

# THE OFFICIAL BULLETIN OF THE GYRO CLUB OF SHERWOOD PARK



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**I WAS JUST THINKING: Folgers got it wrong. The best part of waking up is going back to bed after you pee.**

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## EDITOR'S RANT Another Perspective on Health Care

After my rant about our broken health care system last month, I felt compelled to explore the other side of the coin.

I don't have a lot of respect or sympathy for the politicians who waste time trying to make political points or prevent others from doing so at the expense of the citizens they represent. Far too many of our elected officials and bureaucrats place their egos and wallets ahead of the public service they were elected or hired to protect.

Most health care workers, on the other hand, are victims of this system just like the people they serve. There are certainly exceptions. Some health care professionals have a bureaucrat mentality and if they ever had the empathy that is essential to provide good care, it has disappeared. However, the system is creating a cadre of professionals who are too overworked, exhausted and unappreciated to continue to provide service with a smile and a caring bedside manner.

Budget cuts that ignore the fact that the health care system is not just working with organs and statistics, but is, most importantly, dealing with human beings is doomed to ultimately create the demise of true health care. Certainly, an eye must be kept on the costs to prevent system bankruptcy, but if the price for that is the loss of the "care" component of Health Care, then it underlines the futility of the path we are taking to keep the system afloat. Don't get me started on the "Sick Care" system that unfortunately

## **Rant contd.**

has been our reality, at least in North America.

Doctors are leaving their current practices, not just here in Alberta, but across the country. They are seeking an environment where the stress level is tolerable. Many head South while others dream of new opportunities in other provinces. Some give up and retire. Suicide rates among physicians is at an all time high. The need for more doctors is critical, and yet, the bureaucracy even within the profession seems to take the stance that increasing the numbers may cause harm...harm to whom? Many Canadian doctors, educated in other countries such as New Zealand want to come home and practice here but are prevented from doing so. There must be a safe compromise whereby the injection of a cadre of foreign trained doctors is not barred from contributing to the solution of the Canadian doctor shortage. As many as 20% of Canadians do not have a family doctor, leaving them with few alternatives other than clogging Emergency Rooms or Walk-in Clinics where continuity is minimal.

Provincial governments, including our own here in Alberta, have repeatedly shown little respect for the practicing physicians we have, particularly during the pressures of the Covid crisis. It is little wonder so many of our doctors are leaving and those who stay are less and less capable of maintaining the empathy and caring approach that brought them into the profession to begin with. Calli and I are among the lucky few, who, when our long-time GP opted to leave the province, were able to get an excellent new family doctor, despite his official policy of not accepting new patients, thanks to many referral calls and letters he received on our behalf.

Nursing has very similar problems. Their hours have been stretched, their numbers per shift have been reduced and they are under pressure to go "strictly by the book" without making room for the gentle, caring approach that is often vital to actual recovery. On top of that, I spoke with several nurses during, my wife, Calli's, time in hospital who shared that the academic standard to simply be admitted to the program are so high that it is becoming more and more likely that the new grads are tops in book smarts but may have bumped those just a few marks lower who had the genuine empathy and caring that is what nursing should be. This plays right into the government and bureaucrat focus on cost saving and efficiency-at-all-cost mentality.

I still maintain that our health care systems in Alberta, in Canada, and the US, which have been ranked in many studies as near or at the bottom of all developed countries, is broken and in desperate need of a major remake if it is to survive. The question remains, "Is it too late to make the necessary major change in course and philosophical approach?" If the answer is "yes", then we are doomed to have the health of both our countries continue down the path to failure. The government and bureaucracy will also be driven into bankruptcy with no benefit to show for it.

The problem is not the men and women providing the vital services. It is the lack of positive, creative and unselfish planners and funders.

## LAST MEETING: Dominoe Night March

Fifteen Gyros totally qualified for Domino Amature status (well, except for organizer, **Ian Bannatyne**, of course) as they developed their skills at the GCC on Wednesday night. Your editor was unable to attend but reports abound that it was a fun evening and fine experience that would be worth repeating. Kong with Ian at the helm, **Herb Zmerchuk** took some photos to record the event. Thanks to you both. Our unblemished safety record continues. No casualties or serious injuries occurred during the "tournament".





