

THE OFFICIAL BULLETIN OF THE GYRO CLUB OF SHERWOOD PARK



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I WAS JUST THINKING: Now is not the time to surround yourself with positive people.

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EDITOR'S RANT:

As we approach the first full year of the Covid Cloak hanging over us, I wonder if we can learn something from how the threat has evolved and so maintained a hold on our psyches and our lives. At this point last year most of us had heard of the pending pandemic but there was not a sense of foreboding seeping into our consciousness despite the early warnings coming across our nightly news casts. In another month we would be starting to pay more attention as statistics (real or customized to get the message out?) began to say "This is real, people". A further two weeks and offices were closing, people were staying home to wait out the virus, hoping the worst would be over in a few weeks.

Fast forward to the present. It wasn't over in a few weeks. There are questions being raised by more than the typical dooms day sensationalists. Is t possible that it may not be over in a few years? Despite the amazing speed of medical research developing vaccines and treatments the long term effectiveness of these developments are still unknown. A "third wave" is now expected to hit in Mid-March and many experts are not dismissing the possibility of a fourth, fifth or even sixth wave. That demands some adaptability on our part. We are, indeed, facing a new reality.

Rant contd.

We are living in the era of “Two edged swords. The Covid 19 virus has sharpened our awareness of how precarious the lifestyles we took for granted can actually be. We appreciate the little things we took for granted . Haircuts, going to coffee with friends, taking in a movie, a play or a concert, sports playoffs, dining out, or even hugging a loved one are no longer possible for us. On the other sharpened side of the sword, we get to choose those with whom we communicate, we discover old skills we thought we had forgotten and some that should remain forgotten. We have time to think, philosophize, read for our own entertainment and enlightenment. We can correspond or call (even FaceTime or Zoom)) people we have not been in contact with for years but who have remained in our hearts. We can put together bulletins and write “Rants” without a clock or calendar breathing down our desperate necks. I am starting to do some long postponed writing in other areas.

The “good old days” will likely never return. But then, the good old days we thought of one decade or even half a lifetime ago will never return either regardless of a pandemic. There can be specific glimpses from the past that spring up in our current reality, but they are sporadic and can't fully capture those bygone days.

I am adapting to many things. After a year, I no longer have to walk back to the car to fish out a mask. I keep one in my pocket. I don't rip off the mask as I pass through the exit door of the store. I rip it off when I am comfortably seated in my car. I truly hope this pandemic doesn't last long enough that I feel naked without a mask on. Now they are advising “double masking”.

There was a TV news clip about a full head and shoulders mask complete with internal gloves so you could scratch your nose without removing the device. It was an interesting innovation for people with specific health issues, but the inventor suggested that it just might become standard dress post -pandemic. Now, that spawns a prediction that could make our current state qualify as a “good old days” intense nostalgia trigger, if and when the current virus is but a memory.

HEALTH AND WELFARE :

Don Greig reports that he is unaware of any change in the news reported in the last Bulletin, except that a donation is being made to the Cross cancer Institute in **Judy Taylor's** memory.

GYRO MEETINGS



On Wednesday, February 10th, 28 Gyros joined in a Zoom meeting. The guest speaker was Sheldon Croome, President and CEO of Atlas Biotechnologies, a locally based company making exciting strides in the field of medical cannabis and having an impact on the national and international scene. Our own Peter Elzinga is Board Chairman for the company. Another familiar name involved is Jim Hole, who is in charge of the agricultural aspect of the company. There are also a number of PhD scientists involved. Medical cannabis is approaching a one billion dollar industry in Canada and growing, while the recreational boom that was expected with legalizing recreational use has failed to sky rocket as predicted.

Atlas, with 125 employees and housed in a 38,000 square foot facility has been working with the Harvard Medical School and the University of Alberta and is currently concentrating on pain management for patients with diseases such as Multiple Sclerosis, as well as with interesting potential in Alzheimer's and Huntington's. One group of products is presented under the name Atlas Thrive.

They are anticipating the availability of three products aimed at helping with various pain source management on an over-the-counter basis by mid to late Spring. They involve an oral tincture, a transdermal gel and a transdermal patch. Much of the post-presentation revolved around the transdermal patch, which unlike competitor's patches which are effective for mere hours, remains highly effective for at least three days. It is also 2.3 times more effective than CBD taken orally. It is expected to be available, initially through Shoppers Drug Mart across the country by May of this year.

