

THE OFFICIAL BULLETIN OF THE GYRO CLUB OF SHERWOOD PARK



VOLUME: 50 EDITION: 8 DATE: DECEMBER 2, 2023 EDITOR: Scott Brisbin

I WAS JUST THINKING: To err is human. To blame it on someone else shows management potential.

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The Club's Grand Poobahs:

President: **Nestor Slipchuk**

Vice President: **Don Greig**

Past President: **Bruce Copeland**

Treasurer: **Ted Ewanchuk**

Secretary: **Ray Davis**

Club. Admin. **Ray Davis**

Registrar: **Dorne Hunt**

Directors: **Gordon Stewart; Paul West; Sid Slade; Ted Ewanchuk**

Bulletin Editor: **Scott Brisbin**

Webmaster: **Ray Davis**

EDITOR'S RANT (Sort of)



I am learning that stress, among other factors, can do quite a number on brain health. I've started a gratitude prayer routine each evening as a way to start feeding my brain healthier stuff to counteract the seemingly endless, rapidly rising tower of negativity, turmoil and sadness that our world seems to be becoming.

As our personal world navigates the micro version of challenging in its own way with daily dementia life, I am learning that if I want to maintain my brain, there are things one can do, even at this late date! We'll see if this old dog can learn any new tricks.

What I have noticed, is that when I do the gratitude practice, it gets easier as I go and I can feel the clenching that I didn't even realize I was doing start to soften a bit as I think about all the blessings I DO have to be thankful for right now in my daily life. My daughter, Dallyce, calls these the everyday presents. They can hide in plain sight, and you must go looking for them. Calli bought me a sign a while back, which Dallyce has relocated to the upstairs office that is being turned into a living family archive to sort and organize the wealth of family treasures. They come in the form of letters, mementos, photos, and films that have been collected over the years. The sign is in the form of an eye chart and says, "You can rarely see what is right in front of you." She has strategically placed it with special moments of my life

Rant cont'd.

around it. She has also set up a special corner for Calli, a shelf with favorite photos of our parents and from our childhoods, as well as symbols that remind us of our grandchildren, Dave and Dallyce and their spouses. Its intentional design has such a felt sense of “a breath of fresh air” to it, that the thought of wandering down memory lanes from days gone by feels medicinal not painful. For that, I am grateful. Somehow, she seems to find just the right blend of weird and wonderful... the spoon full of sugar to help the medicine go down.

This bulletin is a little late because I was feeling very Bah Humbug when I wrote the rant in a rush to try and get the bulletin out yesterday by a specific deadline. I sent the rant to Dallyce to proofread before sending it off. Upon reading it, she promptly let me know that she could not let me publish that. As a bartender for many of her younger years, she saw that my grim outlook and forecast for the future would be the equivalent of letting me drive home after one too many drinks or letting the Grinch steal Christmas from all of you out there in Whoville.

So instead, she sent me off to bed to rest my aching head with instructions to fill myself up with a gentle glass of gratitude to dilute the tall tower of turmoil I had amassed as a series of unfortunate events that was taking over my perspective of the world. She told me the story of a teacher of hers who once remarked, “It’s easy to be grateful when you are at a banquet - the real test comes if you can be grateful when you’re starving”.

So, I am starting to compile written lists I come up with to fill my head back up with dancing sugar plums worthy of the spirit of the season. Someone wrote that it takes 21 days of consistent effort to change a habit. Our objective is to counter my lifelong addiction to the doom and gloom signature pattern of sensationalism dressed up as mainstream news and world politics that has become the world we are living in. The hope is that after spending 21 days in Dallyce’s Spirit Rehab, Grrr-Attituding – (she says we gotta have some ‘Tony the Tiger Style’ old fashioned fun with this!), De-Programming process, the resultant recalibrating will do this body, mind and spirit some comprehensive good and bring on the Christmas Spirit I love and remember from many wonderful years gone by.

If this resonates with any of you, join us for a sip of positivity cheer and celebrate YOUR cherished moments, now and all throughout the year.



I'm going on the wagon!

Last Meeting CRIBBAGE NIGHT November 22nd

Gyros congregated at the Headquarters Restaurant back room for a good meal, and an evening of competitive cribbage. There were 21 attendees and 16 players.

Between dinner and cards a business meeting took place. Discussions included the possibility of future meetings beyond our specific club.

