THE OFFICIAL BULLETIN OF THE GYRO CLUB OF SHERWOOD PARK

VOLUME 47 EDITION: 8 DATE: JANUARY 30, 2021, EDITOR: Scott Brisbin

I WAS JUST THINKING: The longer I stay home, the more homeless I look.

What's Inside:

- Editor's Rant
- Future Meetings
- Misc. Ha Ha's
- Meanwhile in Canada
- Meanwhile NOT in Canada
- Animal Instinks'
- Etc.
- The Last Word

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EDITOR'S RANT:

I had resolved to start 2021 with a totally apolitical rant. However, the events of January 6th just screamed to be noted in the Park Points Bulletin so I acquiesced and wrote about the possibility of a second American Civil War. That being done, the war has held off for the present and I can dedicate a rant to something much lighter. Having retired this year and lacking anything better to do, I have spent a bit of time looking back on my life in practice and cherry-picked some of the stranger learning moments that kept showing up throughout those fifty-five years. Here is one that was triggered by a cartoon I spotted just as the new year began.

Successful Practice management comes with experience. One of my earliest PM learning experiences was in the area of human resources.

True story:

My practice was just getting established and my first receptionist had been forced to resign for health reasons. I could only afford one employee. I looked young even for my tender age of 26 and patients had occasionally asked if my "father was in". I thought that a mature front-end staff person might moderate the youthful extreme that I presented. I really don't remember her name so let's just call her Mrs.Tillie Higgenbottom.

Rant contd.

During the interview on a Friday afternoon, Mrs. H presented herself as a mature, but not ancient, woman with a kindly manner who, in the past had gained some filing and secretarial experience. There was no evidence of a physical or mental incapacity. I hired her and asked her to start the following Monday. When she arrived for work she was using a cane. She assured me that she was quite capable of getting around with as much agility as most and the cane would not pose a problem. I did not entirely buy her assurances but went into the exam room with my first patient. When I emerged a half hour later I was met with Mrs. H menacingly waving her cane in the face of my second patient, an eight year old boy who was retreating toward his mother.

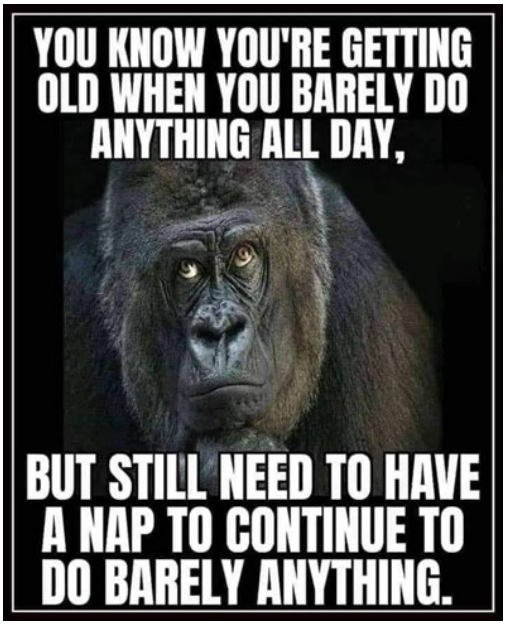
I only had two more patients booked for that morning. Imaging what might be happening outside the exam room walls made the next hour hurtle by. When the last patient had been discharged, I took Mrs. H. and her cane into my exam room and as kindly but firmly as I could, I informed her that I felt she and my office were not going to be as good a fit as I had hoped. “Perhaps she would be better in retail or law enforcement,” I thought to myself. I offered to pay her for the full day but that she could take the afternoon off after she had called my two afternoon patients to reschedule them. I spent the rest of the day desperately reviewing and re-interviewing some of my rejects from the previous week. My subsequent hire was not quite yet middle-aged and our team of two grew to three over the next couple of years. I still made the odd misjudgements in hiring staff but never quite like I did with Mrs. H.

Tillie's first and last day working as a greeter.

AGING GYROS:

These one gentlemen can attest to being a year older in so many ways, this month. Don't worry, my friend, at some point over the next ten months we will narrow the gap again. For some of us, last year caused us to mentally add several more years to our chronological age. That's OK when you're 12…..

Our Birthday Boy for the month of February is Rikke Dootjes (24th). It's cold and lonely up here. Belize is definitely not cold, but we do miss you. Stay put Rikke.