Following the presentation an active question and answer session continued. By the time it ended, participants were no doubt much better informed about medical cannabis.

Our thanks go to Mr. Croome for a most interesting and informative evening and to Peter Elzinga for bringing us our speaker this month. Next month we will hear from Allison McCollum, a partner in the law firm Whitten LLP, who will speak to us on Wills and Estates.

Possible Non-Local Meetings:

International Convention August 4-8 Winnipeg MB pending news to the contrary

District VIII Convention has been moved to September 23-26

FEBRUARY FRIVOLITIES



"He'll take a dozen long-stemmed roses."



BILL AND MICHELLE ALWAYS WENT TO THEIR FAVORITE RESTAURANT FOR VALENTINE'S DAY. THEY DECIDED THEY WOULDN'T LET HIS LAYOFF OR THE RECESSION CHANGE THINGS.



The real holiday is February 15th...

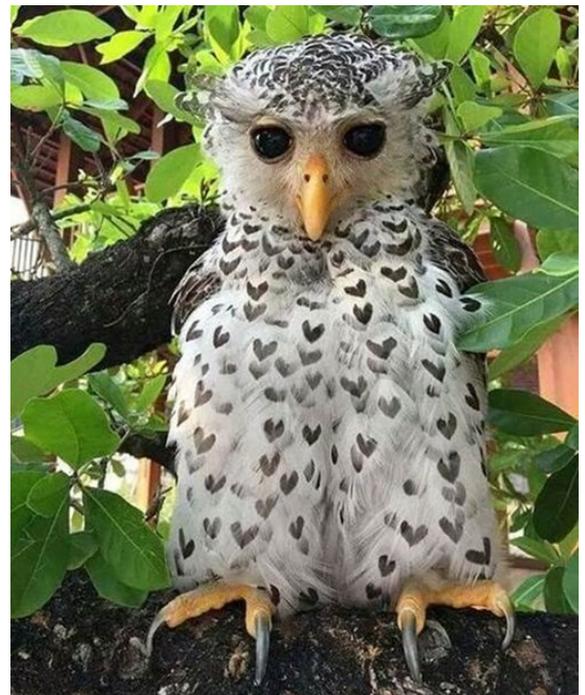
...When the Chocolate is 70% off.

Valentine's Day plan:

