



THE GYROLOG

**THE GYRO CLUB OF EDMONTON
Club Charter No.18, July 29, 1921**

**President-Peter Carter, Past President-Jack Little,
1st Vice-President- Ray Dallaire, 2nd Vice-President-Bruce Swanson
Secretary-Barry Walker, Treasurer-Gary Campbell,
Directors- Alan Rusler, Arv Hardin, David Winfield
Database Administrator-John Ross, Gyrolog Editor-Fred Schulte**

DECEMBER 2016

**MERRY CHRISTMAS and
A HAPPY NEW YEAR**

Those celebrating their birthdays are **Sam Gruden** on the 1st, **Ron Ramsey** on the 3rd, **Larry Dobson** the 16th, **Gary Campbell** on the 17th, **Bill Taylor** on the 20th and **Chuck Gerhart** on the 24th.

Those celebrating their wedding anniversaries are **Cliff and Sharon French**, 53 years on the 20th and **Ari and Kathryn Hoeksema**, 13 years on the 31st.

President Peter Carter welcomed 79 Gyros, Gyrettes and guests to the **Annual Christmas Party** held in the Riverview Room of the Shaw Conference Centre on December 6th. **Bruce Swanson** led the group in the singing of Cheerio and **Jim Lochhead** presented the Grace.

President Peter welcomed **District VIII Governor John Hodgson** and **Ken Baker, District Secretary-Treasurer**.

Governor John presented greetings from the District VIII Executive and complimented the Edmonton Club on our strong and stable membership. He also spoke about the upcoming International Convention to be held in Vancouver June 10th to 13th and the District VIII Convention in Wallace, Idaho, June 14th to 18th.

One of the topics to be discussed at the International Convention is a Discussion Paper to be presented by District VI regarding the acceptance of women as members of GYRO.

The group enjoyed a whole turkey carved at each table with all the trimmings. Thanks to the group of ten carvers for their skill and commitment to the task: **Bob Bahniuk, John Hodgson, Chuck Gerhart, Jim Lepp, Jack Little, Jim Lochhead, John Mann, Ron Ramsey, Bill Taylor, and David Winfield**.

John Boyd has played a bass violin since 1951 and recently switched to the ukulele because it so much lighter in weight. He sang a wonderful ditty about the joy and tribulation of getting old. Thank you, John for a hilarious presentation!

Santa and **Mrs. Claus** then visited our group with their naughty and nice list. **Fred** and **Paulette Schulte** were called up to receive kudos for the preparation of the Gyrolog but there was also a concern about the negative dental effects of eating the famous Schulte toffee. It was determined that there was both a naughty and nice component to toffee. As a result, a set of toothbrushes was presented to Paulette and a bag of brown sugar was given to Fred.

Care Mazzuca was on the nice list for the annual preparation of the Club Roster. **Dick Nichols** was presented in absentia with a mini-hockey stick trophy for his tireless efforts in the management of the Hockey Pool.

Alice and Gerry Glassford were honoured for their long marriage commitment of 59 years celebrated on October 12th, 2016.

Bobby Bahniuk, a new member in 2015 and on the nice side of the ledger was responsible for sponsoring two new members in 2016. However, he is also known for telling naughty stories. Santa presented him with a bar of Irish Spring soap for his mouth, even though he is Ukrainian.

Judy Weatherby, a four-year member was honoured for her financial skills as the Gyrettes Treasurer.

Len and **Barbara Stevens** have had a creature problem, namely mice and they have been somewhat naughty in their approach to dealing with them. Santa presented Barbara with a block of cheese and Len with a better mousetrap.

Bronwyn Swanson has been placed on the naughty list because of her almost daily card playing activities. It seems that husband Bruce has had to take on many of the housekeeping duties.

Roger Russell was sanctioned on three counts for knowingly providing cigars, candy, and alcohol to Gyros at mixed events. It is acknowledged that the cigars are the candy variety.

Cliff French was recognized for his unwavering supply of homemade cookies at Gyro luncheons, even though Cliff does not eat cookies. Mrs. Santa presented Cliff with some steel-cut oatmeal for future cookie batches and Santa gave Cliff the Best Cookie Trophy.

Dan and **Sandy Hasinoff** and **Jack** and **Steffany Bowen** were honoured as our newest members.

Peter Carter and **Eileen Kuhl** were honoured for their contributions in 2016 as Presidents of the Edmonton Club and the Gyrettes respectively.

Thanks to **David Winfield** as Santa and **Helen Ross** as Mrs. Santa for a very humorous and well-designed program.



Thanks to **Bruce Foy** and **Sam Gruden** for organizing another first-class Christmas Party.



Bruce Swanson



A GOOD FRIEND KNOWS ALL YOUR STORIES A BEST FRIEND HELPED YOU WRITE THEM

from *Primitives* by Kathy,
Sellers Publishing Inc. 2016

President Peter Carter welcomed 33 Gyros, two speakers and four guests to the December 20th luncheon meeting held at the Royal Mayfair Golf Club. **Alan Rusler** led the group in the singing of *Cheerio* and **Jim Lochhead** presented the Grace. **Ray Dallaire** introduced his guest **Eden Hampson**, **Ron Trant** introduced his son **Andrew**, **John Boyd** introduced his brother **Dale** who is visiting from Scotland and **John Ross** his guest, **Len Thuesen**.

