate Specific Antigen (PSA) blood test and is widely used by doctors today. Once detected, however, waiting times with respect to treatment can be very long.

In stressing the importance of awareness-building, **Dr. Hobart** noted that there are 1850 new cases of prostate cancer in Alberta each year (which represents 31% of all new cancer cases reported). Lest people think that it is not a serious form of cancer he pointed out that there are 410 deaths from prostate cancer annually. Once diagnosed, there are five options available: watchful waiting, early hormonal treatment, radiotherapy, open radical prostatectomy and laparoscopic radical prostatectomy/Minimally Invasive Surgery (MIS). This is the area of **Dr. Hobart's** expertise and he presented a detailed explanation of the procedure. His slides and video allow those present to witness, in detail, operative steps. His slides showed clearly the differences in the magnitude of the incisions between Open Radical procedures and MIS; the former requires an incision of approximately 15 cm whereas the latter requires four small 5 to 10 mm incisions. Much less muscle and tissue damage occurs in the latter case. The benefits of MIS are:

- Shorter recovery times
- Decreased pain
- Less blood loss/decreased risk of need for blood transfusion
- Shortened hospital stay (2days)
- Improved cosmetics
- Early return to work

- Potential improvement in the visualization and surgical precision (the doctors can see better what is happening during the operation).
- There are downsides, however. The time required for a MIS is now down to about 3 hours whereas a Radical procedure is approximately 2 hours in length. Further, the equipment required for MIS is considerably greater. Training costs re the MIS procedure are also higher.

Dr. Hobart's team at the Royal Alex is nationally recognized in this new field of prostate cancer treatment and the group is conducting about 50 to 60 surgeries per year at present. The team has set some important goals for themselves. They plan to become the best urological care unit in northern Alberta, to expand the field of laparoscopic surgery and to create a Laparoscopic MIS Centre in Edmonton. While their current equipment includes a small computerized robot that responds to voice commands their future plans are to raise the \$1 million + that is needed to purchase a state-of-the-art Davinci Intuitive Surgical Robot. Such a device offers many advantages but chief among them is the shortened time needed to train new doctors in the MIS procedure thereby generating a new cadre of surgeons capable of handling this minimally invasive procedure.

In response to a question from **John Ross** on the matter of steps that might be taken to avoid the occurrence of prostate cancer **Dr. Hobart** said that **John's** list (selenium [obtain through such natural products as Brazil nuts], low dosages of aspirin, red wine, and frequent sex) was a thoughtful one. He noted that there is some positive research to support the need for selenium, not much supportive data for the use of daily aspirin, "murky" results re the study of the value of red wine, and that as a medical doctor whose charge it is to "do no harm" he would support the fourth prostate cancer avoidance suggestion on John's list.

David Burnett, in his inimitable and superb manner, did an outstanding job in thanking our speaker, thoughts warmly supported by everyone who sat enthralled by **Dr. Hobart's** presentation.

Founder's Night (October 20) – Canadian German Club

Our Gyro and Gyrette friends of the Sherwood Park Club Did a superb job in organizing and hosting this year's Founder's Night. Beginning at 6:00 PM 113 friends gathered at the Canadian German Club and at 7:00 PM **President Rikke Dootjes** brought order out of chaos, introduced our honoured guests, **Jim and Jean Roberts** (keynote speaker and 2nd International Vice-President as well as a charter member of the Sherwood Park Club

Keith Bradley, who organized the evening superbly, spoke to the group about the importance of remembering our three founders and about celebrating Founder's Night. He reminded us, too, that we have our own "Founders" – Gyros who have been responsible for maintaining the growth and development of the Gyro Movement. Foremost among these are people like **Marty Larson** (and his Gyrette Shirley) (PDG and PIP as well as holder of every major Gyro Recognition Award), "**Mr. Gyro, Gordon Rennie** (PDG) who, along with **Dave Duchak**, has been a member of Gyro for well over 50 years. **Keith**, too, is one of our Founders. He, together with **Marty and Rick Little** were responsible for the formation of the Saint Albert Club. **Keith** is

also a PDG of District VIII. Also introduced were PDGs **Don Greig** and **Gerry Glassford** as well as our current 1st Lt. Governor of District VIII, **Erik Braun** and his Gyrette, **Andrea**.

A nice touch to the evening occurred when each of the Club Presidents was called upon to introduce their members who were present at Founder's Night. **Red Laychuk** introduced the St. Albert group; **Dick Nichols** the members of the Edmonton Club and **Rikke** introduced all of those Gyros and Gyrettes who comprised the outstanding turnout from the Sherwood Park Club.

