

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

March 2008 Bulletin



MARK YOUR CALENDAR FOR THESE UPCOMING EVENTS

Wednesday, March 5, 2008	Noon Luncheon Meeting - Carriage House Inn The speaker is Lesley Keyter, "The Travel Lady" with a Travel Film Presentation
March 14-16, 2008	District VIII Interim meeting - Fairmont, BC
Wednesday, March 19, 2008	Noon Luncheon Meeting - Carriage House Inn The speaker is Mr. Al Norris with an Easter Week Presentation

THOUGHT FOR THE DAY.....

May joy lie before you
 And trouble behind you,
 May good health go with you
 And good fortune find you,
 May foes make amends
 And your friendships continue,
 May love walk beside you
 And peace live within you.

MARK YOUR CALANDERS FOR THESE UPCOMING EVENTS !!!

ANNUAL CRIB TOURNAMENT

PLEASE NOTE THE NEW DATE OF TUESDAY, APRIL 8th



Location: Legion Branch 285, Horton Road SW - same as last year.

Time: Cocktails @ 5.30 pm - Dinner @ 6:00 pm

Cost: \$25.00 per person for buffet dinner & tournament

Cash Bar: Beer \$2.80 draft, \$3.25 bottle, Hi-balls \$3.40; Wine \$3.90 per glass

Tournament: to start immediately after dinner and announcement of the crib rules

Lots of Great Prizes!!

Don't forget to bring your crib board & cards with you.

This is a joint function with the **Stampede City** club and guests are always welcome.

When your phoner calls, please say "YES"

Your hosts for the evening are Garry Davies and Dave Jenner.



The Calgary Gyro Club Spring Brunch

PLACE: **Silver Springs Golf and Country Club**
WHEN: **April 20, 2008**
TIME: **11:00 AM – 12:00 Noon – "meet and greet", cash bar**
12:00-1:00 **Superior Brunch**
1:00-1:30 **Special musical entertainment**
1:30 **Draw for door prize**
DRESS: **Casual (no jeans)**
COST: **The same as last year – a low, low \$25.00 per person**

This is a mixed event and guests are always welcome.

Say "yes" when your phoner calls. You will have a great time !!!

Your hosts are Ed Blasken and Julian Yaniw



GYRO DAY AT THE RACES

Brought Back by Popular Demand

Where: **Stampede Park**

When: **May 10, 2007**

Cost: **\$25 per person (includes buffet)**

Parking: **\$11 includes a \$7 betting voucher**

Time: **Post time 1:00 pm, Buffet from 12:30 to 3:00**

Note: Payment must be made before April 21st (Cheques made out to Duncan Strachan)
Dress code: Western Wear

MARCH BIRTHDAYS:

10 th	Bob Wharton	
11 th	Scot Duguid	
19 th	Bonar Irving	
22 nd	Bryan Sherwood	
23 rd	Duncan Strachan	
30 th	Gail Duffy	
31 st	Jim Dobson	Jim France



Have a Great Day Gentlemen!

CHANGES TO THE CLUB ROSTER

Jane and Lyle Nisi have a new e-mail address:

nisi@davincibb.net

HEALTH OF THE CLUB

I am sad to report that complications have arisen with Bob Walker's knee operation and he has to return to the hospital for further surgery on Wednesday, February 27th. I spoke to Bob and he stated that his knee cap has become detached and is floating. Until they do the surgery they will not know if it is simply reattaching the knee cap or if his whole leg and knee require realigning which will require much greater surgery. Our thoughts are with you, Bob.

CLUB NEWS

Luncheon – February 20th

This was a joint club luncheon hosted by the Stampede City Club and held at the Canyon Meadows Golf Club.

There were 39 Gyro and Gyrettes in attendance plus four guests. Our club had a great turnout with 30 in attendance.

Following a delicious meal, we were given a presentation by a group from the Libin Cardiovascular Institute. Deb Duncan, from the Institute, was kind enough to provide me with the following synopsis of the presentation. (It is rather long but quite interesting)

"Gentlemen thank you for your interest in following up today's presentation by Dr. Fedak. It is beyond the scope of my skills to fully articulate the key points of Dr. Fedak's presentation. However, I will provide you with a few bits of information that may be worthy of reporting in your newsletters. I have attached the key points with regard to "Reach".

