



THE GYROLOG

THE GYRO CLUB OF EDMONTON

August 2, 2005

President

Walter Yakimets
Res. 438-1406

Thank you to **President Walter** for providing the notes for this Gyrolog.

1st Vice-President

Fred Schulte
Res. 434-0925

2nd Vice-President

Jack Brown
Res. 434-0392

John Plunkett led the group in Cheerio and **Rev John Dowds** asked the blessing. - **David Burnett** introduced his two sons - Rob and Andrew and **Walter Yakimets** introduced his guests - Dr Richard Moskalyk - retired Dean of Pharmacy and Mike Strembiski - retired Superintendent of the Edmonton Public School Board and recently advisor to the State of California Department of Education. Mike is a friend of **Don** and **Lorraine Assheton-Smith** and also drove their son Brad to the meeting.

Imm. Past President

Dick Nichols
Res. 476-3221

Secretary

Barry Walker
Res. 475-0983

Mort Morter reported that he has opted for cryosurgery as treatment for his prostate cancer. This will be carried out in Calgary. **Walter Y** has been in contact with **Al McClure** and **Al** is still having trouble with pain from his shingles and does not want to become an active member of our Gyro Club until such time as his health improved. Also Brad Assheton-Smith said that his father is failing fast.

Treasurer

Mike Matei
Res. 930-1780

Directors

Gordon Robertson
Res. 486-1240
John Stroppa
Res. 469-6133
David McNaughton
Res. 481-3612
Alan Rusler
Res. 435-1129

The following Gyros and Gyrettes are celebrating wedding anniversaries: **David and Lorraine Duchak** - 68 years - August 6, 1937. **Eric Spink and Christina Gauk** - 4 years - August 18, 2001. **Allan and Jean Warrack** - 43 years - August 18, 1962. **Martin and Nesta Sawdon** - 34 years - August 21, 1971. **Victor and Valerie Jagoldas** - 47 years - August 23, 1958. **Andy and Blanche Friderichsen** - 49 years - August 29, 1956

Gyrolog

Editor-In -Chief

Gordon Rennie
Res. 488-2856

Those celebrating birthdays this month are **Bruce Foy** - August 1, **Val Pohl** and **President Walter** - August 4, **Eric Spink** August 6, **Peter Fairbridge** - August 7, **David Duchak** - August 18, **Bill Clarke** - August 22.

Editor

Allan Douglas
Phone/Fax 433-5409

Regina District VIII Convention - The best Gyro newsletter editor of the District - **Allan Douglas**

Report on Gyro International Convention held in Milwaukee hospitality was great there will not be a fee increase for Gyro

International for the coming year. The Edward "Ed" Steinbacher Award - This new Award is given not only to somebody who has made significant contributions to Gyro in the current year but who has given unstintingly of his time, efforts and love in perpetuating Gyro and all it stands for over the course of 20 years or more, a Gyro who reflects the essence of friendship and has literally, offered a "lifetime" to the success of the organization. The plaque contains the following: " In recognition of Extraordinary, Magnanimous and Perpetual Service to the Gyro Fraternity of Friendship". The winner was **Marty Larson** of our Club. Congratulations **Marty!!!** There was also another **Jim Parker**.

The best bulletin Award from International went to **Don Greig** of Sherwood Park Club **Rikke Dootjes**, member of the Sherwood Park Gyro Club, is in the running for one of the Manning Awards on his work on the mini scleral contact lens Article in the Edmonton Journal July 28, 2005.

Guest Speaker for todays luncheon - Brad Assheton-Smith (his Buddhist name is Ajan Yatiko) from the Buddhist Monastery, Kanchanaburi Province, Thailand. The Monastery is near the site of "The Bridge over the River Kwai" Brad was introduced by **David Burnett**.

Brad was born in Edmonton into a Lutheran family and has been a Buddhist Monk for almost 14 years. Brad was a sickly child suffering from severe asthma and this event led him to question why there was suffering in the world. He became interested in spirituality, an interest that waned during his later teens, but then became interested in Religion again. He spent some time in a Catholic Monastery in Quebec but left the monastery and became interested in Buddhism.

