

THE OFFICIAL BULLETIN OF THE GYRO CLUB OF SHERWOOD PARK



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I WAS JUST THINKING: You don't realize how old you are until you try to get back up after wrapping presents on the floor.

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Vice President:
Past President: **Don Greig**
Treasurer: **Ted Ewanchuk**
Secretary: **Ray Davis**
Club. Admin. **Ray Davis**
Registrar: **Dorne Hunt**
Directors: **Lloyd Wilson;**
Paul Porrier; Lawrence
Zalasky, Ken Lesniak
Bulletin Editor: **Scott Brisbin**
Webmaster: **Ray Davis**

EDITOR'S RANT:

The season of peace and good will toward men has arrived again. On a broad scale, there is little evidence of there being more of either this year. On an individual level, I am sure there are all sorts of positive stories that belie that generality. I hope you all have examples of that positivity in your 2025 lives.

This is my first year without my precious Calli. It has not been easy, but with my family's and friend's help ensure each day is a bit easier. Through a series of circumstances, many not pleasant, I have been able to spend more wonderful time with my daughter, Dallyce, than I have for many years. She has been my rock, backed up by my son, Dave.

One of our true blessings was being able to spend four months at our summer place in Eastern Townships of Quebec. Calli spent summers there since she was two. I have been doing so for the past sixty three years. It is fun to see and spend time with family, but the unique bonus is the peace, tranquility and calm that descends in September when almost all the cottagers and tourists have gone. There are just the locals, the geese, the loons, the blue jays, and a handful of us, enjoying the spectacular colours, our time to just think, and enjoy our good fortune. The challenges that may have marked periods during the rest of the year just fade away.

Rants are not typically so full of love, peace and joy. They are,

Rant contd.

typically meant to let off steam about what is wrong, unfair or troubling in the world too. So I picked one thing that has bothered me this week.

I have a bad habit of cruising my phone's News and Facebook in the morning as I sip my coffee and ease my way back to consciousness. There is never a shortage of material to get upset about so I try to limit my reading primarily to headlines or first paragraphs. However, sometimes that minimum contact urges me to read further, which can sometimes bring a rewarding experience. However, too often, I find myself heading down a rabbit hole only to find that I am being conned. Either there is an ulterior motive in putting the piece on the internet (selling without telling me they are selling) or the material begins to lose enough credibility that I question it, do some fact checking, and realize that it is a totally bogus report that had wasted my time. I think it is the latter is the pitch that annoys me most. I am not sure what is to be gained from writing informational pieces, sometimes cleverly disguised as real.

There is certainly a plethora of other complaints that are rant-worthy, but I promised only one and this was it.

I do hope that you all have a wonderful festive season, marked by your religious or secular beliefs. Now that is a Wok wish attempting to avoid offending anyone, if I ever saw one!

See you at the Gyro Christmas Party on the 20th.

HEALTH AND WELFARE

Al Gordon had back surgery on September 25th involving T4 and 5 which have now been fused and are no longer causing pain. However, he is experiencing other pain, especially in his legs, that is having a serious impact on his mobility. It would appear that his ski season is out of the question, or at least it would be if he was a skier.

Eleanore Copeland broke her clavicle. Add this to her cancer treatments and the decision was clear. The Copelands are staying in the Alberta cold this winter. They assure me that politics has nothing, or at least very little to do with the decision. The cancer appears to be stable but the regular treatments are advised to keep it that way.

Sad news arrived today: **GARRY JONES** passed away this morning after a week long time in hospital. Our hearts go out to Brenda and their family and we will truly miss our Gyro brother, Garry. More information will follow.

Post - Rant

After writing the second half of my rant, a piece came on my feed that had some parts that were actually relevant to the last half of my rant. The timing seemed uncanny and so I have picked the most relevant pieces from his message and am reprinting it here. I also plan to add more thoughts on this topic to my own rant in a future bulletin.

By now most of us are fully aware that we are surrounded by psychological operations everywhere we turn. One of the most harmful is playing out constantly right here on social media. How many “bombshell” posts have you seen—or even shared - lately that turned out to be complete nonsense? It’s always something we care about: “Some supervillain has been arrested!” “The CDC finally admits vaccines are not safe or effective!” and so on. These posts are harmless pranks—they serve an agenda designed to discourage you from reading and sharing accurate information online. They are often well written and full of detail, which makes them feel real, and because they seem important, we share them to help spread the word. Then, within minutes, your posts are flooded with comments like: “This is fake news!” “Do a little research before spreading lies!”