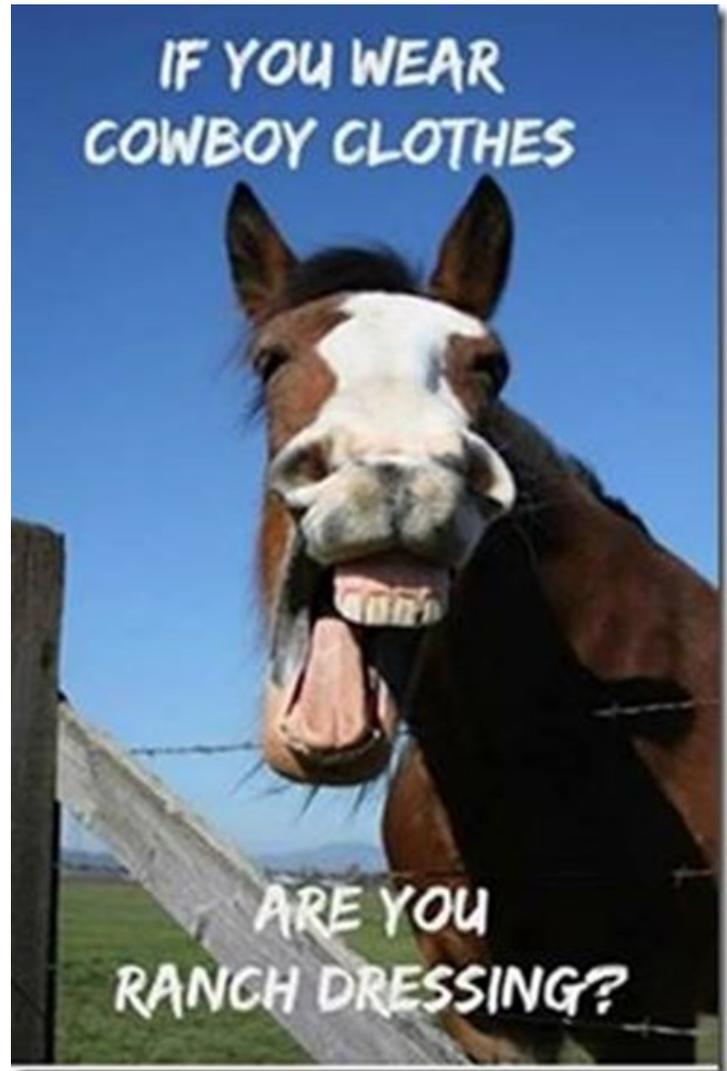
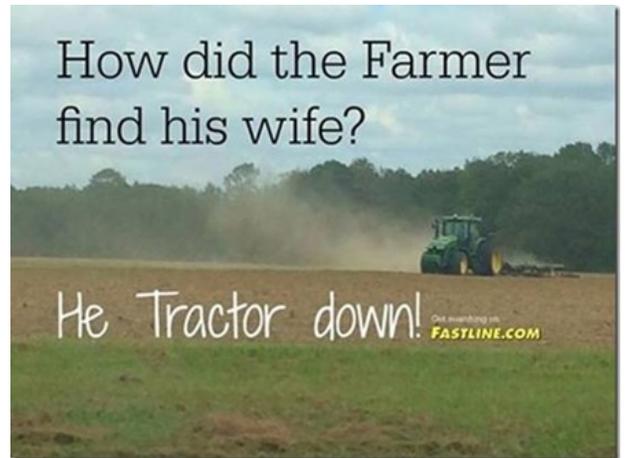
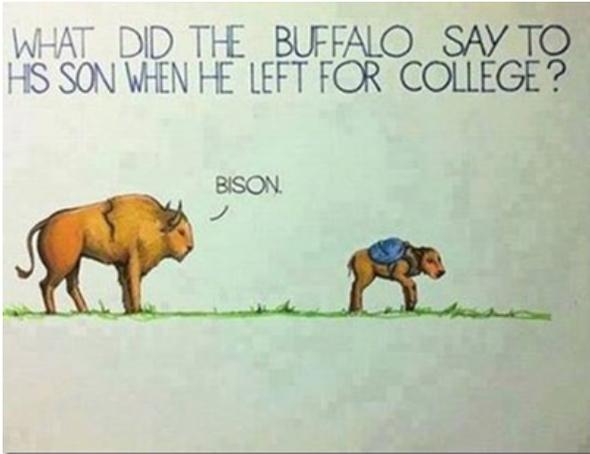
1. Breakfast in bed
2. Chocolates
3. Watch movie
4. Dinner for two.
5. Regret eating two dinners.

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LINGUISTIC LUNACY (Rural Pun Division)



THOSE WERE THE DAYS

Lost Words From Our Childhood! For us from the fifties for the others who missed out.

Mergatroyd! Do you remember that word? Would you believe the spell-checker did not recognize the word Mergatroyd?

Heavens to Mergatroyd!

The other day a not so elderly (I say 75) lady said something to her son about driving a *Jalopy*; and he looked at her quizzically and said, "What the heck is a Jalopy?" He had never heard of the word jalopy! She knew she was old ... But not that old. Well, I hope you are *Hunky Dory* after you read this and chuckle.

About a month ago, I illuminated some old expressions that have become obsolete because of the inexorable march of technology.

These phrases included: *Don't touch that dial, Carbon copy, You sound like a broken record, and Hung out to dry.*

Back in the olden days we had a lot of *moxie* . We'd put on *our best bib and tucker* , to *straighten up and fly right.*

Heavens to Betsy! Gee whillikers! Jumping Jehoshaphat! Holy Moley!