District VIII Governor, Dunc Mills, gave us some updates on the 2024 District Convention to be held around the end of June. It will be in central Alberta but the exact location has not yet been decided. Discussions with hotels in Red Deer and Lacombe are underway.

There is a possibility of a 7-day Alaskan cruise in 2025. Our own Lt. Governor Ted Ewanchuk "floated" the idea with a guess of cost ranging from \$1400 to \$2500 depending on size and location of rooms/suites. He indicated he was hoping for perhaps 10 people from our club so he was planting the seed now. (I know...mixed metaphors are my specialty)

George Ward was this weeks's 50/50 winner, splitting it with the Christmas Bureau.

Cribbage began after a brief break and proceeded through four games with each player recording their own score. The two winners moved to a different table but were no longer partners. This format made for quick calculation and winner determination. With a perfect record of no loses or $121 \times 4 = 484$, **Ken Lesniak** got the choice bottle of wine. Close behind him was **Roger Delveaux**.

Kudos to **Herb Zmurchuk** and **Bill Austin** for organizing the evening and keeping it that way.



Roger, Herb, and Ken



Next meeting BOWLING NIGHT **December 7th**

This fun evening at the Sherwood Park Bowl premiered last year with great success so is back from an encore. Five pin bowling is not as popular in Canada as it was in our youth but may just save some of us older Gyros from suffering hernias and other injuries that threaten us on the ten pin alleys. Food will be part of the event—probably Pizza.

Please note the EARLY START (4:15 PM sharp. A 3:45 arrival is encouraged)

Milt Lane and George Ward will be running the event.

CHRISTMAS PARTY **December 21st**

Christmas is coming and so is the Gyro President's Christmas Party. It will be held at the **Broadmoor Country Club** and will commence at 5:30 with dinner beginning at 6:30.

We are expecting the usual fine meal and service and my bet is that turkey will be included in the menu. (sorry, Turkeys. Seasonal risk) Cost will be \$20 for Gyros and \$25 for guests.

It is important to **notify Ted Ewanchuk** tewanchu@shaw.ca by **December 13th** of your plans to attend so that the Broadmoor has adequate notice to accommodate our needs.

HEALTH AND WELFARE:

Bruce Copeland fell, leaving a morning of cribbage with friends, including a bunch of Gyros at the Sherwood park Mall. He has been a part of this tri-weekly gathering for some time. On Wednesday, November 22nd as he was leaving the Mall, he either slipped or collapsed and was taken by ambulance to the Grey Nunn's Hospital, where he underwent 24 hours of tests, was sent home but will be getting other diagnostic work done.

Latest news is that Bruce had more tests done on Friday at the Glenrose related to possible nerve/muscle issues that may have caused his fall and he passed those tests. Bruce is feeling fine although gets a little tired, but otherwise is Okay. We wish Bruce well, and hope he gets results soon that will indicate why he fell.

On November 14th, **Scott Brisbin**, (that's me) underwent his cataract surgery on his left eye, having had his right eye done on October 31st. The results on the right eye were even better than I expected. However, so far the left eye has not experienced quite as positive results. It is still early, so hope still remains, but after the almost spectacular results after day one with the right eye, my expectations were unrealistic for round two.

FUTURE MEETING CHANGES

Don Greig sent me the following note with a request that it be included in the next bulletin:

At the club's AGM meeting in September there were several meeting locations on the schedule that had ?? as the location. The reason being we had hoped the German Canadian Cultural Association room would be available for in house meal service for these meetings; unfortunately this is not likely in the near future.

With Nestor's approval the following meetings have been booked at Headquarters.

Jan-24-2024 Speaker Rick Craddock chairman

Mar-06-2024 Poker John Williams chairman

Mar-20-2024 Brewery Tour Ian Bannatyne chairman

Apr-10-2024 Speaker Ken Lesniak chairman

Additionally Please Note:

Jan-10-2024 Darts, Terry Bajer chairman. This meeting has already been booked at Oscars Pub in Sherwood Park, 221 Chippewa Rd. starting at 5:30 PM. On Tuesday, January 9th There is a separate Dart room that has been booked where we also have room to eat and drink. The reason for the date change is that the room is booked on Wednesdays and Thursdays.

May-22-2024 Auction, Ted Ewanchuk chairman. This meeting has been tentatively booked at Headquarters but may change to Smillie's in Sherwood Park as they have a bigger room to display the silent auction items. Members will be notified when this change is official.