Possible Non-Local Meetings:

International Convention August 4-8 Winnipeg MB

District VIII Convention (may be moved to September?) Calgary, AB

GYRO MEETINGS

No live meetings have been uncancelled. Remember to mark and then check your calendars for the **next Zoom meeting** to be held on **February 10th at 7:00 PM.** The lowdown on the guest speaker, Sheldon Croome got cut off in the last bulletin in one of several editing processes and was undetected until today by your humble editor. Mr. Croome is CEO Atlas Biotechnologies Inc. Peter Elzinga forwarded the following summary CV.

Born and raised in Edmonton, Sheldon and his wife Andrea have been building a young family and a thriving business. Sheldon attended University of Alberta and has achieved his Bachelor of Commerce in Finance and International Business. With a passion for entrepreneurship, Sheldon founded Premium Imports Inc and ICEcigs Corp in 2010 & 2011 consecutively, and shortly there-after expanded his business into the USA following a successful pitch on the popular Canadian television series Dragon's Den. Confident in his ability to lead, market and build within regulated industries, Sheldon switched gears after a family member fell ill with cancer, made an exit from his existing businesses, and embarked on launching Atlas Biotechnologies, a company founded on a principle of medical innovation, located in Edmonton.

Founded in February 2015, Atlas is now a Canadian medical cannabis licensed producer, which is now processing and formulating new plant-based drugs and topical treatments. Sheldon knows how to build and scale companies in tightly regulated markets, which has proven to be an asset in achieving licensing, maintaining compliance, expanding internationally, and scaling locally.

Sitting as President & CEO of Biotechnologies, Sheldon's experience as an executive director with a demonstrated history of working in government regulated industries has been a critical asset. Sheldon is skilled in negotiation, corporate social responsibility, business planning, business management, and international business development. Atlas believes in proving the science behind cannabis, with a vision of Creating the World's Most Trusted Cannabis Products. Based in rural Edmonton, Alberta, they thrive on developing essential and reliable medical treatments while working with local and international institutions to further the science behind the plant, and the uses of its chemical components.

It promises to be a very interesting meeting.

HEALTH AND WELFARE :

Below is the latest Health and Welfare report. If there are other members and ladies with H&W issues they have not been brought to my attention at this time.

Jan Bradley - Jan is doing well after cataract surgery on both of her eyes in early January. February 4th is the last day she has in mind for the last drops to her eyes.

Bill Carter - Bill yesterday had his usual follow up MRI on his brain checking to see if there is any concern after cancer was removed a while ago. As Bill says the results were "fantastic". He goes back in 6 months for another follow up MRI. It has been reported in previous bulletins that Bill is continuing with his immunotherapy treatments and his oncologist is very pleased with how these treatments are progressing. Like all of us Bill is isolating at home except for his treatments at the Cross.

Bruce and Gayla Copeland - both Bruce and Gayla have basically recovered from the Virus. They have occasional aches and at times their taste buds are a bit off. Like all of us they can't wait until we are able to socialize.

Al Gordon - as was reported previously, Al broke a rib while out walking their new dog Sierra in early January. He is gradually getting better and the pain is decreasing to only a few twinges now and again. He can now laugh without doubling over in pain!

Carol Lesniak - like it was reported in the last bulletin there has been no change with Carol. She will be continuing her chemotherapy treatments and like the rest of us she and Ken are staying safe.

Judy Taylor - I am sad to report that earlier today (January 30th), Judy passed away with Art and her family at her bedside. Although Art, family and friends knew this would be the outcome from her illness it is still a shock. Our thoughts and prayers are with Art and family at this very sad news. I will keep everyone informed when further news regarding the obituary, service, etc. is known.