We were *in like Flynn* and *living the life of Riley* ; and even a regular guy couldn't accuse us of being a *knucklehead, a nincompoop or a pill.* *Not for all the tea in China!* Back in the olden days, life used to be *swell*, but when's the last time anything was swell? *Swell has gone the way of beehives, pageboys and the D.A.; of spats, knickers, fedoras, poodle skirts, saddle shoes, and pedal pushers. Oh, my aching back! Kilroy was here,* but he isn't anymore. We wake up from what surely has been just a short nap, and before we can say, *"Well, I'll be a monkey's uncle!"* Or, *"This is a fine kettle of fish!"*

We discover that the words we grew up with, the words that seemed omnipresent, as oxygen, have vanished with scarcely a notice from our tongues and our pens and our keyboards. *Poof*, go the words of our youth, the words we've left behind. We blink, and they're gone. Where have all those great phrases gone?

Long gone: Pshaw, The milkman did it. Hey! It's your nickel. Don't forget to pull the chain. Knee high to a grasshopper Well, Fiddlesticks! Going like sixty. I'll see you in the funny papers. Don't take any wooden nickels. Wake up and smell the roses. It turns out there are more of these lost words and expressions than *Carter has liver pills.* This can be disturbing stuff! *(Carter's Little Liver Pills are gone too!)* Leaves us to wonder where Superman will find a phone booth..

See ya later, alligator! Okidoki. You'll notice they left out *"Monkey Business"!!!*

WE ARE THE CHILDREN OF THE FABULOUS 50'S ... NO ONE WILL EVER HAVE THAT OPPORTUNITY AGAIN .. WE WERE GIVEN ONE OF OUR MOST PRECIOUS GIFTS: LIVING IN THE PEACEFUL AND COMFORTABLE TIMES, CREATED FOR US BY THE "GREATEST GENERATION!"

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.

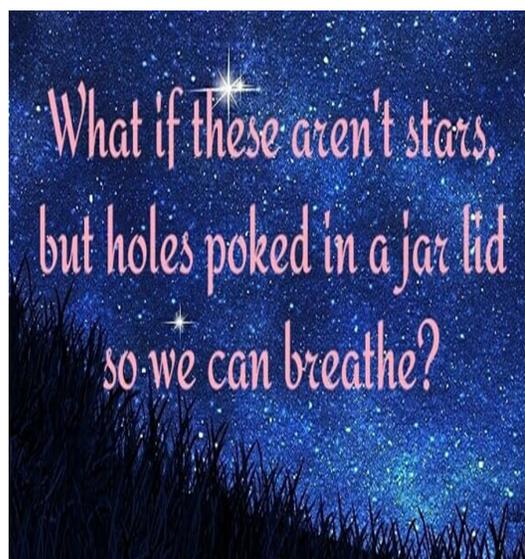
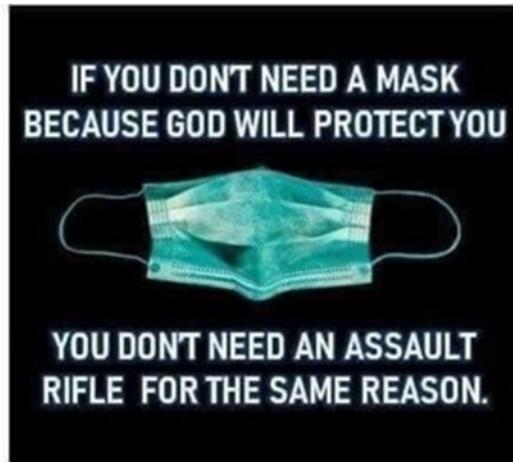
The moment you realize that
this is just 1 picture.



Alberta, Canada.

Hmmm..

Why does this dog look like it just bought you a drink from across the bar?



I love long walks on the beach with my girlfriend, until the LSD wears off and I realize I'm just dragging a stolen mannequin around a Wendy's parking lot.