Should the chairmen of the meetings involved wish to have their meeting at another location than at Headquarters, please tell me and the booking at Headquarters will be cancelled. It is up to you as chairman to do the necessary booking for your meeting at another location that is not Headquarters; if you need assistance, please contact me at 780 729-4145.

Thankyou,

Don

MEANWHILE IN CANADA

When you're driving through Edson and spot a local.



A Canadian not only has a sense of humour but they can also spell it.

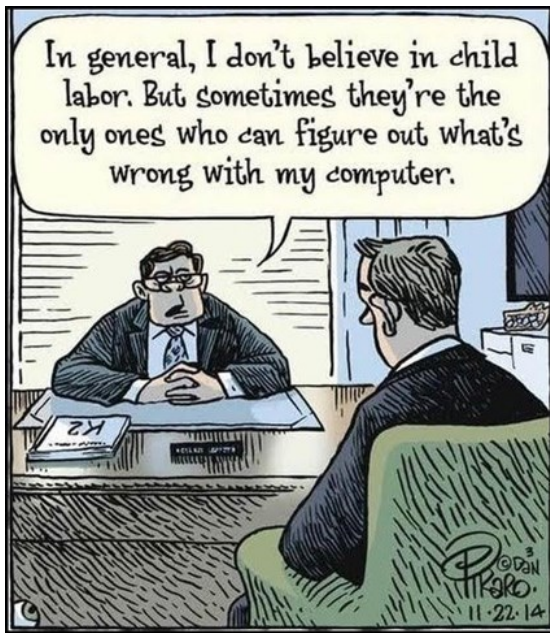


CANADIAN

B T N G O

Nice Toque, Bud	These aren't cheese curds!	That ref sucks	I can see yer gitch	Sweet
But it's a dry cold	Give 'er	Yeah, no	It's the Humidity	Thank You
Sorry	Tabarnak	MiC	That actor is Canadian	Needs more Duct tape
Yes, please	It's slippery today	It's about 2 hours away	Double double	Merde
Lousy trade	Beauty Day	That's not syrup	Screech	Storm Chips

COMPUTER CONFUSION



MEANWHILE NOT IN CANADA



X @uamemesforces



Two-seater motorcycle, Paris, 1922



Kansas

THOSE WERE THE DAYS

And that, my friends, was car seat safety in the 70s!



What Streets Looked Like in the 50s



Men 1973



Men 2023



The worlds first tool...



made by Black & Pecker

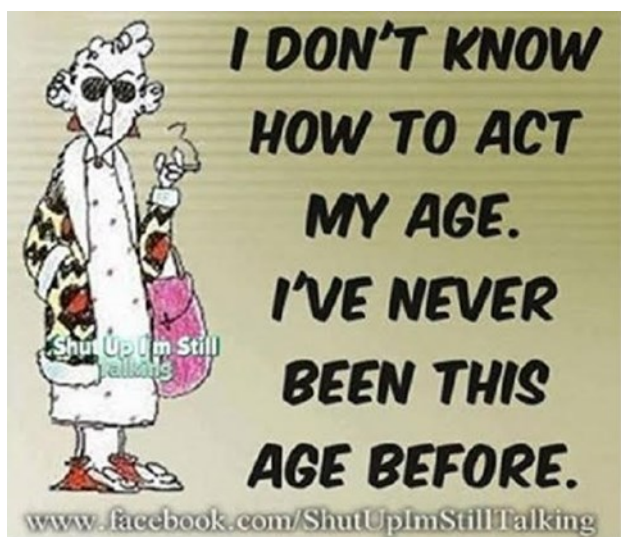
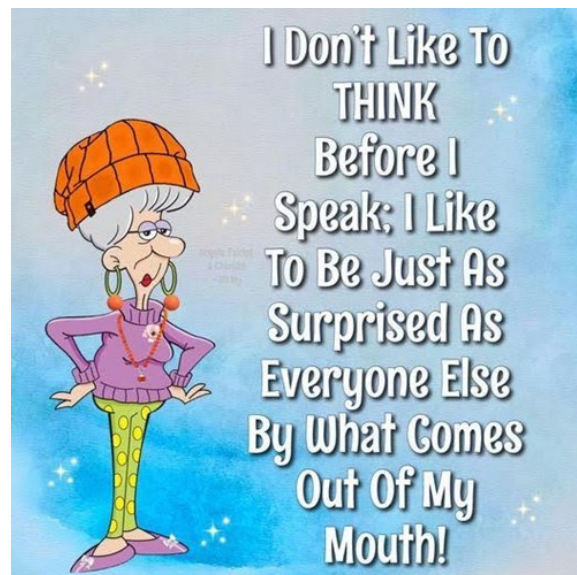
This is why social distancing is so important, folks! It's all fun and games until somebody loses an eye. 🤔🤔🤔