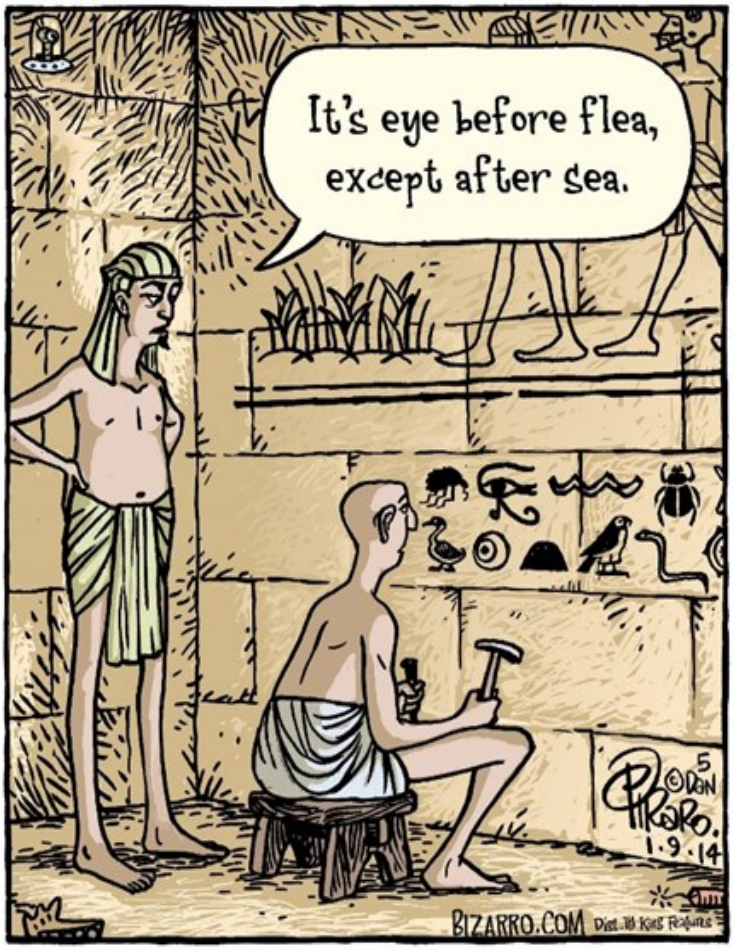
Dawn Williams - as a previous email stated, Dawn did move to Allen Gray Continuing Care facility on January 20th. She is in quarantine until February 3rd and once out will be able to go for walks and other activities in the facility. Unfortunately until restrictions are lifted John is not permitted to visit.

Audrey Zmurchuk - on January 25th Audrey had surgery to repair complications from hip surgery she had over 2 years ago. I was able to speak with Audrey through the door on Tuesday and she was still feeling the effects from the surgery and as she said, "I feel like I got hit by a truck." We wish Audrey a speedy recovery from the surgery and hope the physiotherapy is a success.

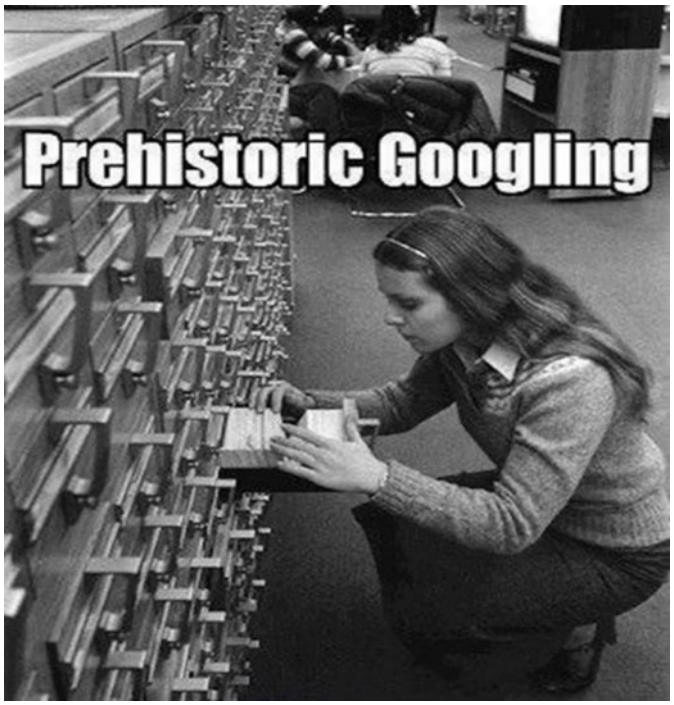
Take care my friends and stay safe.