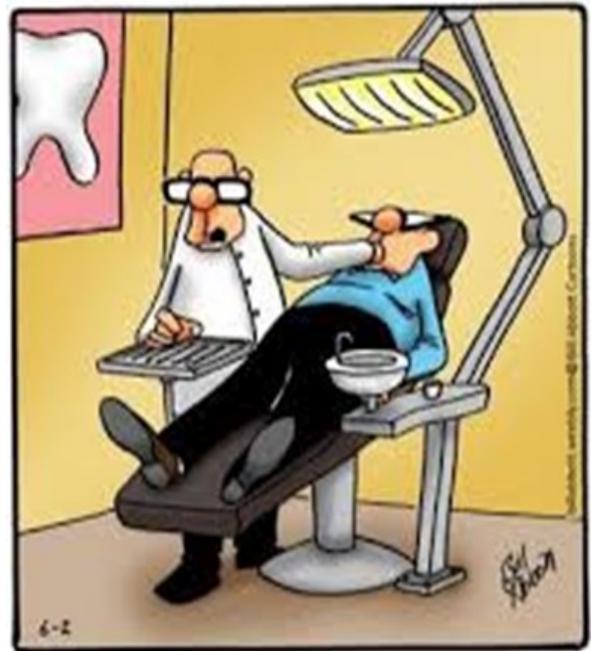
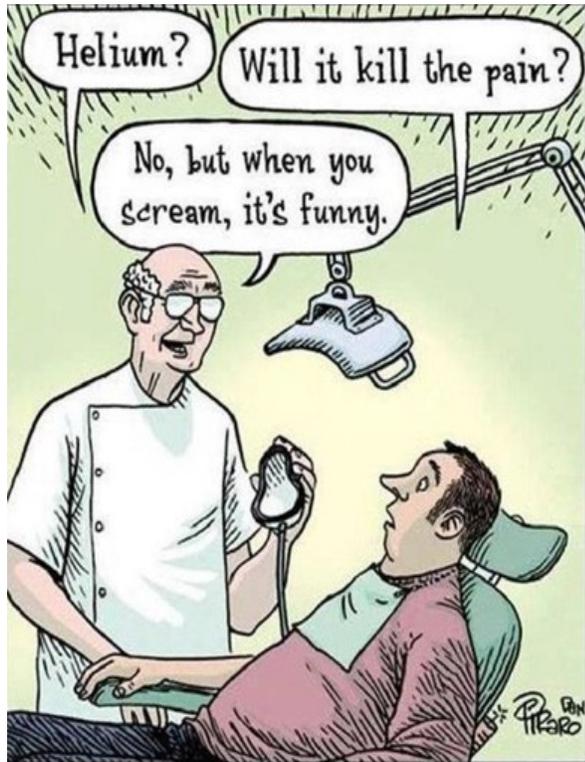
COVID REWIND—Looking back on 2020

(Before We Bury it)

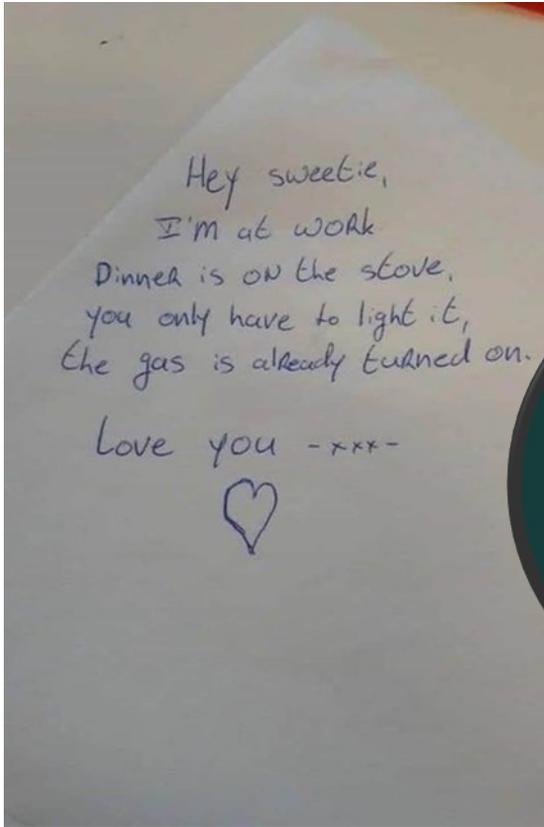


No one is writing the wrong year on their checks this January I can effing tell you that .