SIGNS OF OUR TIMES

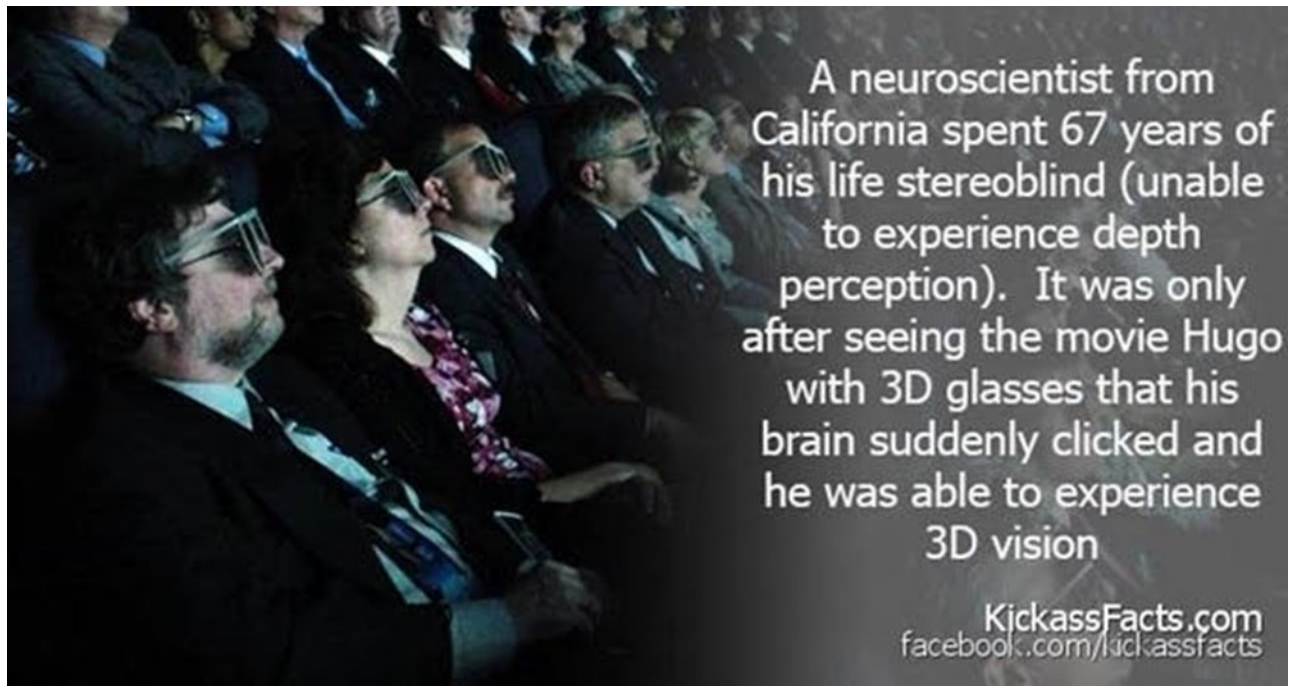


AGING GRACELESSLY



TRUTH BEATS FICTION, and that's the truth

(Do you hear that, politicians?)



MEANWHILE IN CANADA



Meanwhile in Canada
@MeanwhileinCana

Quit saying bad things about our wildlife!

Raccoons are clever

Squirrels are resourceful

Deer are gentle

Geese

Foxes are beautiful



The restrooms at Home Depot suck.



A FEW WEEKS LATE, BUT

Don't worry folks. We've got this. For the 48 hours surrounding the 11th hour of the 11th day of the 11th month, all federal flags will have their customary lanyards replaced with slinkys. Bouncing resolutely up and down between full and half staff -- it's a made in Canada solution.

DID YOU KNOW? and POSITIVE THOUGHTS

Did You Know:

Did you know there is a species of jellyfish that never dies?



Turritopsis dohrnii aka The Immortal Jellyfish is known to be able to revert back into its adolescent state after going through adulthood—making it basically eternal!

Positive Thought:



GYRETTE GIGGLES

One big difference between men and women is that if a woman says "Smell this", it usually smells nice.

