

G Y R O C L U B o f C A L G A R Y



Gyrodeo



F R I E N D S H I P S S I N C E 1 9 2 1

February 2010 Bulletin



HAPPY VALENTINE'S DAY

MARK YOUR CALENDAR FOR THESE UPCOMING EVENTS

February 2010	
Wednesday, February 3, 2010	Noon Luncheon Meeting - Carriage House Inn The guest speaker is Larry Elford. His topic will be "Have our Financial Servants become Financial Predators?"
Wednesday, February 17, 2010	Luncheon Meeting CANCELLED
Saturday, February 20, 2010	Fun Night of Indoor Bocce See page 3 for details. This is a mixed event and Guests are always welcome



Duncan Strachan 1926-2010

It is with regret that I am reporting the sad news that Duncan passed away on January 8, 2010 while holidaying in New Zealand. Duncan joined Gyros in 2003 and was an active member attending most functions. He and wife, Donna Lee, hosted the annual "Day at the Races" over the last several years. Duncan was in his second term as one of our Gyro Directors. He could best be fondly described as a "true gentleman".

A 'Celebration of Duncan's Life' will be held in March, probably on either Saturday, March 20th or Sunday, March 21st. Full details will be announced in the March issue of the Gyrodeo.

A NOTE OF THANKS FROM DONNA LEE STRACHAN

Dear Gyro Friends,

I would like to express my appreciation for all the cards, calls and emails received as Dunc and I were making our return home. Gyro meant so much to Duncan.....he truly loved the friendship, the warmth, and all the fun wherever we traveled to be with Gyros, especially here in Calgary. We have all lost a loyal friend and I am sorry for your loss.

Donna Lee Strachan

CONVENTIONS IN 2010

District VIII Interim Meeting
March 12 - 14, 2010
Fairmont, B.C.

International & District VII Convention
July 11 - 18, 2010
Crowne Plaza Hotel, St. Paul, Minnesota

District VIII Convention
August 19 - 22, 2010
The Coast Edmonton East Hotel, Sherwood Park, Alberta

GYRO FUN NIGHT – INDOOR BOCCE



Saturday, Feb. 20, 2010
4:30 PM
Calgary Italian Club
416 – 1 Ave N.E.
Optional dinner starts at 5:00 PM
Cost: \$15.00 per person

5 Lanes of Indoor Bocce - Starts at 6:00 pm.

Hors d'oeuvres & Snacks at 8:00 pm.

Cash Bar throughout the evening.

Our host is Jim Barr.

OPTIONAL DINNER BEFORE:

We have made a special arrangement with the Italian Club to have dinner offered from a limited menu before bocce (5:00 pm). Approximate cost is \$14.00 per person.

We must let them know the number of diners so let us know if you would like to dine.

-Guests Are Always Welcome-

FEBRUARY BIRTHDAYS

2nd Ken Baker and Bill McCachen

15th Bernie Somerville

HAVE A GREAT DAY GENTLEMEN !!!!!

HEALTH OF THE CLUB

On Thursday, January 21, Gary Cull suffered a heart attack while delivering flowers in the down town area. He went to an EMS centre which transported him to the Foothills Hospital. Shortly after his arrival at Foothills, he received a stent to ease a blockage in his heart. Gary returned home on Saturday, January 23 and is doing very well. I will be taking him to the Feb. 3rd Gyro meeting.

I have not heard of any other health issues in our club.

Gord Anderson

Copyright 2003 by Randy Glasbergen. www.glasbergen.com



WANTED

We are looking for one, two, or even three members who would like to help Larry Fenton organize speakers for our luncheons. Hopefully one of these helpers would be prepared to fill Larry’s position in the near future.

This is a very important position and the club would appreciate your help.

Please reply to Larry or Steve. Thank you

Larry Fenton - Email larry.fenton@shaw.ca - Tel: 403-242-9464

Steve Denny Email sdenny@telus.net - Tel: 403-238-5511

CHANGES TO THE CLUB ROSTER

I know of no changes to the club roster over the last month.

OOOOPS.....

In the January issue of the Gyrodeo I reported that Bob and Sally Wharton had moved to a new address. That should have read "Bob and Shirley Wharton". My sincere apologies to you Shirley.....

MARK THESE DATES ON YOUR CALENDAR.....