His original Buddhist teacher was from Tibet. Enroute to Tibet he had a stopover in Bangkok for 2-3 days. While in Bangkok he met a North American Buddhist and decided to stay in Thailand. His original plan was to be ordained a monk for one year and then return to Canada. His "one year" stay has now been extended to 14 years. Buddhist Monk life is one of Renunciation. Monks are celibate. They have no money and are not allowed to ask for money or for that matter anything. He lives in a forest monastery (as opposed to a city one). There is not electricity and the telephone is used only for emergencies. They live in small grass huts. Their time is spent in meditation and study.

They get up at 4:00 am and meditate and then go to the village with a bowl to get donations of food (they cannot ask for food - they go with a bowl and the village feeds them) for their one meal of the day which has to be eaten between daybreak and mid day. Food cannot be stored overnight in the monastery. After their meal they study. They have group tea in the afternoon. In the evening there is more meditation in the hut.

Concepts. Is Buddhism a religion? Doubtful since Buddha is not a god. In Buddhism one trains ones mind how to contemplate and how to use ones mind wisely so as to become enlightened. One may contemplate "is there life after death?", "what is suffering?", etc.

Guidance to lay people: Five precepts (these are offered as advice and not as "thou shalt not." refrain from murder, refrain from stealing refrain from sexual misconduct refrain from false speech refrain from drugs and alcohol that lead to recklessness i.e., how to behave in life.

Concepts. Three Stages: Morality - obey precepts Meditation - train mind Understanding - learn how to contemplate - Need to eliminate hatred, greed and delusion.

On a more personal note Brad (Ajan Yatiko) is the senior monk in the Monastery i.e., the Abbot. He has not renounced Christianity as Christianity and Buddhism do not have the same goals. He cannot touch a woman e.g., he cannot shake hands with a woman. He belongs to the most Orthodox of the Buddhist sects.

John Plunkett thanked Brad and gave him our usual gift.

President Walter thanked **Bill Clarke**, **David Burnett** and **John Plunkett** for organizing the meeting.

There were 34 members and guests were present at the meeting.

UPCOMING EVENTS:

Jack Brown has invited Ray Turchansky from the Edmonton Journal to talk about financial strategies for people who are retired for our next meeting on August 16th.

There will be a mixed evening meeting on September 6, 2005 at Fort Edmonton to celebrate the centennial of Alberta and Saskatchewan.

Val Pohl advises that the horse races at Northlands will be on Sunday September 25th. The cost will be \$28 for members and guests.

John Stroppa is planning for a Gyro/Gyrette luncheon to celebrate Thanksgiving. The date is Tuesday, October 4, 2005 at 12:00 noon. It will be at the Santa Maria Goretti Italian Community Centre, 11050 – 90 Street. There is ample free parking available behind the centre, on the front street, or across 90th Street in the Commonwealth Stadium parking lot. Further information to follow.

Founder's Night is scheduled for Tuesday October 18, 2005 at the Mayfair.

The Gyro Prostate Cancer Sponsorship Appreciation Dinner will be held at the Faculty Club on Wednesday November 16, 2005.

Walter Yakimets has booked the Riverview room at the Shaw Conference Centre for our Christmas party on December 6, 2005.

Barry Walker informed us that we will be hosting the District VIII Convention in 2007 from August 9 to 12. It will be at the Delta City Centre Hotel and the room rates will be about \$100. He adds, "Some preliminary organizing has been done and we thought it would be a good idea to bring people up to date and talk about some of the plans for the 2007 convention.

With that in mind we have planned a Corn Roast for Thursday September 1 2005 to be held at Malmo Community Hall 11528 48 Ave at 6:00 PM. Cost is \$ 10.00 per person and we will run our own twoonie bar. Roast chicken, salad, buns and of course corn is included in this bargain price.

We will be calling each of you later in August to confirm attendance (you can email me if you prefer). We look forward to seeing all of you there so please mark your calendar.

See you September 1 2005.

Bruce & Marg Foy, Roger & Janet Russell, Dave & Marlene Burnett, Marty & Shirley Larson, Barry & Valerie Walker

Same Old Bull

Allan