## NEXT MEETING : GUEST SPEAKER APRIL 12th

Chairman for this event, **Ken Lesniak**, has arranged for **Jordan Walker, MLA** to be our guest speaker. As Ken says, we will have the chance to learn, question, and give your opinions towards the upcoming election.

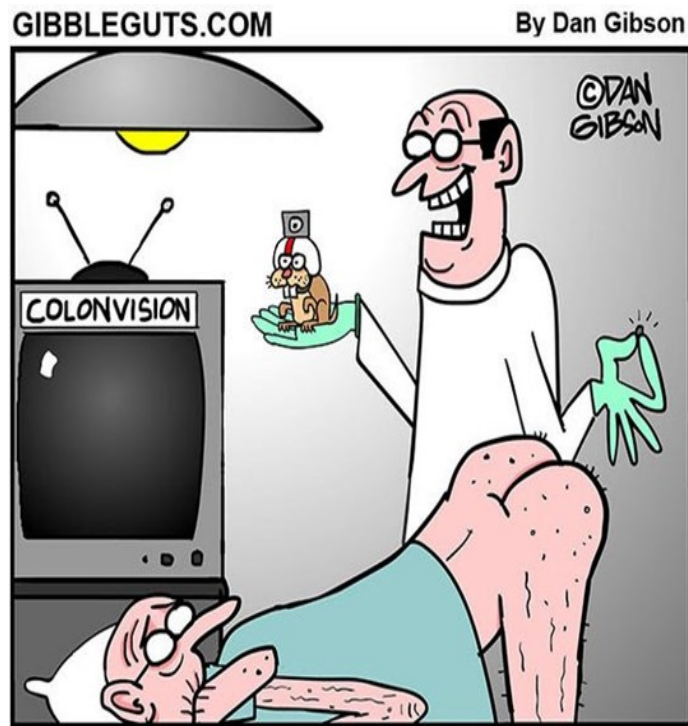
It should be a fun evening and one that you won't want to miss, regardless of your political philosophy.

It will be at the GCC with social interaction beginning at 6:00, dinner at 7:00 and the political fun after that.

## HEALTH AND WELFARE:

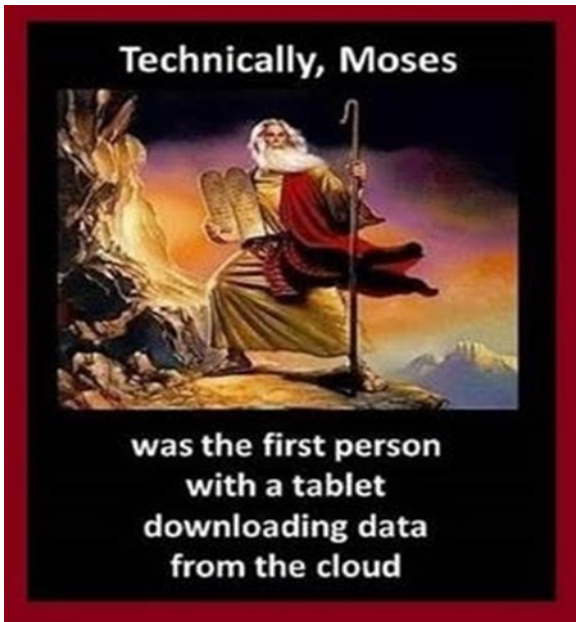
It appears we are still a reasonably healthy lot.

I may be the only new active invalid and I would not mention it except for the given cartoon below. I had to "come clean" so I could share it with you, my feelings about our Health Care System. Was the recipient of an up and down cleaning on Thursday (yes, a gastroscopy and colonoscopy all-in-one special). In the 24 hours prior to and following the procedures I felt it unwise to try joining the Domino Tournament or the morning Cribbage gatherings.



Do you want to go with the deluxe colonoscopy using a tiny fiber optics camera, or the economy procedure using the hamster and GoPro helmet?