STAMPEDE CITY GYRO CLUB "LADIES NIGHT"

Saturday Feb. 20th, 2010 at THE MILLARVILLE RANCHERS HALL @ HERITAGE PARK.

Cocktails @ 6:00 PM. Fabulous Buffet Dinner @ 7:00 PM.

Price: \$40 per person.

Free Parking --- at the Ranchers Hall inside Heritage Park.

Dress Western --- keeping with the theme of this historic 115 yr. old hall.



After Dinner Entertainment - CAROLYN HARLEY

Carolyn Harley (accompanied by husband Joe) is well established in the Calgary music scene and will be treating us to her own high energy mix of country, folk, and blues tunes. As we are honoring our ladies on this evening, it is a special treat to have Carolyn perform for us. It is fitting that it was her commemorative song, "THE BALLAD OF THE FAMOUS FIVE", which was used during the nationally televised unveiling of the monuments of "The Famous Five" on Parliament Hill in Ottawa.

Please contact Keith Aird (238 2930) or Al Clark (281 3321)

For confirmation of your attendance before Sat. Feb. 13th.

Another good Gyro Event to invite guests!

CRIB TOURNAMENT



Our annual **CRIB TOURNAMENT** will be held on **TUESDAY, APRIL 20, 2010**

Location: Holiday Inn - 42 Ave. & MacLeod Trail SW - Main Floor Bar & Dining Room.

Time: Cocktails @ 5.30 pm - Cash Bar.

Dinner : 6.00 pm.

Cost: \$25.00 per person for buffet dinner & tournament. - same price as last year.

Announcement of the crib rules and tournament will begin immediately after dinner. Guests and non-crib players are WELCOME come out and have a great meal and socialize !!

LOTS OF GREAT PRIZES

Don't forget to bring your crib board and cards with you, please.

Our hosts are Garry Davies and Dave Jenner

CLUB NEWS

LUNCHEON - January 6, 2010

There were 26 Gyros at our luncheon held at the Carriage House Inn. Grace was given by Don MacMahon.

Following lunch, our guest speaker, Andrew Mosker, was introduced by Larry Fenton.

Andrew Mosker is the Executive Director of the Cantos Music Foundation which is currently located on the 2nd floor, 134 - 11th Avenue S.E. With a BA in History from Concordia University and a performance diploma in jazz and contemporary music from Grant MacEwan Community College, Andrew brings both theory and practical experience to his position at the Cantos Music Foundation. His role at Cantos encompasses planning, developing, and managing the Cantos Collection of historic musical instruments, as well as developing and implementing programs for the Collection's use and appreciation.

Andrew spoke about their Vision....."Cantos is a national catalyst for discovery, innovation and renewal through music", about their Project..."To build a national music centre (on the site of the King Edward Hotel in Calgary's revitalized East Village) which connects people in Canada through the power of music."

This would be the only National Music Centre in Canada and would serve 120,000 people annually. Andrew stated that it would expand their music program to people of all ages, including 30,000 school children annually. He stated, that at their current location, they are only capable of extending their program to 10,000 school children.

Along with a refurbished King Edward Hotel, the centre would encompass over 80,000 square feet and allow them to offer two live recording studios and offer new programming in the areas of emerging artists, wellness, and research.

The Cantos Collection has over 1,400 items from around the world which date from 1560 to the present. With the new centre, they would be able to display more of these items than their current location allows.

If you would like more information about the Cantos Music Foundation, please check out their web site at www.cantos.ca.

Bob Steele thanked our speaker and presented him with a small gift as a token of our appreciation.

Don Craig was the winner of the draw taking home \$26.00.

INTERNATIONAL INTERIM CONVENTION LAS VEGAS – JANUARY 17-21, 2010

Calgary was well represented at the International Interim Convention. Steve and Carole Denny, Ken and Anne Baker, and Andrea and me attended from our club. The Stampede Club was represented by Ian and Joan Craig, and Gary and Katy Pattison.

For those of you new members that have never been to an International convention, it is very different than a district convention. On the international level the conventions are used to conduct the business of the Gyro Organization. There are several different meetings for the International Executive members. However, all Gyros are welcome to attend these meetings.

Another difference is that, on the international level, there is no registration fee, dress is always casual, and there are no planned social activities with the exception of the wind-up dinner. There is a lot of socializing during the "happy hours", of which there were many !! It was a great chance to meet Gyros from all across Canada and the U.S.