Don

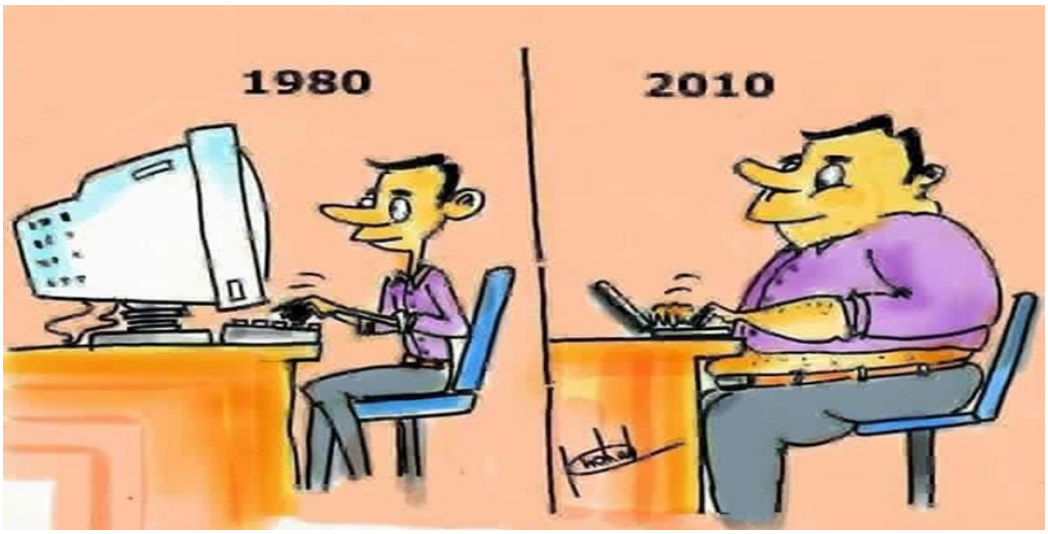
LINGUISTIC LINACY



THOSE WERE THE DAYS



And politics tore families apart

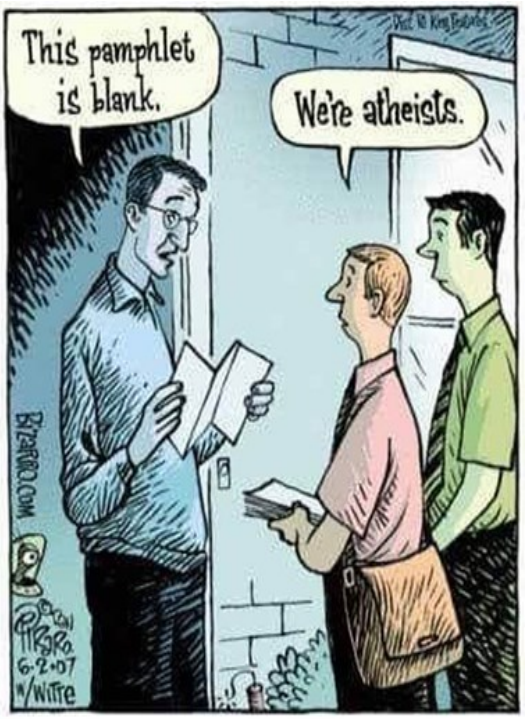


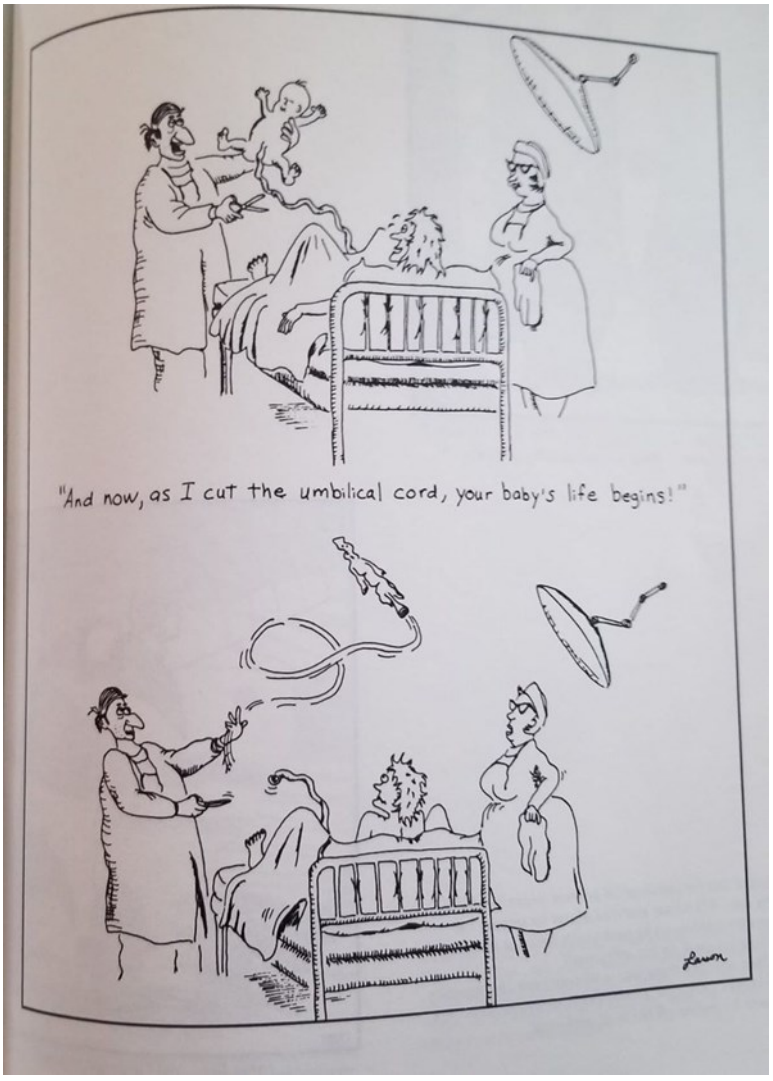
ANXIETY MEDICINE

In these uncertain times it is easy to let your anxiety start to creep up . Perhaps while we are in various forms of lock-down, some images from our amazing world will help remind us that regardless of how things may look right now, we are indeed so lucky to be inhabiting this beautiful planet.

Hmmm..

Somewhere...
A ceiling is missing its insulation


This pamphlet is blank.
We're atheists.
BIZARRO.COM


"And now, as I cut the umbilical cord, your baby's life begins!"

Redneck Golf Cart Y'all

"He says he's hauling Sailboat Fuel, but his trailer is empty. What should I do?"

GYRETTE GIGGLES

I asked my wife to rate my listening skills and she said, "You're an 8 on a scale of 10."

I still don't get why she wanted me to urinate on a skeleton.

COVID REWIND—Looking back on 2020