Do men still open car doors?



Xavier

How do you think we get inside



After 6 months at home with her husband, Gertrude decided to knit him a scarf.



Eleven people were hanging on a rope, under a helicopter. 10 men and 1 woman. The rope was not strong enough to carry them all, so they decided that one had to leave, Because otherwise they were all going to fall. They weren't able to choose that person, until the woman gave a very touching speech. She said that she would voluntarily let go of the rope, because, as a woman, she was used to giving up everything for her husband and kids or for men in general, and was used to always making sacrifices with little in return. As soon as she finished her speech, all the men started clapping.

KID'S KOMEDY

H
O

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.

If Your Child Can Operate A Smartphone



They Can Use Any One Of These

M
E



Never leave your baby in a hot car while you go shopping again with the new Ronco ...



M
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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

This is what a sunset looks like above the clouds



Hmmmm....

Mechanicangelo



Rare photograph of Mona Lisa and Leonardo da Vinci taken in Florence in 1504. 🤔



ANIMAL INSTINCTS

Something. He has no collar and he's a little Snippy at Times and I Barely got him into my car. He keeps growling and biting at me. But He's finally calm downed a Little! So If this is your Dog, please let me know...ASAP...As He doesn't Get along with My Cat...Thank You



All those in favour, raise your ear.

This is actually the Brisbin pooch, Jak....

A miniature golden doodle, NOT a golden Poo

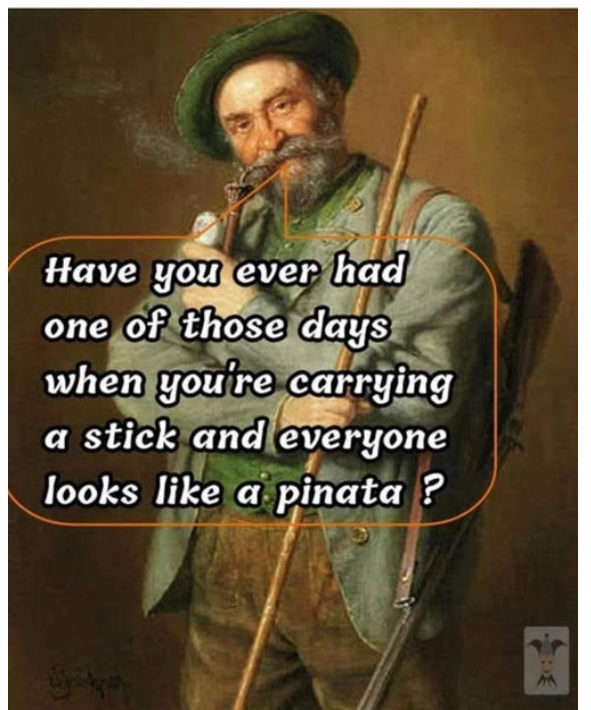
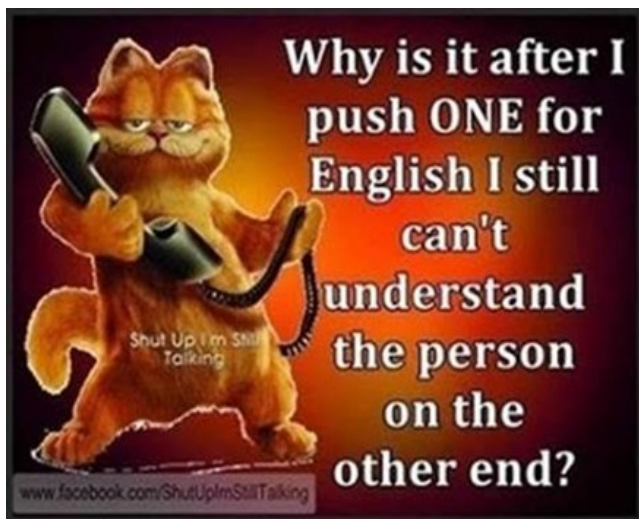


SNICKERS AND GUFFAWS

The unknown forest where
Home Depot sources their 2x4s



My coffee cup reminding me why
I shouldn't have a donut with it.



GYRO FRIENDSHIP PICTURE OF THE WEEK



A rare friendship between a grey wolf and a brown bear...

Of course a friendship between a brown wolf and Aa grey bear would be even more rare.

AND THE LAST WORD....



Good evening. Here's what
we want you to believe today

A follow-up on my November 22nd Rant