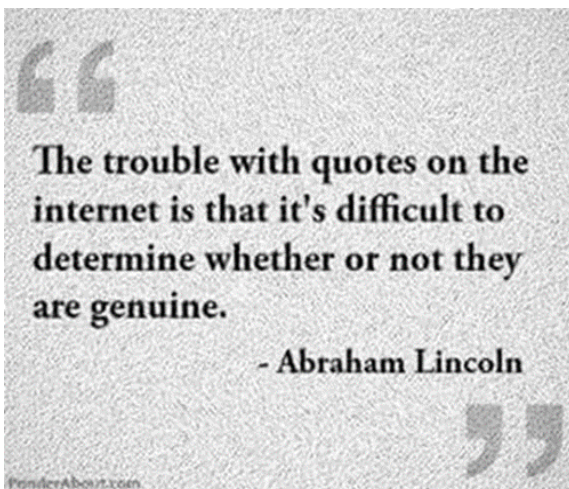
# COMPUTER CONFUSION



As a kid I used to watch The Wizard of Oz and wonder how someone could talk if they didn't have a brain. Then I got a Facebook.



"Folks, the main reason you're not getting a good picture is because you bought yourselves a microwave oven."





# 'TIS THE SEASON

## APRIL FOOLS DAY

Is cancelled this year  
cause no made up  
prank could match the  
unbelievable shit going  
on in the world right now



At our age we can hide our own Easter Eggs and within half an hour we will have forgotten where we hid them.

# THOSE WERE THE DAYS

I came across this phrase yesterday: 'FENDER SKIRTS'



A term I haven't heard in a long time, and thinking about 'fender skirts' started me thinking about other words that quietly disappear from our language with hardly a notice like 'curb feelers'



And 'steering knobs' or 'spinner knobs'



Since I'd been thinking of cars, my mind naturally went that direction first. Any kids will probably have to find some older person over 50 to explain some of these terms to you.

# MORE OF THOSE DAYS THAT WERE:

Remember 'Continental kits'?

They were rear bumper extenders and spare tire covers that were supposed to make any car as cool as a Lincoln Continental.



When did we quit calling them '**emergency brakes**'?  
At some point 'parking brake' became the proper term.  
But I miss the hint of drama that went with 'emergency brake.'

\-



I'm sad, too, that almost all the old folks are gone who would call the accelerator the 'foot feed.'

Many today do not even know what a **clutch is** or that the dimmer **switch used** to be on the floor.

For that matter, **the starter was** down there too.

Didn't you ever wait at the street for your daddy to come home, so you could ride the '**running board**' up to the house?



# GIDDY GASTRONOMY



Beauty comes in ALL shapes and sizes...



Once you lick the frosting off a *cupcake* it becomes a muffin... and muffins are *healthy*.  
You're welcome 😊

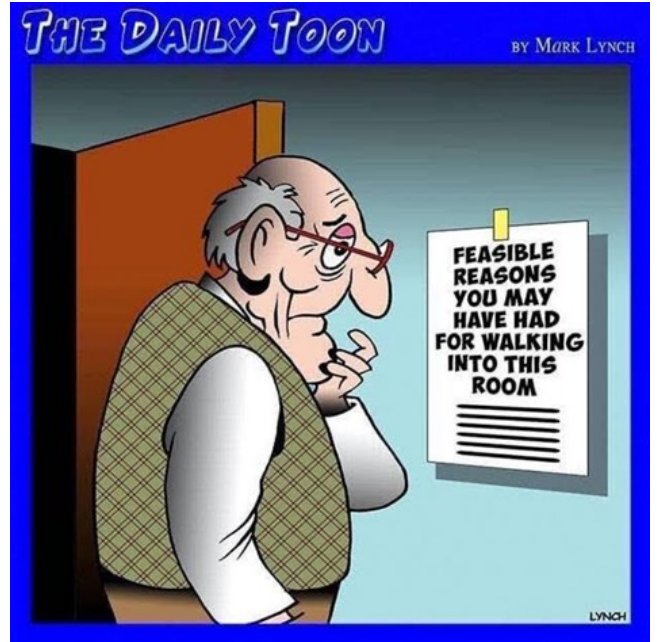
I ALWAYS CARRY A KNIFE IN MY PURSE. YOU KNOW, IN CASE OF CHEESECAKE OR SOMETHING.