(Before We Bury it)

In 20 years when kids ask about the 2020 toilet paper shortage,

I'm telling them we had to drag our butt's across the lawn.

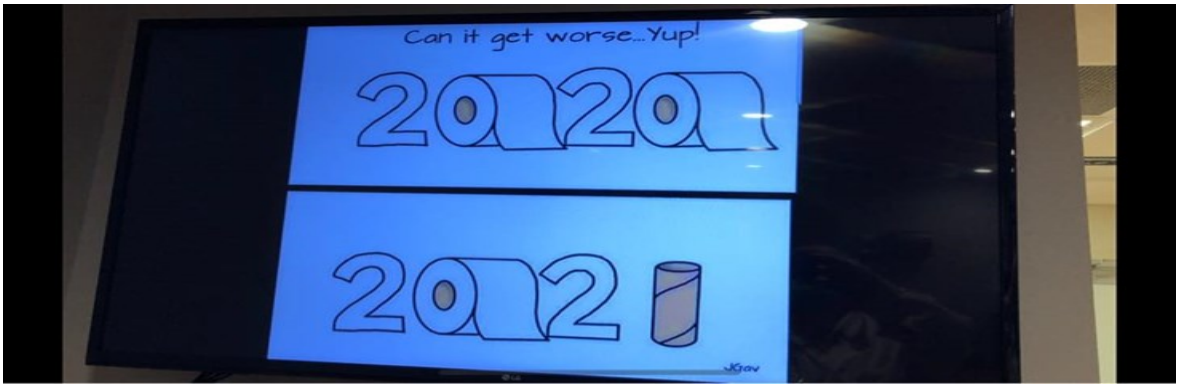
In the snow.

Uphill. Both ways.

Covid-19 support ribbon

There is a spike in Covid cases because there's a spike in testing.

If we had more IQ tests, there would be a spike in morons, too.



MEDICAL MOMENTS

The Importance of Walking

**Walking can add minutes to your life.
This enables you at 85 years old
to spend an additional 5 months in a nursing
home at $7000 per month.**

**I like long walks,
especially when they are taken
by people who annoy me.**

**The only reason I would take up walking
is so that I could hear heavy breathing again.**

**I have to walk early in the morning,
before my brain figures out what I'm doing..**

**I joined a health club last year,
spent about 400 bucks.
Haven't lost a pound.
Apparently you have to go there.**

Every time I hear the dirty word 'exercise',

I wash my mouth out with chocolate.

