



# ***THE GYROLOG***

**THE GYRO CLUB OF EDMONTON**

**Club Charter No.18, July 29, 1921**

**President-Jack Bowen, Past President-Ron Trant**

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**Database Administrator-Chuck Gerhart, Gyrolog Editor-Fred Schulte**

**Club Website: [www.edmontongyroclub.com](http://www.edmontongyroclub.com)**

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## ***FEBRUARY 2024***

***BIRTHDAYS:*** Dan Hasinoff on the 5<sup>th</sup>, Dick Nichols on the 8<sup>th</sup>, Ken Willan, 80 years on the 9<sup>th</sup>, Ron Trant on the 22<sup>nd</sup> and Jack Ellis, 85 years on the 25<sup>th</sup>.

***WEDDING ANNIVERSARIES:*** Bruce and Bronwyn Swanson, 46 years on the 8<sup>th</sup>; Sam Gruden and Bea McKenzie, 33 years on the 14<sup>th</sup>; and Larry and Rosa Wang, 58 years on the 26<sup>th</sup>.

***Laugh. Out Loud. Often.*** *The Portable Life 101* by John Roger and Peter McWilliams

***Laughter is inner jogging.*** —Norman Cousins

**Dunc Mills** played an introductory tune on the xylophone and **Vice-President Georg Schuller** welcomed 16 Gyros and four guests to the **February 6 luncheon meeting** held at the Mill Woods Golf Course Woodvale Clubhouse.

**Marty Larson** led the singing of Cheerio and **Georg Schuller** presented the Grace.

**Ron Trant** introduced his guest, **Wally Diefenthaler**, **Doug Armstrong**, his guest, **Jack Freebury**, and **Marty Larson**, his daughter **Marcia Kashani**. **George Schuller** welcomed our guest speaker, **Fernanda Dal Pizzol**.

**Fred Schulte** provided background information on the GYRO Club of Edmonton- **Gerontology Scholarships**.

In the mid-1980's to mid-1990's funds were contributed by the Gyro Club of Edmonton, and individual members, with matching funds from the province to establish **The Centre for Gerontology Fund** at the University of Alberta.

The Alberta Centre on Aging was established during this time and the first **Undergraduate Scholarship of \$300 and the first Graduate scholarship of \$500 were awarded in 1999**.

I met the first Graduate scholarship winner, **Bonnie Dobbs** about 10 years later and I remember that her research was focused on practical ways to assist medical doctors in their physical and mental examinations of older drivers. **Here I am 15 years later facing those medical examinations as I turn 80 this April!**

Our Gerontology Fund has continued to grow over the years, and we were able to increase the scholarship categories and amounts in **2007** to provide a \$700 undergraduate, a \$1200 Masters, and \$1200 PhD scholarship.

In 2018, the University of Alberta increased the spending allocation from our Endowment Fund **from 3 to 4%** which enabled us to increase the scholarship values to **\$1000, \$1700, and \$1800**.

It is my pleasure to introduce **Fernanda Dal Pizzol, recipient of our 2023 PhD Scholarship.**

Firstly, I would like to thank the club for their generosity in collaborating with my studies and carrying out my research. I am greatly grateful and honored to receive a scholarship from this important and esteemed club.

**My name is Fernanda, I am a 4th year doctoral student at the University of Alberta, Faculty of Nursing.**

I have worked with older people and their family caregivers since 2010 when I started my bachelor's degree in nursing in Brazil. I have been working with this population both in clinical practice, research, and volunteering. I had a personal experience when my grandmother with Alzheimer's needed support from our family. My uncles and parents, without much caregiving education, tried to give her as much support as possible. Learning from their perspectives and experiences, **I am not sure they felt 'prepared' to care.** This reflects findings in the literature that indicate that 94% of Canadian caregivers report they need better access to support, and 31% feel incapable of caring for a stroke-affected family member.

This motivated me to find ways to support family caregivers. **But what does it mean to be prepared?**

This is exactly what my doctoral dissertation aims to describe. **I first want to understand what it means to be prepared according to the caregivers themselves.** I saw in the literature that no study to date had defined 'preparedness' of family caregivers of older persons in a way that we could exactly understand what it means to be prepared.

Therefore, my first study during my doctorate sought the perspectives of caregivers in the literature and defined preparedness as: "caregiver's self-confidence about their current competence related to the knowledge,

skills and abilities to perform daily tasks, and to handle emotions over time".

Based on this, I am currently developing a second study, a new literature review to **identify what interventions that aimed to prepare caregivers** used in terms of human and technical resources. With this I will be able to identify important components and activities to design an intervention that aims to better prepare informal caregivers.

In my third and final doctorate study, which will be carried out probably next year, **I will recruit informal caregivers of older people after stroke so that we can jointly refine this Intervention.** In this latest study, caregivers will check the acceptability of this intervention and discuss ways to improve the intervention in focus groups. In this study, health professionals who work with this population will also be recruited to give their opinion on whether this intervention needs to be improved so that it can actually be delivered in health services.

These 3 studies generally intend to facilitate a health intervention that can support informal caregivers of older people after stroke. This research will contribute to the understanding of the concept of preparedness, as well as produce an intervention design that is crafted in collaboration with the caregivers themselves. The ultimate goal of this research is to find novel and appropriate ways to support caregivers and advance the health and wellbeing of Canadian caregivers of older adults after stroke and their care recipients.

