



THE GYROLOG

THE GYRO CLUB OF EDMONTON

November 3, 2003

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President Roy welcomed an enthusiastic mixed group of 51 to a special luncheon meeting at the Royal Glenora Club. **Larry Dobson** led us in Cheerio and **Jack Ellis** asked the blessing.

Bruce Foy introduced his guest Grant McCarthy, **Barry Walker** brought our Doug Baker, **Harry Nash** introduced his guest Brian Nesbitt, **Dick Nichols** announced that Val Pohl was applying for membership in the club and **Peter Butler** welcomed our friend Bob Moore who was with his wife, Gyrette **Mary Lou**.

Marty Larson introduced our guest speaker who was Dr. Katherine Moore from the University of Alberta who is Associate Professor at the Faculty of Nursing and has held such titles as Research Coordinator of the Northern Alberta Urology Foundation. She gave a very interesting presentation on prostate cancer that affects one in ten Canadian men each year. Of those nine out of ten survive, especially if it is caught in the early stages.

The digital rectal exam which is the most common form of screening is only about 30% successful in finding prostate cancer. A more effective method is the PSA test. It is recommended that men between the aged of 50 and 70 be screened and tested annually. Preventative actions are to eat a balance diet that includes a significant portion of vegetables and to maintain an exercise regime. **David Burnett** thanked Dr. Moore on our behalf.

Dr. Moore drew the card that gave **Bryce Van Dusen** a free lunch.

President Roy announced that **Marty Larson** and **Wayne Tingley** are celebrating birthdays this month.

Mort Morter reported that **Andy Friderichsen** is out of hospital and recovering from his heart attack. Unfortunately he is alone because **Blanche** is in hospital for a hip replacement. Birgitt Heddegaard is also in hospital for a hip replacement.

PIP Marty Larson thanked the members of the club who had identified sponsors for the 7th Annual Drive for a Cure golf tournament for Prostate Cancer research. **Bruce Foy** spoke about the need for volunteers at the tournament on June 9, 2003. Volunteers are needed for hole and general setup, welcoming hosts at the registration booth, 6 registration staff, hosts for each hole, relief drivers, to set up prizes for the banquet, hosts at the end to set up tables and for the silent and live auctions. He informed us that the **Rev. John Dowds** has already volunteered to guarantee that there is good weather. A knowledge of golf is not necessary to be a volunteer. If you have a few hours of time on the day of the tournament, let **Bruce** know.

FIRST POSTING: Val Pohl has applied for membership in our club. He and his wife Linda live at 159 Granlea Cres. NW in Edmonton. Their postal code is T6L 1A8 and their telephone number is 462-0511. The email address is valpohl@telus.net. Val is retired from Spartan and he and Linda have two adult sons Darren and Kent. Val is sponsored by **Dick Nichols** and his is seconded by **John Ross**.

Gord Rennie reports that he had a conversation with **John Halford** who now resides in Victoria. Although he had a recent fall and hurt his leg he is recovering well and walking with a cane. Through **Gord** he sends his regards to all the members of the Edmonton Club.

CHANGE OF ADDRESS:

Please make a note of **Marion Morstad's** new address. It is #406 9819 96A St., EDMONTON, T6A 4A2.

UPCOMING EVENTS:

GYRETTE CORNER: **Sharon Lynne-Matei** informs us that the next Gyrette Meeting will be held on November 11, 2003 at the Mayfair. Cocktails are at 6:00 with dinner at 6:30. She is pleased to have Professor Alexandra Munn as the guest speaker. She is a foremost Alberta musician and educator who graduated from Julliard, studied with renowned composers and was recently inducted into the City of Edmonton's Cultural Hall of Fame. Those attending can look forward to a lively and stimulating presentation.

Bruce Foy advises that our speaker on November 18th will be Barry John who is an architect and who will talk about the future of Fort Edmonton Park.

The Christmas Party is booked for December 2, 2003. Have cheques payable to the Edmonton Gyro Club to **Walter Yakimets** or **Dick Nichols** before November 29th. A commitment for numbers must be made on November 30th. For those enjoying wine the cost is \$60 per person and for those who do not partake the cost is \$52 per person. It will be in the Riverview Room of the Shaw Convention Centre starting at 6:30 with dinner at 7:00.

THE GYRO PROSTATE CANCER TOURNAMENT sponsored by the Edmonton Gyro Club and the Canadian Cancer Society is scheduled for June 9, 2004 at the Links Golf Course in Spruce Grove. There will be a shotgun start at 8:00 am with 144 golfers able to participate.

The District VIII Interim Convention will be held in Fairmont Hot Springs and Resort March 26 to 28, 2004.

Lethbridge's 2004 District VIII Convention will be at Waterton Lakes National Park August 5 – 8 and includes a boat trip and breakfast at the Prince of Wales Hotel.

Same Old Bull

Allan