# AGING GRACELESSLY

**Most people are at the age where they are using their phones to document the good times in their lives. I'm at the age where I use my phone to take pictures of labels that I can't read and use my phone to enlarge the print so that I can read it.**



COFFEE IN HAND, SUPPLIES AT THE READY, ALICE SETTLES IN, WAITING FOR THE FIRST TELEMARKETER TO CALL.



**I don't know how to use TikTok, but I can write in cursive, do long division and tell time on clocks with hands... so there's that.**

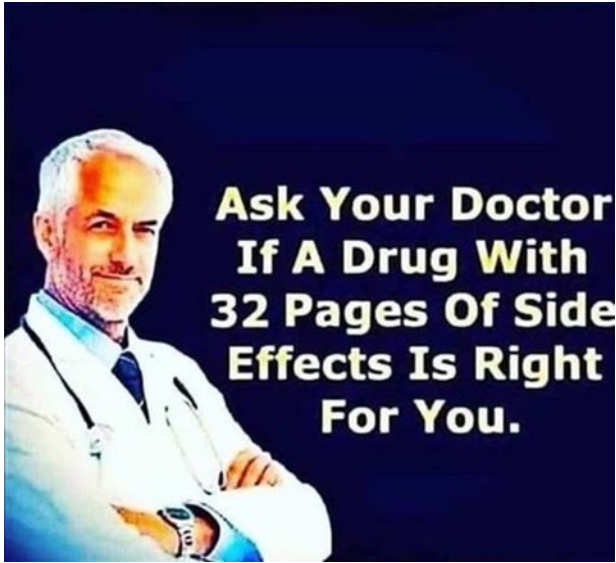
**Growing old is hard work... The mind says "yes" but, the body says "what the hell are you thinking"**



# GYRETTE GIGGLES



# HELLTH CARE COMEDY



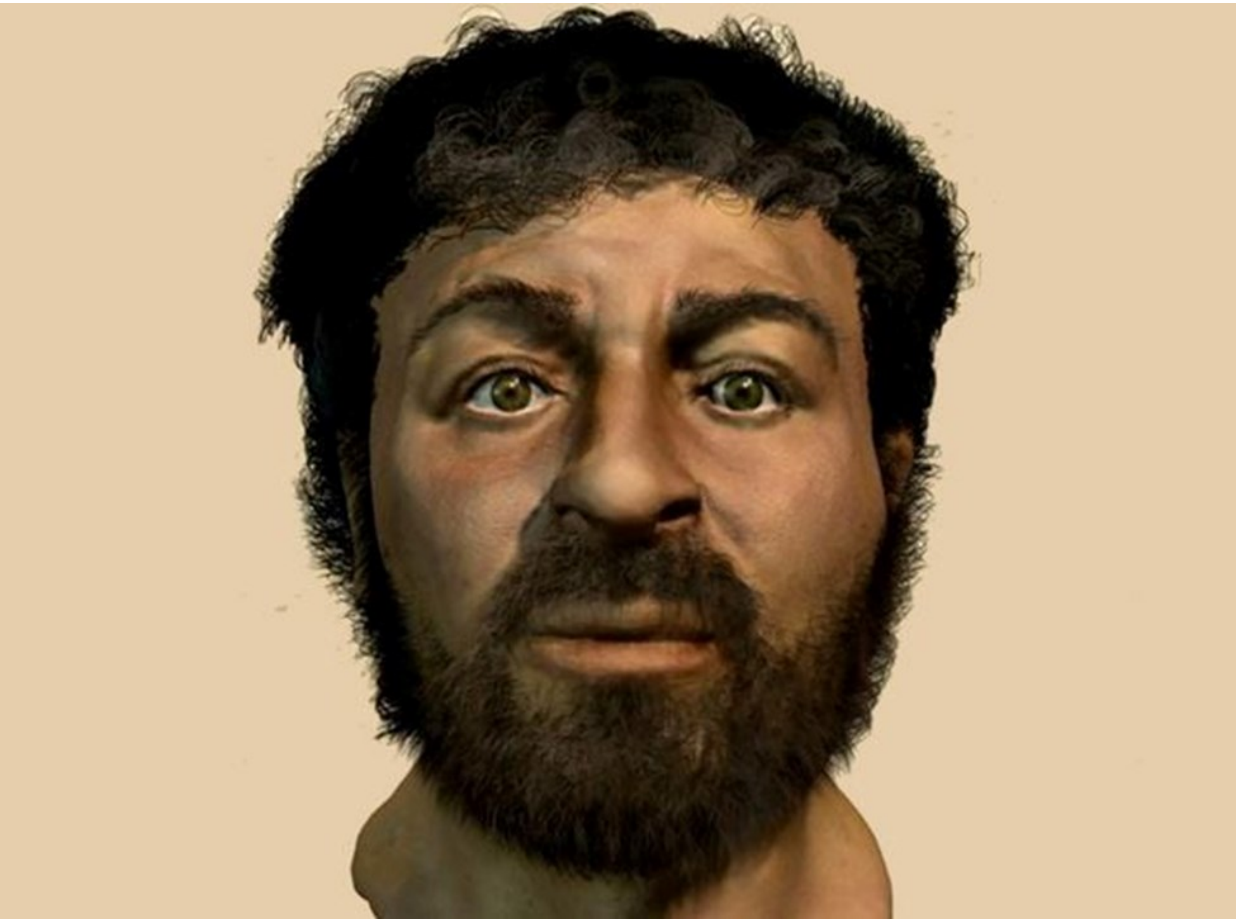
“So I said to her, ‘How about giving me something to remember you by?’”