- Brenda Mackie is one of the Co-chairs for the Reach partnership (Ken King & Bill Sembo, the other two). Barb Giba is a co-Director of Reach and focuses a great deal of her time on Cardiovascular system. Barb & I are available to set up Virtual Reality Tours of the Cave (absolutely amazing experience, a full size mockup of the heart which you can walk through)! The information regarding this is in your Reach package left at the presentation.
- If we can highlight any other area under Reach for one of your members please ask them to call us.
- Reach Campaign is a three year fundraising project which to date has raised 240 million of the 300 million dollar goal. This success and generosity of giving has come mostly from private philanthropic dollars. This has occurred because all of the projects are as exciting and cutting edge as the cardiovascular advancements.

- The Libin Cardiovascular institute continues to thrive in virtually all facets of endeavour...in Canada and abroad. They have the potential to be in the highest echelon of the most elite cardiovascular centers worldwide with the advancements of Dr. Fedak & his colleagues! From Stem Cell Regeneration/Tissue Engineering to the Ventricular Assistance Device VAD (artificial heart pump) which provides quality of life when the heart cannot function properly. The HeartNet is the netting recently utilized in its first surgery to go around the heart to ensure the heart does not enlarge thus maintaining some heart integrity. This slightly invasive procedure will be utilized greatly in the future.
- Age is not determinant so much as heart integrity in determining who is appropriate for which procedure, and/or those who should be included in clinical trials.

HEART

- 70,000 CANADIANS DIE OF CARDIOVASCULAR ISSUE/ANNUALLY.
- 85% OF THOSE WITH DIABETES DIE OF HEART DISEASE.
- 50% INCREASE IN DIABETES IN LAST DECADE.
- RISKS: HIGH BP & OR HIGH CHOLESTEROL/ HIGH ALCOHOL CONSUMPTION.
- STRESS, SMOKING, INACTIVITY.
- 5 MILLION HEART PATIENTS IN NORTH AMERICA
- 1 PERSON'S HEART IS UNDER ATTACH EVERY MINUTE!
- 6 PEOPLE DIE PER HOUR FROM HEART ATTACK.

CELL TRANSPLANT, GENE THERAPY, STEM CELL REGENERATION, TISSUE ENGINEERING, VAD ARE THE PRESENT AND THE FUTURE OF HEART HEALTH.

WE LEAD THE COUNTRY IN HEART HEALTH!

The other handouts clearly outline more detailed information. The Libin Cardiovascular Centre of Alberta (944-4391) is housed out of the Foothills hospital currently. The institute or family doctors can support individuals wanting referral information. To set up a tour contact either Deb Duncan @ 943-0699 or Barb Giba 943- 0609.

Other related facts just for your interest:

HIGH BLOOD PRESSURE

THE "SILENT KILLER" HIGH BLOOD PRESSURE IS THE MAIN CULPRIT IN SIX OUT OF TEN STROKES, HALF OF ALL HEART DISEASE AND A FIFTH OF ALL KIDNEY FAILURES. IT'S EVEN A COMMON FACTOR IN DEMENTIA. MANY CANADIANS HAVE THIS CONDITION AND DO NOT KNOW IT.

HEART DISEASE HAS BEEN CUT IN HALF SINCE 1957. COSTS ARE STILL \$18 BILLION DOLLARS TO TREAT PER YEAR. LOST TIME EASILY DOUBLES THIS FINACIAL IMPACT ON CANADA.

STROKE

- 50,000 STROKE IN CANADA/YEAR = 4TH LEADING CAUSE OF DEATH IN CANADA
- 300,000 LIVING WITH AFTERAFFECTS OF STROKE
- CALGARY 1 OF TOP 10 LOCATIONS IN WORLD FOR RESEARCH/PREVENTION OF STROKE.
- CALGARY - CURRENTLY 22 RESEARCH TRIALS THAT FOCUS ON ACUTE TREATMENT & PREVENTION
- BUT STROKE KILLS 45% MORE WOMEN THAN MEN.
- LIFETIME RISK OF FOR A MIDDLE AGED WOMAN TO HAVE A STROKE IS 1 IN 4 Versus 1 IN 8 FOR MEN. 45% OF THOSE HOSPITALIZED FOR STROKE WILL EITHER DIE or REQUIRE REHAB

I hope that this provides you with enough information about Dr. Fedak / Reach / future opportunities. Thank you for sharing this good news with your members!