MEDICAL MOMENTS (Dental Division)

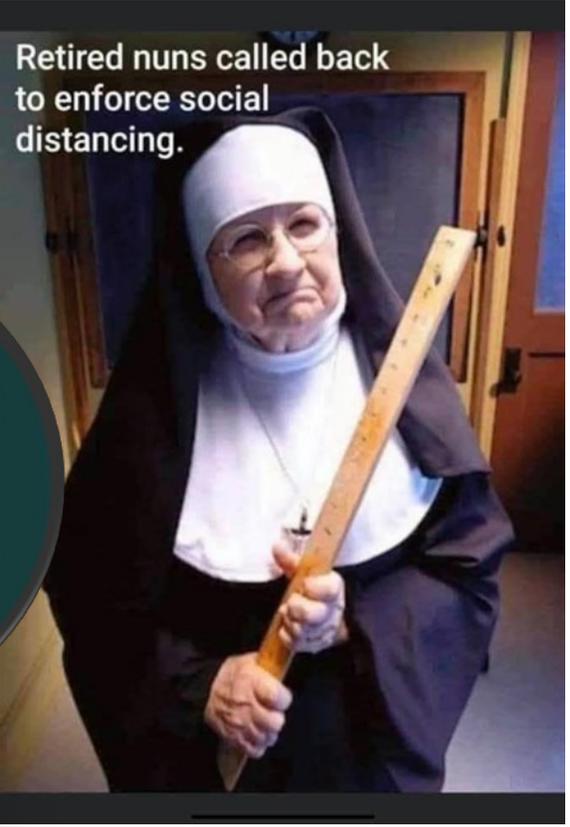


COVID COMEDY



The World Health Organization has announced that dogs cannot contract Covid-19. Dogs previously held in quarantine can now be released. To be clear, WHO let the dogs out.

Retired nuns called back to enforce social distancing.

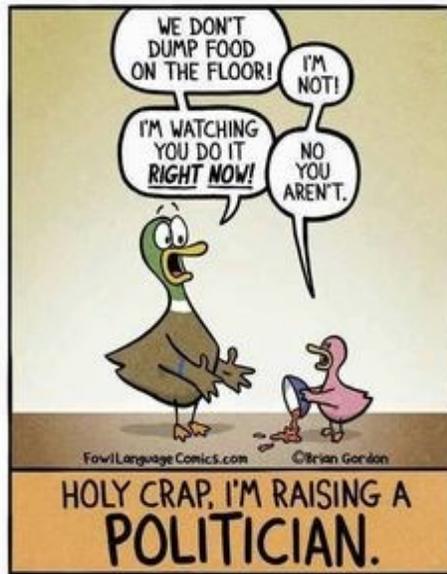


If they put the vaccine in beer and opened up the pubs the whole country would be vaccinated by next Thursday. Just trying to help