First professional soccer player vaccinated





Hmmm....



**Food for thought** on Easter Monday from Australian senior Biblical Studies lecturer Robyn Whitaker, who wrote an article entitled "Jesus Wasn't White":

"What would our church and society look like if we just remembered that Jesus was brown? If we were confronted with the reality that the body hung on the cross was a brown body: one broken, tortured, and publicly executed by an oppressive regime. How might it change our attitudes if we could see that the unjust imprisonment, abuse, and execution of the historical Jesus has more in common with the experience of Indigenous Australians or asylum seekers than it does with those who hold power in the church and usually represent Christ? Perhaps most radical of all, I can't help but wonder what might change if we were more mindful that the person Christians celebrate as God in the flesh and saviour of the entire world was not a white man, but a Middle Eastern Jew."

# KID'S KOMEDY

## Interviews with kids about Marriage continued from last bulletin:

### 6. WHEN IS IT OKAY TO KISS SOMEONE?

-When they're rich.

-Pam, age 7

-The law says you have to be eighteen, so I wouldn't want to mess with that.

-Curt, age 7

-The rule goes like this: If you kiss someone, then you should marry them and have kids with them. It's the right thing to do.

-Howard, age 8

### 7. IS IT BETTER TO BE SINGLE OR MARRIED?

It's better for girls to be single but not for boys. Boys need someone to clean up after them.

-Anita, age 9 (bless you child)

### 8. HOW WOULD THE WORLD BE DIFFERENT IF PEOPLE DIDN'T GET MARRIED?

There sure would be a lot of kids to explain, wouldn't there?

-Kelvin, age 8

And the #1 Favorite is.....

### 9. HOW WOULD YOU MAKE A MARRIAGE WORK?

Tell your wife that she looks pretty, even if she looks like a dump truck.

-Ricky, age 10

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# 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.



Republican politicians?



This Caterpillar Eating A Leaf But All I Can See Is Squidward's Interpretive Dance



# MEANWHILE IN CANADA

All over the world, people get upset about bird droppings on their car...