Regards,

Deb Duncan, Senior Officer Major Gifts/Reach, Calgary Health Trust

P: 943-0699, C: 835-3704, F: 943-0628, dduncan@thetrust.ca, <http://www.thetrust.ca> "

SOME IRISH HUMOR.....

Two Irishmen, Patrick & Michael, were adrift in a lifeboat following a dramatic escape from a burning freighter. While rummaging through the boat's provisions, Patrick stumbled across an old lamp. Secretly hoping that a genie would appear, he rubbed the lamp vigorously. To the amazement of Patrick, a genie came forth. This particular genie, however, stated that he could only deliver one wish, not the standard three. Without giving much thought to the matter, Patrick blurted out, "Make the entire ocean into Guinness Beer!" The genie clapped his hands with a deafening crash, and immediately the entire sea turned into the finest brew ever sampled by mortals. Simultaneously, the genie vanished. Only the gentle lapping of Guinness on the hull broke the stillness as the two men considered their circumstances. Michael looked disgustedly at Patrick whose wish had been granted. After a long, tension-filled moment, he spoke: "Nice going Patrick! Now we're going to have to pee in the boat!"

Paddy's black eye

Shamus asked Paddy how he got his black eye.

"You'd never believe it," said Paddy, "but I got it in church."

He said he had been sitting behind a fat lady and when everyone stood up for a hymn, he noticed her dress was creased into the cheeks of her bottom.

"All I did was lean forward and pull it out, and she turned around and hit me.", said Paddy. A week later, Shamus was surprised to see Paddy had another black eye.

"I got this one in church, too.", explained Paddy.

He said he found himself behind the same fat woman and when everyone stood up for a hymn her dress was once again creased into the cheeks of her bottom.

"My little nephew reached forward and pulled it out. But I knew she didn't like that, so I leaned over and tucked it back."

GYRO INDOOR BOCCE NIGHT

A "FUN" night was had by all, at the first Gyro Indoor Bocce held in La Cantina at the Calgary Italian Club, Saturday evening February 23. A total of 40 Gyros, Gyrettes and guests were in attendance, comprising 10 teams.



The "Championship" trophy was won by the team of:

Bill Schultz, Marilyn Carter, Patricia Fleet and Ed Blasken.....

Congratulations.....

The host committee would like to thank everyone for their enthusiastic participation in this fun-filled evening of Gyro friendship. We received many comments suggesting that this should become an Annual Gyro Event, and so your host committee will endeavor to make that happen.

They didn't win but they look like they are having a "fun" time.....



Your hosts for the evening were Wayne Sinclair, Bill Schultz and Jim Barr. Our hats are off to you gentlemen for a job well done !!!!

UPCOMING CONVENTIONS

March 14 to 16, 2008

District VIII Interim Convention
Fairmont Hot Springs, Radium, B.C.

June 12 to 15, 2008

Gyro International Convention
Fairmont Empress Hotel, Victoria, B.C.

August 7 to 10, 2008

Gyro District VIII Convention
Prestige Inn, Nelson, B.C.

A LITTLE BIT MORE OF IRISH HUMOR.....

In a minute

Paddy was getting irate and shouted upstairs to his wife, "Hurry up or we'll be late."
"Oh, be quiet," replied his wife. "Haven't I been telling you for the last hour that I'll be ready in a minute?"

Double identity

Paddy was walking through a graveyard when he came across a headstone with the inscription "Here lies a politician and an honest man."
"Faith now," exclaimed Paddy, "I wonder how they got the two of them in one grave."

Dog in bed

Paddy staggered home in the wee small hours after a heavy night out with his mates. When he woke up the next morning, he found he was in bed with the dog beside him in his wife's place.
"Glory be!" said Paddy. "I must have been really drunk when I got home. I thought there was a lot of noise when I threw the dog out!"

Bryan Sherwood – Bulletin Editor



KEEP THE FUN IN GYRO