A good time was had by all.....even though the casinos took all of our money !!!!!

LUNCHEON – JANUARY 20, 2010

The Gyro Club of Calgary had their regular meeting at 12 pm, January 20, 2010, at the Carriage House Inn. There were 30 members and one guest, and sat down to a delicious lunch of baked chicken breast, mashed potatoes and mixed vegetables etc.

John Hodgson chaired the meeting in Steve Denny's absence.

Jim Barr reminded us of the 'Fun Night' coming up on February 20th, at the Italian Club. The evening plan is for indoor bocce and nibbles for \$15.00 each - 5 p.m. - 9 p.m. Some Gyros, may wish to have an early dinner at the club, but must advise their phoners, so the Italian Club can arrange for staffing.

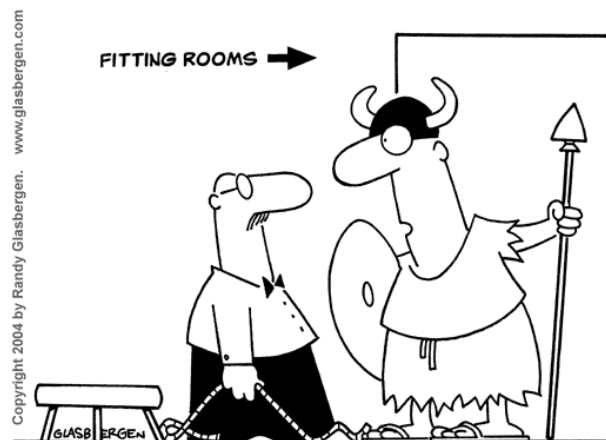
The speaker for our meeting today was Mr. Bob Sheill, President of Prostate Cancer Canada Network, Calgary. The topic was a Prostate Cancer Survival Guide. Bob's presentation was a speech and video, and left us with the following facts:

- one in six Canadian men will be affected with prostate cancer
- it is the largest cancer problem in Canada among men and women, even greater than breast cancer
- all men over 40 should have a rectal exam and a PSA test once a year
- the cause of prostate cancer appears to be diet

Diet should include fish and chicken and only small portions of red meat. Vegetables especially green vegetables should be eaten regularly.

Regular exercise is also very important.

Bob Steele



**"I don't want to conquer the world,
I just want to intimidate my computer!"**

A LITTLE BIT OF HUMOR

An elderly gentleman had serious hearing problems for a number of years. He went to the doctor and the doctor was able to have him fitted for a set of hearing aids that allowed the gentleman to hear 100%. The elderly gentleman went back in a month to the doctor and the doctor said, 'Your hearing is perfect. Your family must be really pleased that you can hear again.'

The gentleman replied, 'Oh, I haven't told my family yet. I just sit around and listen to their conversations. I've changed my will three times!'

Hospital regulations require a wheel chair for patients being discharged. However, while working as a student nurse, I found one elderly gentleman already dressed and sitting on the bed with a suitcase at his feet, who insisted that he didn't need my help to leave the hospital. After a chat about rules being rules, he reluctantly let me wheel him to the elevator. On the way down I asked him if his wife was meeting him.

'I don't know,' he said. 'She's still upstairs in the bathroom changing out of her hospital gown.'

A couple in their nineties are both having problems remembering things. During a checkup, the doctor tells them that they're physically okay, but they might want to start writing things down to help them remember them. Later that night, while watching TV, the old man gets up from his chair. 'Want anything while I'm in the kitchen?' he asks.

'Will you get me a bowl of ice cream?'

'Sure.'

'Don't you think you should write it down so you can remember it?' she asks.

'No, I can remember it.'

'Well, I'd like some strawberries on top, too. Maybe you should write it down, so you don't forget it'.

He says, 'I can remember that. You want a bowl of ice cream with strawberries.'

'I'd also like whipped cream. I'm certain you'll forget that. Why don't you write it down?' she asks.

Irritated, he says, 'I don't need to write it down! I can remember it! Ice cream with strawberries and whipped cream! I got it, for goodness sake!'

Then he toddles into the kitchen. After about 20 minutes, the old man returns from the kitchen and hands his wife a plate of bacon and eggs. She stares at the plate for a moment. Then says, 'Where's my toast?'

Bryan Sherwood – Bulletin Editor



KEEP THE FUN IN GYRO