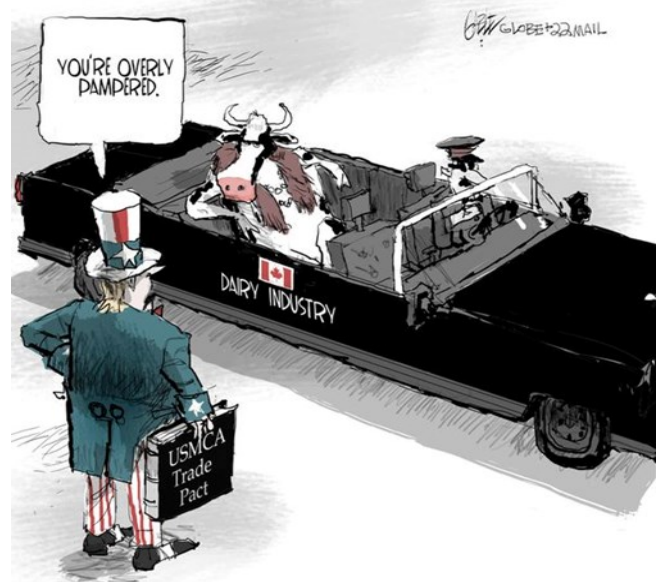
Meanwhile in Canada



THE NEIGHBOUR'S DOG KEPT STICKING HIS HEAD THROUGH A HOLE IN THE FENCE, SO WE PAINTED IT

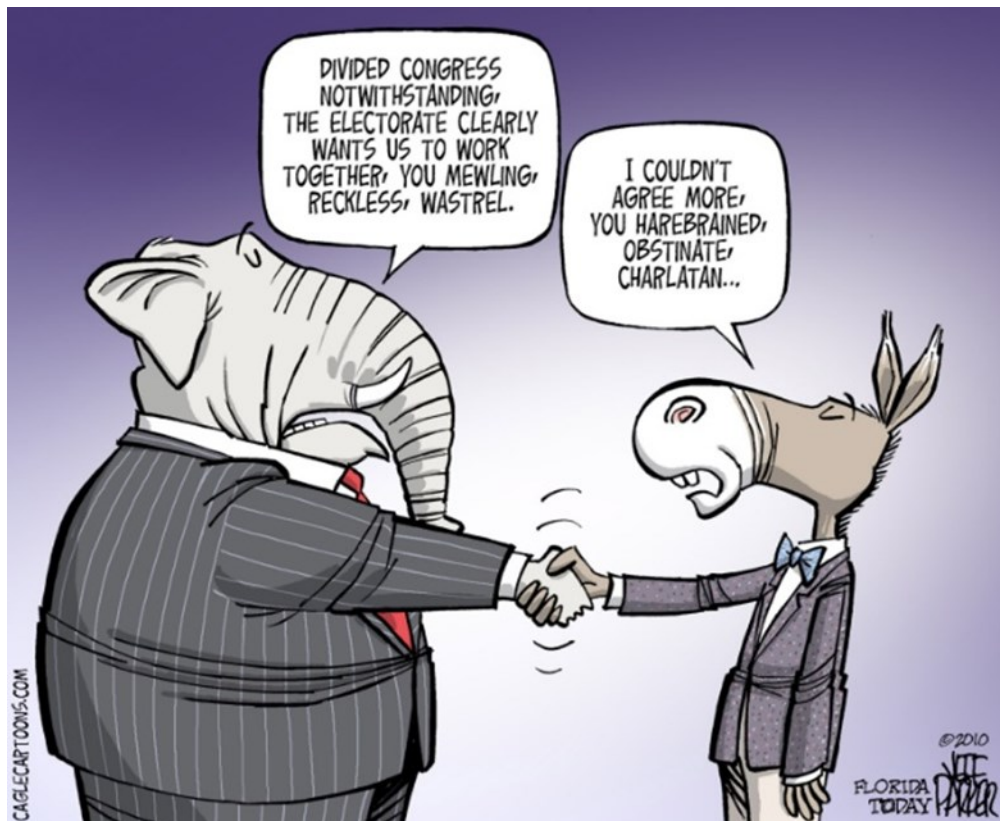


MEANWHILE IN CANADA





# MEANWHILE NOT IN CANADA





# ANIMAL INSTINCTS

Did you know that one of the first coins in the world had a bee symbol on them?

Did you know that there are live enzymes in honey?

Did you know that in contact with metal spoon these enzymes die? The best way to eat honey is with wooden spoon, if you can't find one, use plastic.

Did you know that honey contains a substance that helps your brain work better?

