



OCTOBER BULLETIN / 2004

UPCOMING EVENTS:

- Wed. Oct. 6** **Luncheon Meeting** **Carriage House Inn**
Guest Speaker: Mike Smith, Financial Advisor
- Mon. Oct. 18** **Founders Night** **Danish Canadian Club**
Host: Stampede City Gyro Club. **Contact:** Garry Pattison (247-6881)
\$ 25 / PERSON COCKTAILS: 6:00 P.M. DINNER: 7:00 P.M.
Founders address and entertainment follow dinner
This is a **MIXED EVENT** attended by both Gyro Clubs.
- Wed. Oct. 20** **Luncheon Meeting** **Carriage House Inn**
Guest Speaker: Gord Billings – Pheasants are forever.
- Nov. 5-6-7** **Curlarama – Banff, AB** **Voyager Inn** **Dist. VIII Gyros**
Host Club – Stampede City.
If you are interested in going contact our Gyro John
Hodgson at 253-3150 for all of the details.
- Wed. Nov. 10** **Remembrance Day Luncheon** **Carriage House Inn**
MIXED EVENT
More details will follow.
Hosts for this event are Donald Potts and Hank Ernst.

Wed. Nov. 24

Gyro Bingo

Carriage House Inn

MIXED EVENT and a Club Fund Raiser!

BRING GUESTS WITH YOU TO THIS FUN EVENING.

Read the following information provided by Bonar Irving.

GYRO BINGO

An Evening for Fun and For Charity

DATE: Wednesday, November 24, 2004

PLACE: Carriage House Inn - Grand Ballroom

ADMISSION: \$11.00 per person - Includes admission and 2 Bingo cards. Extra cards may be purchased for \$2.00 each. There is no limit on the number of cards each person can play.

GIFTS: Each Gyro member is expected to bring an attractive gift. These gifts will be used for the prizes that will be given away to the lucky winners of each Bingo game. Wins are limited to 2 per person, with the exception of the Black-Out game.

GAMES: There are 8 regular games and approximately 10 or 12 gifts are usually won during each game. All ties (if any) are broken by the drawing of cards, as handled by the caller and his assistants. The final game is a Black - Out.

TIME: The doors open at 6:30pm A cash bar will open at that time, and will remain open throughout the evening.

Pay admission, and purchase extra cards from 6:30 to 7:15pm.

Bingo games start at 7:15pm, and continue until about 9:30pm

BIG DRAW: A 50/50 draw will also take place during the evening. Last year's winner took home \$209.

ALL THIS FUN IS FOLLOWED BY COFFEE, TEA, AND DESSERTS!!!

Hosts for the evening are Bonar Irving and Bob Lane.

OCTOBER BIRTHDAYS:

1st Bill McIntyre

14th Gordon Coates

19th Doug Flamme

20th Alan Campbell

24th Jack Douglas

Have a Great Day, Gentlemen!

As your new President I wish you all a great year of good health and happiness. Lets continue to keep the fun in Gyro.

Regards,

Your President Dave Gareau.

The new Gyro Club of Calgary Executive is as follows:

President	Dave Gareau	
Vice - President	Bob Lane	
Past - President	Garry Davies	
Treasurer	Ken Baker	
Secretary	Gary Cull	
Directors:		
Cliff Deis	Al Fech	Shorty Price
Bill Schultz	Bob Steele	

PAST EVENTS:

There were 83 in attendance at our 84th Installation on September 25, 2004 which was held at the Carriage House Inn. Five couples from the Stampede City Gyro Club joined us for this memorable event. They were Past District Governor Alan Clark and his wife Maryann, Past International President Ian Greig and his wife Joan, President Garry Pattison and his wife Katy, Bob Rowan and his wife Betty, and John Thomson and his wife Mary. After being served a delicious meal, the Club Installation was done by 2nd Lt. Governor, Steve Denny. This was Steve's first task as a District VIII Officer and he performed the Installation very well. After the Installation we were treated to an excellent program. The theme of the program was "It's A Wonderful Life" and was presented by Alvin Laws who is a motivational speaker. Alvin was born without arms, grew up in a foster home and over the years has proven that with determination and a positive attitude a person can accomplish great things. For example Alvin uses his feet and toes as his hands. He can write, play the drums and piano and drive a car. He travels all over the world giving motivational talks to many different audiences. Everyone was impressed with Alvin and left with a different feeling about their lives. Thanks to Ron Carter and his helpers for presenting us with a wonderful evening to be long remembered.

DID YOU HEAR.....

Just came across this exercise, recommended for the over 50 crowd, to build muscle strength in the arms and shoulders. It seems so easy, so I thought I'd pass it on to some of my friends. The article suggests doing it three days a week. Just don't overdo it. Begin by standing on a comfortable surface, where you have plenty of room at each side. With a 5-lb. potato sack in each hand, extend your arms straight out from your sides, and hold them there as long as you can. Try to reach a full minute, then relax. Each day, you will find that you can hold this position for just a bit longer. After a couple of weeks, move up to 10-lb. potato sacks.

Then 25-lb. potato sacks, and eventually try to get to where you can lift a 50-lb. potato sack in each hand and hold your arms straight for more than a full minute.
After you feel comfortable at that level, put a potato in each of the sacks.

Your bulletin editor,
Gyro Gord A.

“KEEP THE FUN IN GYRO”