**Questions followed Fernandas' presentation:**

**What do you mean by intervention? [A step-by-step process that includes assessment and advice.](#)**

**Many of us have experienced care giving of our parents that are reasonably healthy, but dealing with dementia is another story! How does one deal with that? [There are different levels of a stroke and dementia can follow.](#)**

**Different types of help and support will be required. Timing and preparedness after a stroke will be critical. Feedback from family members is important!**

**Another comment offered by a guest was that the “healthcare system” expects that we will look after our family members!**

**Marty Larson, a long-time supporter of gerontology research thanked Fernanda for an informative presentation.**

**Doug Armstrong, author of *Giants of the Pacific Northwest. The Hunt Family Totem Poles* presented Fernanda with a signed copy of his book.**

**Larry Dobson** was the Free Lunch winner.



**Fernanda Dal Pizzol**

**Governor Dunc Mills** welcomed 41 Gyros and Gyrettes from the **Sherwood Park** and **Edmonton Gyro Clubs** to the joint **Valentines Party** held at the **Woodvale Clubhouse, Mill Woods Golf Course** on **February 14<sup>th</sup>**.

**Lt. Governor Ted Ewanchuk** led the singing of Cheerio and **Past President Bruce Copeland** presented the Grace.

**Vice-President Georg Schuller** provided information on Gyro events in March, April, and June.

We were treated to a feast of AAA Alberta Prime Rib and Salmon Filet and all of the appropriate trimmings including a Valentines themed cake.

**Nestor Slipchuk, President of the Sherwood Park Gyro Club** thanked our Club and the Mill Woods Woodvale Clubhouse staff for an exceptional meal which was enjoyed by 10 of their Gyros and ladies.



**Georg Schuller**



Salad

Salmon



Photos by Dunc Mills



The table centre piece decorations were prepared by the Gyrettes, **Carol Dobson, Helen Ross, Elaine Douglas,** and **Jean Warrack.**



The festivities wrapped up with a **15 question Gyro Valentines quiz:**  
**How Well Do You Know Your Spouse?**

1. How does your wife take her coffee?
2. How old was your husband when you first met?
3. What TV station is your wife likely to have on?
4. Where did you go your very first date?
5. What year was your first child born?
6. What is your husband's favourite type of pizza?
7. What is the one thing that your wife cooks that you love the most?
8. Who is your husband most likely on the phone with if it's not you?
9. Who said "I love you" first?
10. Who is most likely to clean the house first?



11. Where was the first place you vacationed together?
12. Where did you have your first kiss (with each other)?
13. When you go out, who takes longer to get ready?
14. Who asked who out first?
15. What is your wife's favourite brand of perfume?

The men were asked to sit at other tables with men and the ladies with other ladies. The couples were reunited to determine the truth!

Two couples **Len and Jackie Evenson**, and **Georg Schuller** and **Karin Conradi** managed to answer all 15 questions correctly and two other couples, **Nestor and Cynthia Slipchuk** and **Fred and Paulette Schulte** won the booby prize for the fewest correct answers at three.

**Oh well, some of us weren't paying attention at these key moments in our married life!**

**Thanks to Dunc Mills, the Gyrettes, and our Sherwood Park friends for organizing and attending this special event!**

### **Chuck Gerhart and Dunc Mills report on the Hockey Pool Winners.**

<b>Game 7 December 31</b>	<b>Winners</b>	<b>First Period</b>	<b>Second</b>	<b>Final</b>
<b>Oilers vs Ducks</b>				
<b>First Period</b>	<b>2 1</b>	Janice Molofy Nichols	<b>Dick Nichols</b>	<b>Gary Campbell</b>
<b>Second</b>	<b>5 1</b>	<b>Eileen Kuhl</b>	Alan Pentney	John Williams
<b>Final</b>	<b>7 2</b>	Marcia Kashani	<b>Gary Campbell</b>	Gary Keen

<b>Game 11 February 10</b>	<b>Winners</b>	<b>First Period</b>	<b>Second</b>	<b>Final</b>
<b>Oilers vs Kings</b>				
<b>First Period</b>	<b>0 0</b>	Karen Gibson	Kelly Burnett	<b>Mike Matei</b>
<b>Second</b>	<b>0 2</b>	Kasper Bundshuh	Stephen Marsh	<b>Gary Campbell</b>
<b>Final</b>	<b>0 4</b>	<b>Jack Brown</b>	Emily Gerling	<b>Georg Schuller</b>

Game	12	February	21	Winners	First Period	Second	Final
<b>Oilers vs Bruins</b>							
First Period	1	1		<b>Gary Campbell</b>	Gerry Erickson	<b>Dick Nichols</b>	
Second	2	4		Erik Braun	Lawrence Zalasky	Alan Pentney	
Final	5	4		<b>Allan Warrack</b>	Morgan Weisgerber	<b>Gary Campbell</b>	

## Fast Fred

### Upcoming Events:

**Tuesday Luncheon Meeting, Mill Woods Golf Course, Woodvale Clubhouse, March 5<sup>th</sup>.**

**Speaker: Laurie Hawn, retired Lt. Colonel, RCAF and Member of Parliament, Edmonton Centre 2006-2015.**

**Topic: NATO and Canada's Place in the World.**

**Team Leaders: Walter Yakimets and Fred Schulte**

**Annual General Meeting, Tuesday noon, Mill Woods Golf Course, Woodvale Clubhouse, March 19<sup>th</sup>.**

**Approval of Annual Budget, Election of Officers, and Directors**

**Team Leaders: Larry Dobson and Ron Trant**

**Rig Hand Distillery Tour and Lunch, Leduc County, April 2<sup>nd</sup>.**

**Team leader: Martin Marshall**

**District VIII Convention, Lacombe, Alberta, June 19-20, 2024**