Did you know that honey is one of the rare foods on earth that alone can sustain human life?

Did you know that bees saved people in Africa from starvation?

One spoon of honey is enough to sustain human life for 24 hours?

Did you know that propolis that bees produce is one of the most powerful natural ANTIBIOTICS?

Did you know that honey has no expiration date?

Did you know that the bodies of the great emperors of the world were buried in golden coffins and then covered with honey to prevent putrefaction?

Did you know that the term "HONEY MOON" comes from the fact that newlyweds consumed honey for fertility after the wedding?

Did you know that a bee lives less than 40 days, visits at least 1000 flowers and produces less than a teaspoon of honey, but for her it is a lifetime.

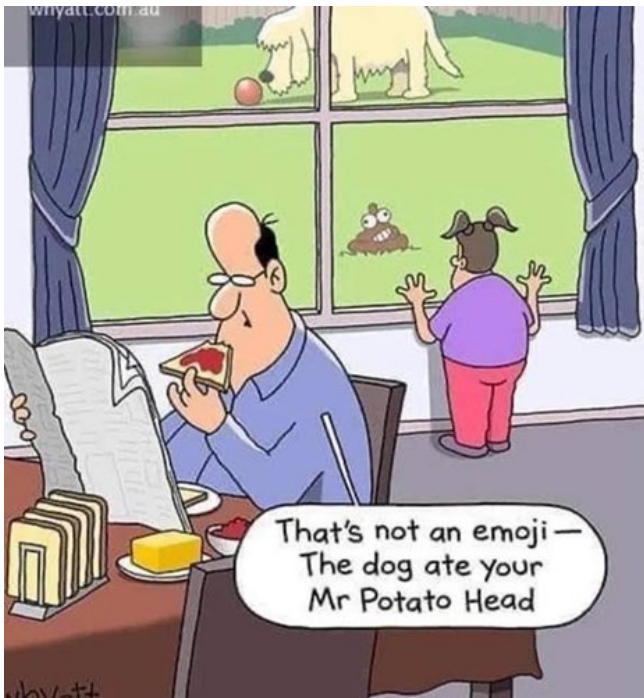
Thank you, BEES!

GANG VIOLENCE HAS TO STOP 🤔🤔





# SNICKERS AND GUFFAWS



Amish farmer washing his classic Mustang.



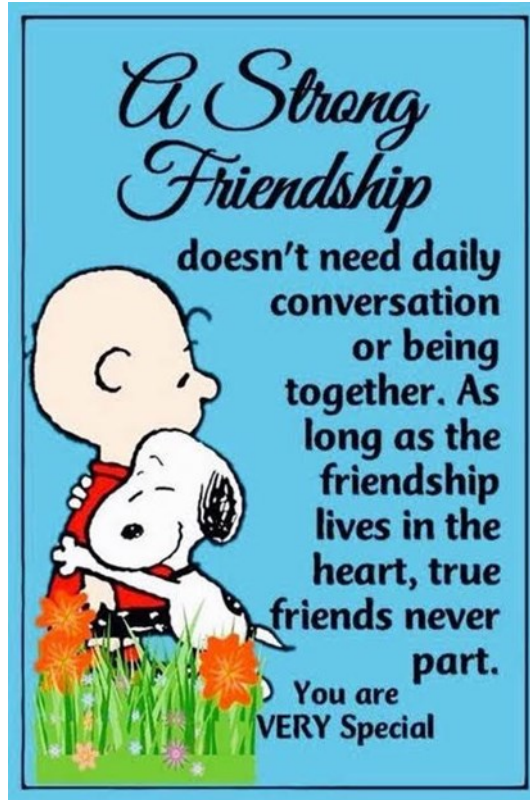
How does a hippie polygamist count his wives?  
1 Mrs. Hippie, 2 Mrs. Hippie, 3 Mrs. Hippie...

Wife crashed the car again today....  
She told the police the man she collided  
with was on his mobile phone and  
drinking can of beer !  
Police said he can do what he likes in his  
own living room !





# GYRO FRIENDSHIP PICTURE OF THE WEEK



## AND THE LAST WORD....