Our Keynote Speaker was **Jim Roberts** who was introduced by his Gyro friend, **Barrie Pratt**. **Jim**, too, is one of our contemporary founders. He was a charter member of two Gyro Clubs – Sherwood Park and Delta and he has been the Club president of these groups as well as the Hollyburn Gyro Club of North Vancouver. **Jim** has also served as the Governor of District IV and is currently the 2nd Vice-President of Gyro International – truly an outstanding Gyro. During the course of his address, **Jim** reminded us that there are well over 100 Gyro clubs scattered throughout the USA and Canada and that no two of them are alike. Each has its own special qualities and its own proud history. Together the Clubs have over 4000 members and when the Gyrettes is added to the power of the Gyro Movement the numbers soar to 8000+. Gyro is truly a bottom up organization with every member having a strong voice in the affairs of their clubs, their District and, via their elected representatives, at Gyro International. No change is “railroaded” through. Every motion is openly debated and freely voted upon.

At the level of International, there is a recognition of the need for new and viable tools to help bring new members into Gyro. Toward that end a new Membership Kit will be available shortly. It will include a new, updated version of our brochure, “You’re Among Friends” (these brochures are available now from our head office in Painesville). The GyroStore, which has been the subject of some controversy over recent years, is now operating with a positive fiscal balance and **Jim** urged members to use the calendar to select items for gifts, Club prizes, Club wearing apparel, and recognition awards. Every purchase helps to sustain the operation of our Gyro fraternity.

Our international magazine, the GyroScope, has been refined and made more reader-friendly but there is an ongoing need for article submissions. If we want a magazine that is truly representative of our membership then we need Gyros from every Club submitting articles and Letters to the Editor. If Club members do not contribute to the GyroScope then we have only ourselves to chastise if the quality of this important form of communication falls short of our expectations.

Because this was a Founder's Night talk, **Jim** took a few minutes to remind us the founding of our clubs. The St. Albert club was formed in April 1992 with 29 charter members. The key founders were **Marty Larson**, **Keith Bradley** and **Rick Little**. The Sherwood Park Club began in October 1975 with 40 charter members. **Howard Wilson** was the powerful force behind the formation of this club. Our Edmonton Crossroads Club was created in April of 1956 with 23 charter members (**Harf Watson**, who unfortunately could not be with us on this special night, was a charter member). The Edmonton Club had its aegis in July 1921 with 32 charter members.

The founders included **Reg Henry** (first club president), **Henry Fuller** (club secretary) and **Nils Buchanan** (later a powerful judge in the province). During the era of the early decades of the 1900's the Playground Movement was sweeping through North America. Many Gyro Clubs took up the challenge of creating and staffing playgrounds in their cities. In Edmonton, the Gyro Club eventually created 10 Gyro Playgrounds and operated the first 9 until 1948 when the City of Edmonton created the Parks and Recreation Department and the playgrounds became the responsibility of this arm of municipal government. The 10th Gyro Playground is located in Fort Edmonton and continues to attract youngsters who love to swing, to climb and run.

In moving toward the close of his address, **Jim** reminded us that there are two meanings to the word "FOUNDER": the first is the establishment of a college, business, institute, or movement (such as Gyro); and the second is "to fill with water and sink". We do not want the second of these two definitions to be applied to Gyro. What we need to do is to focus on keeping the FUN in Gyro and finding new ways to share the fundamental principles of this movement. He noted that many Clubs are focusing membership drives on the Baby Boomers. It is important, however, to recognize the those people who are in the 39-49 age cohort will soon be looking for new social opportunities to fill their lives. Clubs should consider directing 25 – 30% of their membership energies to bringing members of this group into Gyro. The task is challenging for these are not "easy joiners" but they represent great potential for Gyro and we should not ignore this potential simply because the task of recruitment will be difficult. Toward this end, **Jim** left us with two challenges:

1. We must continue to invite people of our acquaintance to Gyro meetings;
2. We need to begin to assemble the stories that form the base of our Club so that we can submit these to Gyro International that is even now beginning to create a book that will span the First Century of the World of Gyro = 1912 to 2012.

As a final important charge, **Jim** installed four new members of the Sherwood Park Club and one new member of the St. Albert Club. Adding five vital new members to the world of Gyro is a great way to end the festivities of a GYRO FOUNDER'S NIGHT!! As a charge to the new members, Jim said that it was important that they help out if asked to do so; to participate in the functions of the Club, the District, and Gyro International; and to help their home Club to grow.

All in all, it was a wonderful Gyro Founder's Night and all present would willingly join in extending sincere appreciation to **Jim and Jean Roberts** and to the members of the Sherwood Park Gyro Club for making it a memorable occasion.

NEXT MEETINGS

On November 2nd, our Club members will meet at the Mayfair Golf and Country Club to welcome speaker, **Dr. Norah Keating**. **Dr. Keating** is an internationally recognized research in the field of aging and her insights will surely be of interest to our members. We hope, too, that two of our recent Gyro Scholarship winners will attend this meeting as well.

The second November meeting will be held on November 16th. The speaker/topic will be announced on November 2nd.

If anyone is interested in participating in Curlarama, please contact **Mike Matei** immediately. We need to confirm numbers PDQ.

A LESSON LEARNED OVER A LIFETIME OF EXPERIENCES

It is tough to climb the ladder of success, especially if you're trying to keep your nose to the grindstone, your shoulder to the wheel, your eye on the ball, and your ear to the ground.