**The advantage of exercising every day
is so when you die, they'll say,
'Well, she looks good doesn't she.'**

**If you are going to try cross-country skiing,
start with a small country.**

**I know I got a lot of exercise
the last few years...
just getting over the hill.**

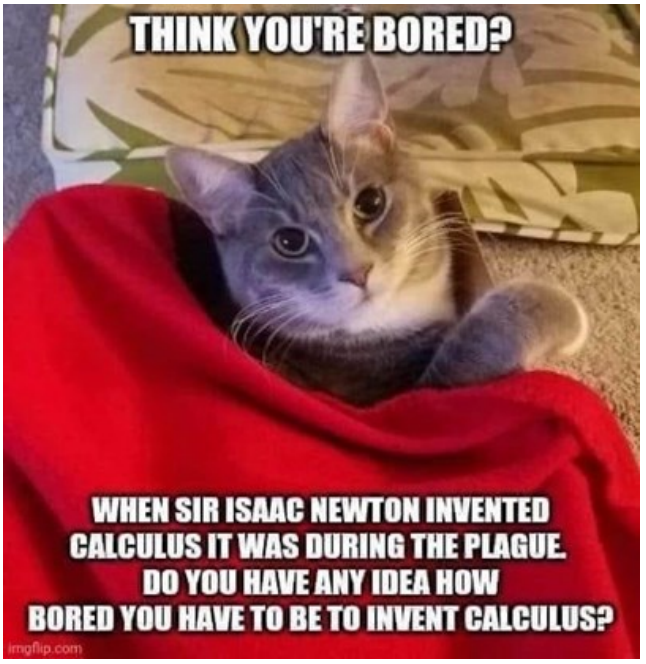
**We all get heavier as we get older,
because there's a lot more information in our heads.
That's my story and I'm sticking to it.**

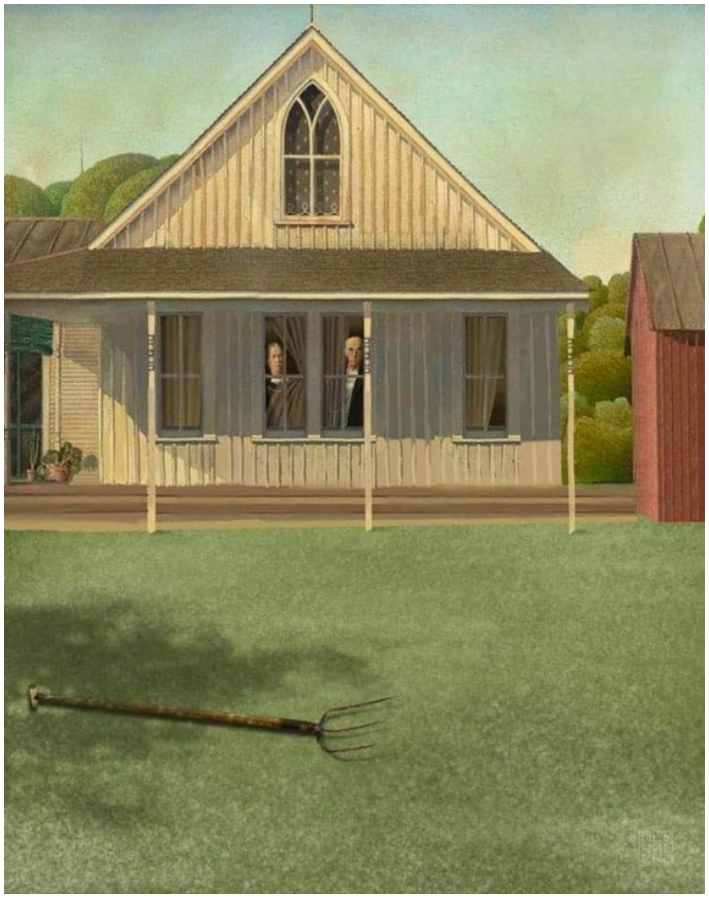
AND

**Every time I start thinking too much
about how I look,
I just find a Happy Hour
and by the time I leave,
I look just fine.**

COVID COMEDY

This mask won't protect you from COVID19, but it'll sure help with social distancing.