SIGNS OF OUR TIMES



MEANWHILE IN CANADA



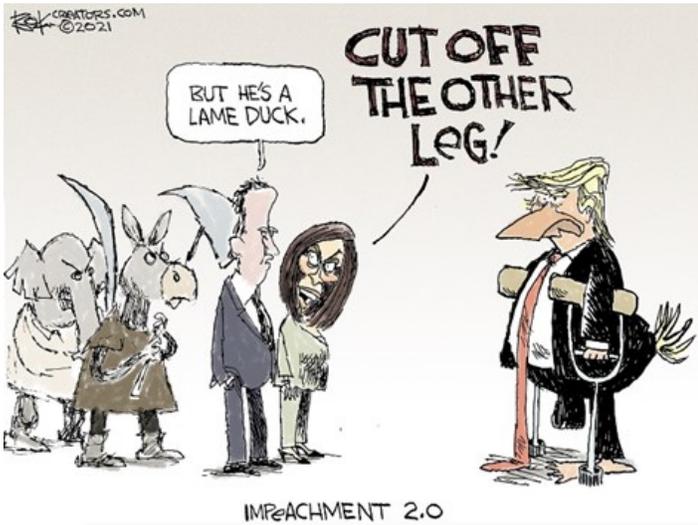
MEANWHILE NOT IN CANADA



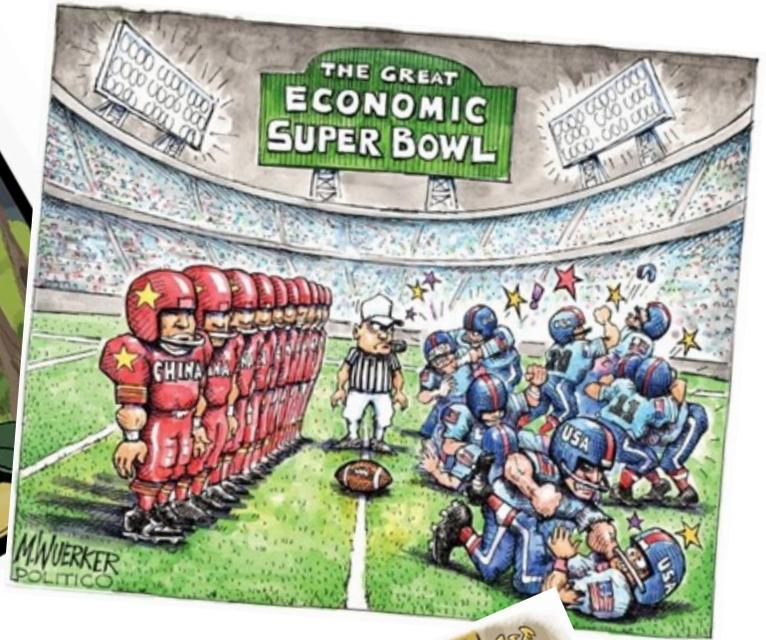
Icy conditions force walkers to crawl across roads



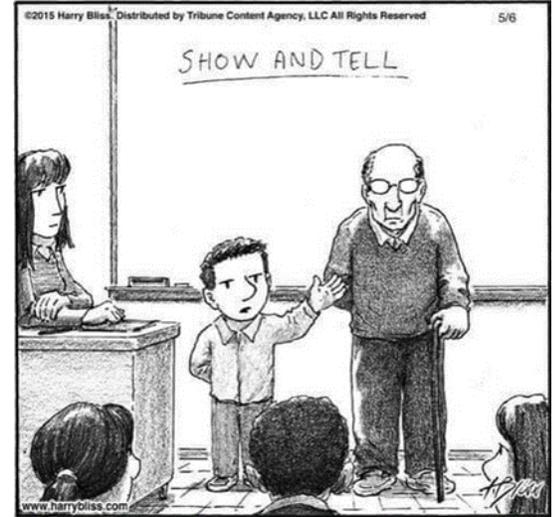
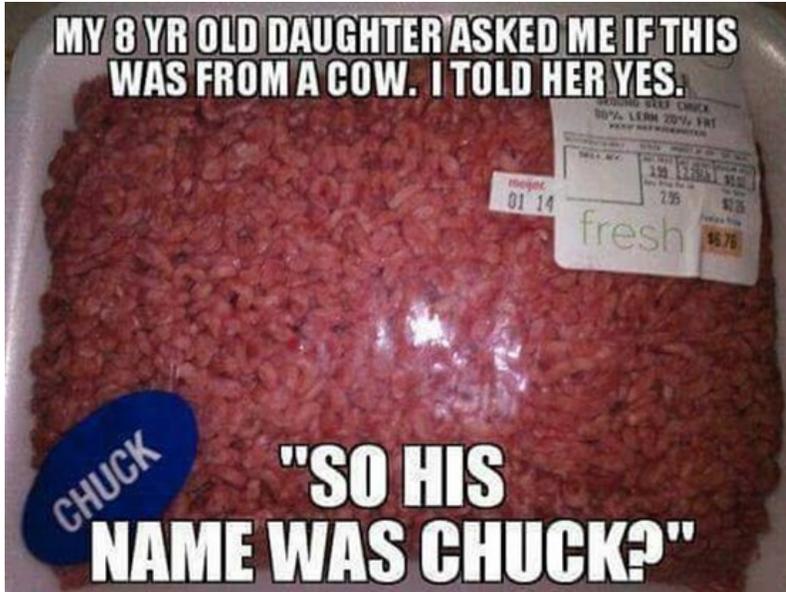
THE WEEK THAT WUZ IN AMURKA