Ray Dallaire introduced our guest speaker, **Paul Plakas** who has been a personal trainer for 25 years. He owns **Custom Fit Personal Training Studio** in Edmonton, Alberta (est. 1998). Paul received his degree in Physical Education from the University of Alberta in 1990. Additional certifications were completed with the American College of Sports Medicine (HFI 1992) and National Academy of Sports Medicine (C.S.C.S 1994). You may have seen Paul as the fitness expert on the Gemini award winning television shows “Taking It Off” and “X-Weighted” which ran on the Slice Network in Canada for nine years.

Paul currently has a fitness/nutrition segment on CTV News in Edmonton which you can see on Mondays. He is a lifestyle panelist on the television program "Alberta Primetime" discussing all aspects of health affecting Albertans. In addition, he does a regular weekly fitness/nutrition segment on TSN 1260 with Jason Gregor. In his spare time, Paul enjoys all sports including: hockey, bike racing, tennis, badminton, squash, and weight lifting. The motto he lives by "**Pain is temporary, quitting lasts forever**".

Paul began his presentation by stating that the top three things that people want most when enhancing their health is 1. **Less body fat**, 2. **More energy** and 3. **Reduction of chronic pain**.

The approach at their studio is to undertake a Kinetic Chain Assessment to prevent chronic pain in your body. Strengthening exercises are used to lead to more efficient ways of doing your work. The emphasis is on soft tissue exercises, structural problems need to be addressed by other professionals. The No. 1 rule is: Don't do lying down or sitting low exercises, upright movements can give you speed, agility and flexibility needed as you age.

Speed, power, and agility training can be done three times a week using six basic moves; **squatting, lunging, posture improvement, pushing, pulling, and twisting**. Paul's colleague, **Deanna Harder**, Fitness and Lifestyle Consultant demonstrated the proper use of these six moves using a fitness ball. Many of our group were standing and attempting to do some of these same moves.

Thanks to Paul and Deanna for an excellent 'hands on' presentation!

The Free Lunch draw was won by **Jim Lochhead**.

President Carter provided a summary of the December 1st Christmas Party and the positive feedback received from our **District Governor, John Hodgson** regarding the strength of our club.

Dick Nichols was recognized for his outstanding efforts in the management of the GYRO Hockey Pool. In absentia, he had received a "nice" designation from Santa on December 1st. Today he received an engraved mini hockey stock for his efforts from Santa through his agent President Peter.

Our GYROS demonstrated again their commitment to worthy organizations: \$840 cash and two food hampers were collected for the **Edmonton Food Bank** at Tuesday's luncheon meeting. Well done gentlemen!

Dick Nichols reports on the results on the Hockey Pool

Game 5 Dec. 6	<u>Winners</u>	<u>First Period</u>	<u>Second</u>	<u>Final</u>	
Oilers vs. Sabres					
First	0	2	Jack Ellis	Bob Bahniuk	Sheldon Weatherby
Second	2	2	Chuck Gerhart	Dean Larson	Cory Russell
Final	3	4	Unsold	Sophie McKinnon	Sara Baird

Game 6 Dec. 11	<u>Winners</u>	<u>First Period</u>	<u>Second</u>	<u>Final</u>	
Oilers vs. Jets					
First	0	1	Jack Little	Sam Gruden	Ron McDonald
Second	1	2	Kathryn Hoeksema	Brooks Ross	Chuck Gerhart
Final	3	2	Alan Rusler	Val Pohl	Unsold

Game 7 Dec. 19	<u>Winners</u>	<u>First Period</u>	<u>Second</u>	<u>Final</u>	
Oilers vs. Blues					
First	1	2	Jack Slobodan	Jack Slobodan	Ron Ramsey
Second	1	2	Erin Lucas	Erin Lucas	Kathryn Hoeksema
Final	3	2	Unsold	Unsold	Mike Matei

“Fast Fred”

UPCOMING EVENTS

Gyro Luncheon Meeting, Royal Mayfair golf Club, Tuesday, January 3

Speaker: Michael Mant

Topic: A Brief History of New Zealand

Contacts: Jack Slobodan and Ron Trant

Gyrette Luncheon Meeting, Royal Mayfair Golf Club,

Tuesday, January 10th

Speaker: Brigitte Bouchard, Warden, Edmonton Institution for Women

Registration: 11:30 am, Lunch 12:00 noon

Contact: Marie Losier

Gyro Luncheon Meeting, Royal Mayfair Golf Club, Tuesday, January 17

Speakers: Dr. Tammy Hopper and award recipients.

Topic: Gyro Club of Edmonton **Centre for Gerontology Fund-Undergraduate and Graduate Scholarship Awards-University of Alberta.**

Contacts: Marty Larson and Fred Schulte

GYRO International 2017 Convention, Vancouver, B.C. June 9th-14th

Registration Fee: \$540 per couple, online registration below:

<http://international.gyro.ws/2017%20con.htm>

Host Hotel: **Coast Plaza Hotel and Suites**, 1763 Comox street. Negotiated room rate: \$199 per night plus taxes. Gyro rate can be booked directly online using this link:

https://resweb.passkey.com/Resweb.do?mode=welcome_ei_new&eventID=15891421

District VIII Convention, Wallace, Idaho, June 15th-18th

Thursday, June 15th-Registration and Drum and Bugle Corp. Pub Crawl

Friday, June 16th-District Officers Installation Dinner

Saturday, June 17th- Lead Creek Derby