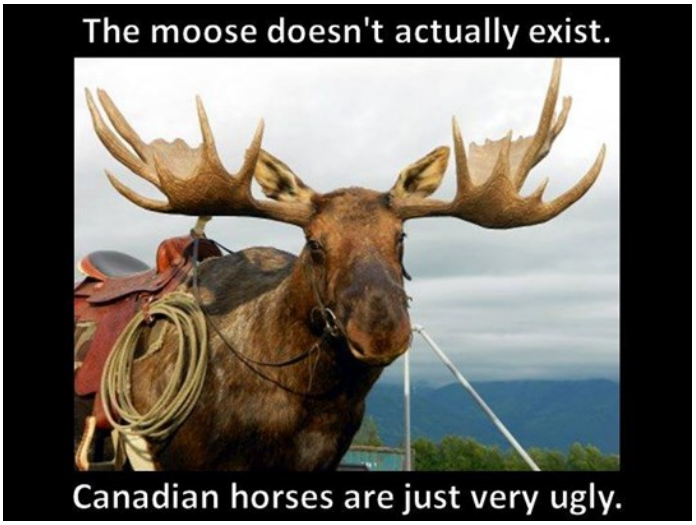


The best troll of the day

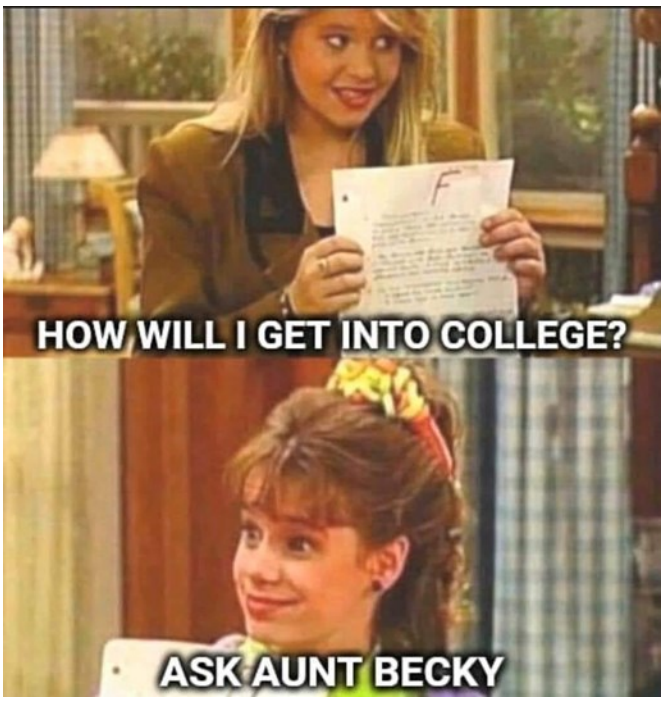
Doctor, when do you think covid 19 will be over?
Doctor: I don't know, I'm not a Journalist.

SIGNS OF OUR TIMES

MEANWHILE IN CANADA



MEANWHLE NOT IN CANADA



THE WEEK THAT WUZ IN AMURKA

SOUTH OF THE BORDER, DOWN WASHINGTON WAY

HITLER TAMED BY PRISON.

Released on Parole, He Is Expected to Return to Austria.

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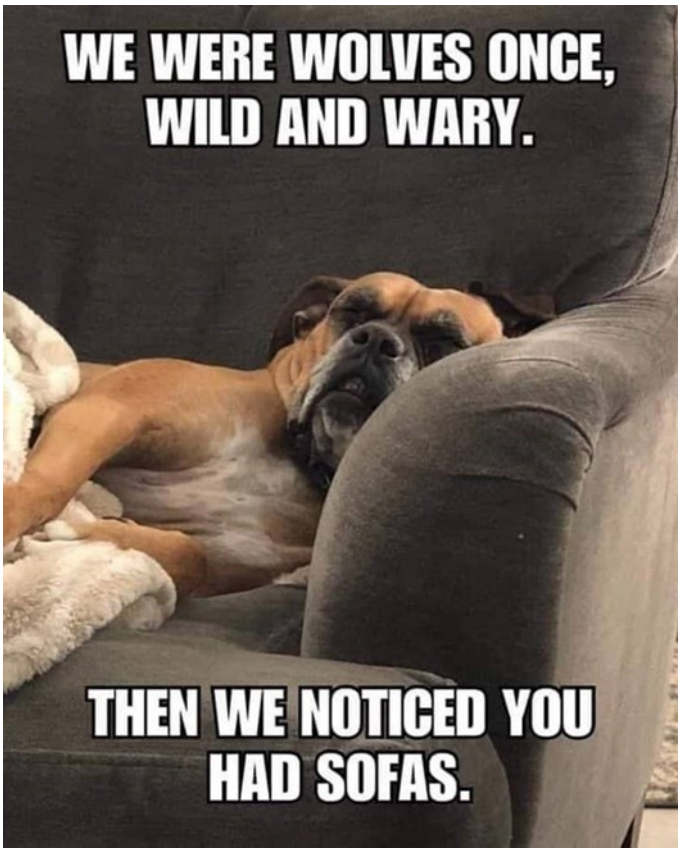
BERLIN, Dec. 20.—Adolph Hitler, once the demi-god of the reactionary extremists, was released on parole from imprisonment at Fortress Landsberg, Bavaria, today and immediately left in an auto for Munich. He looked a much sadder and wiser man today than last Spring when he, with Ludendorff and other radical extremists, appeared before a Munich court charged with conspiracy to overthrow the Government.