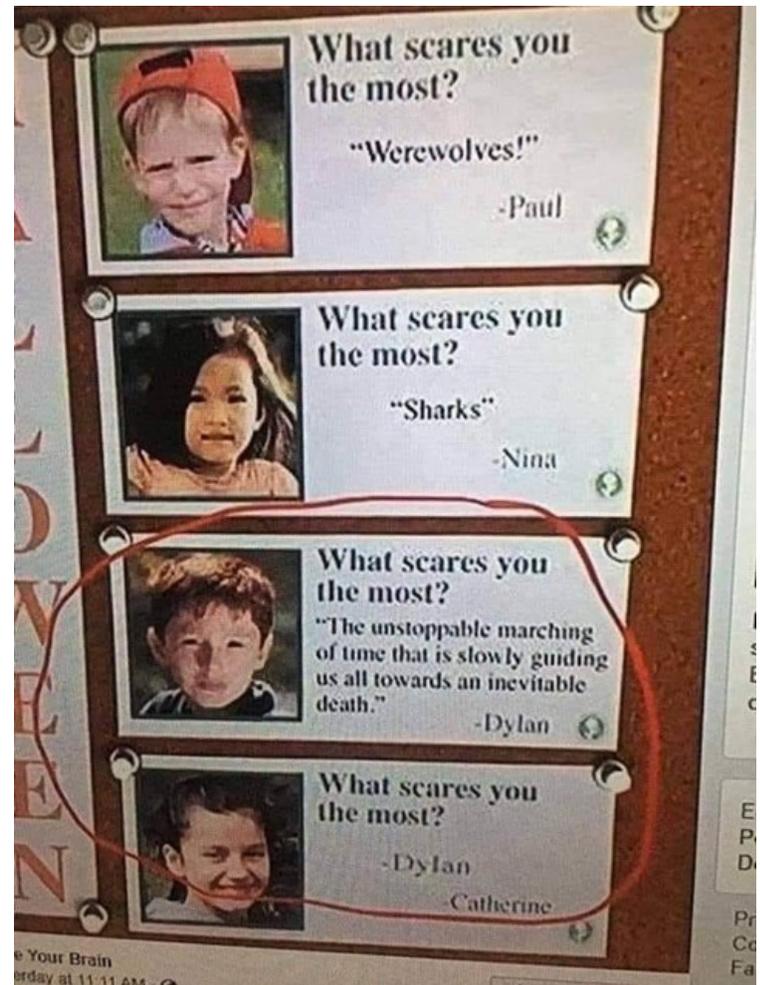
SOUTH OF THE BORDER, DOWN WASHINGTON WAY



KIDS' KOMEDY



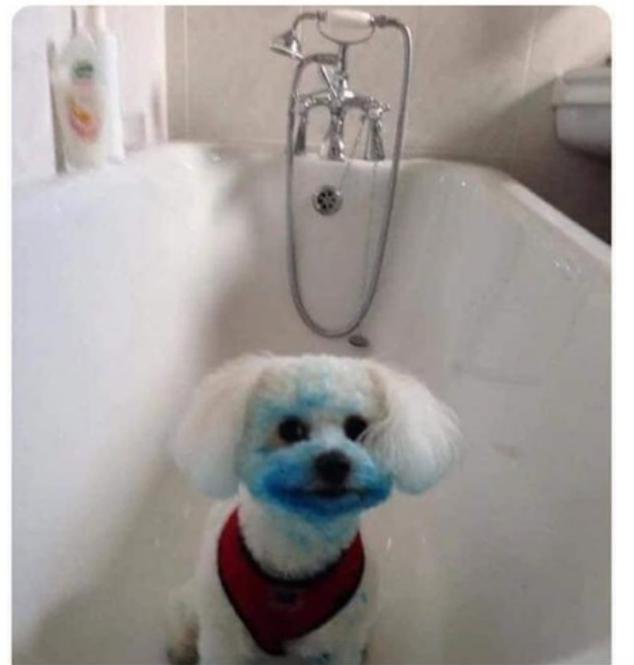
"This is my grandpa. He's going to explain why this country is going to hell in a handbasket."



ANIMAL INSTINKS



Guess who decided to eat the inkjet cartridge?



[GOD CREATING DUCKS]
Waterproof that chicken
and give it a kazoo.

SNICKERS AND GUFFAWS



SEE IF YOU CAN SPOT THE CAT



"We think we've got that banging noise fixed now that we've let your wife out of the trunk."

As I sit here reflecting on life and all the people I've lost. I think to myself: Maybe tour guide wasn't the job for me.

It's a toe truck



GYRO FRIENDSHIP THOUGHT OF THE WEEK



AND THE LAST WORD...