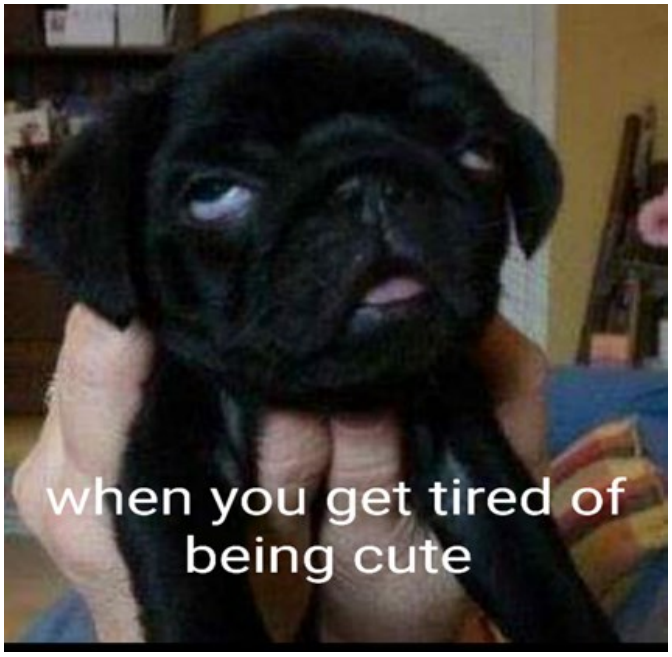
His behavior during imprisonment convinced the authorities that, like his political organization, known as the Völkischer, was no longer to be feared. It is believed he will retire to private life and return to Austria, the country of his birth.

A long time ago, in a galaxy far, far away……

In Jean Edward Smith's biography of George W. Bush, he wrote about what President Bush thought of President-elect Obama during the transition period.
On page 650, it states:
"As part of the presidential transition, Barack Obama asked Bush if it would be possible for him to meet all the ex-presidents. Bush was happy to oblige, and organized a White House luncheon in the Oval Office on January 7. Bush and Obama were joined by Jimmy Carter, Bill Clinton, and George H. W. Bush. The luncheon lasted over two hours, each former president ordered his lunch à la carte from the White House mess, and the tone was convivial and friendly.
"All the gentlemen here understand both the pressures and possibilities of this office," said Obama before the meeting. "For me to have the opportunity to get advice, good counsel and fellowship with these individuals is extraordinary, and I just want to thank the President for hosting us."
Bush was equally effusive. "We want you to succeed," he replied. "Whether we're Democrat or Republican we care deeply about this country. And to the extent we can we look forward to sharing out experiences with you. All of us who have served in this office understand that the office transcends the individual."

ANIMAL INSTINKS





SNICKERS AND GUFFAWS

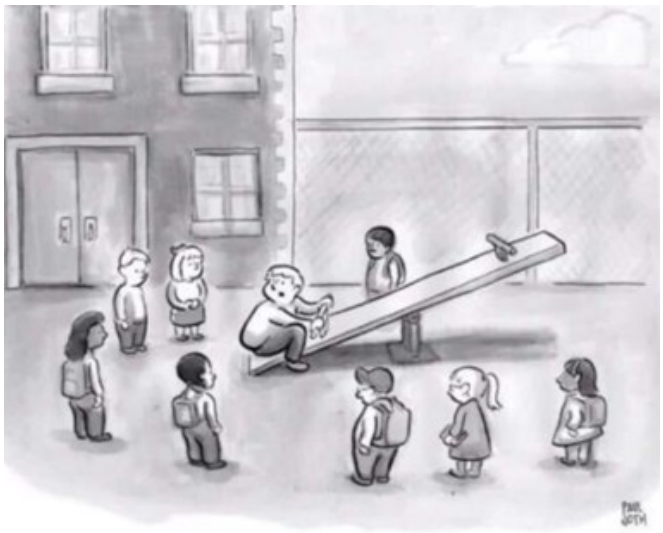
Redneck Mini Blinds, no need to clean or dust em . Just tear off and toss away.

Great for the bathroom window

My grandma talking to my mom about her new hearing aid, "it's the most expensive one you can buy, it cost me $4,000"

My mom: "What kind is it"

My grandma: "it's 4:15pm"



"O.K., now, when a teacher comes out, everybody look straight up."

At my last colonoscopy I had the doctor write a note to my wife stating that my head was NOT up there...

GYRO FRIENDSHIP THOUGHT OF THE WEEK

Friendship is not
about people
who act true
to your face.
It's about people
who remain true
behind your back.

AND THE LAST WORD….

SB