It is frustrating, but recognizing the pattern is the first step in protecting yourself and others from being manipulated. Don’t let these deceptive tactics get to you. Now, more than ever, the world needs super – spreaders of truth.

Here are some helpful tips to avoid sharing misinformation:

- Most of these fake news posts appear to be written by AI. One common clue is the use of emojis at the beginning of headlines. You might see a cool little UFO emoji at the head of a breaking report that claims: “NASA scientist blows whistle: Earth will be invaded by an extraterrestrial life form in 2026!” While emojis alone don’t guarantee misinformation, it is a good reason to dig a little deeper. AI can NOT be fully trusted, but it can serve as a tool for basic fact checking. Before sharing any news try this: 1)Copy the headline and the first paragraph. 2)Past it into both ChatGPT and Grok. 3) At the head of your paste, type “Is this true?”

If both systems validate the content, odds are that the post is good to share.

Nothing beats doing real research prior to spreading information online.

AGING GYROS



December Birthdays:

A lot of Gyros grew up wishing that their birthdays were in any month but December in order to eliminate the danger of being short-changed by a Birthday/Christmas gift combo.

Most in danger are Erik and Ted.

The December birthday boys are:

Herb Zmurchuk (3rd); **Al Bleiken** (5th); **Art Merrick** (13th); **Ray Davis** (17th);
Erik Braun (21st); **Ted Ewanchuk** (22md)

I hope you have all reached the point when you can provide specific lists of what you want for your **Birthday** and **Christmas**.

Here's to raising a glass for you all.

SPECIAL NOTE:

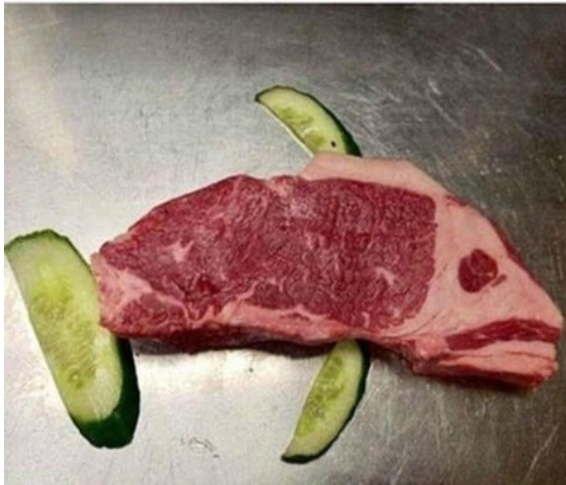
It had occurred to me in the last bulletin to make a special note about a special birthday - that of **EARL KORBER**. Earl turned 93 on November 10th. He continues to lead the race for most life-experienced member on our roster. Just when some of us think we might be in the running, Earl's image pops up and we settle back to the "also ran" status. Keep it up Earl. We are happy to follow along.

NEW MEMBER: **Rich Stoppler** has decided to join our Gyro family. Please note that the last line question of this notice is a bylaw obligation.

Rich was a long time golfer at Belvedere so some of you will know him. He had been away from the province for a number of years but has returned, is retired and conversation with him leads to the belief that he is a great fit. His wife Lois was one of Calli's favourite people at Bev Facey. He lives on Wye Road. In the unlikely event that a member feels he is not suitable for Gyro please let us know.

GIDDY GASTRONOMY

The doctor said I need to eat more fish... 😊😂😂



These big Cheerios taste SO much better than the smaller ones!



I read you can keep a chicken in the freezer for 3 months. Lairs! Put it in there last night and it was dead this morning.



CRIBBAGE NIGHT **Nov. 19th**

The November 19th showdown is at the Headquarters Restaurant with food and fun-ship starting at 5:00. **Herb Zmurchuk** and **Sid Slade** are in charge of being in charge.

12 of the 20 Gyros attending the event that took place at The Headquarters on November 19th, actually played cribbage. Therefore, conveniently for those challenged with long or short division, that worked out to 4 “active” tables. Three full games were played with players trading partners after each three game round. The total scores were tallied and at the end of the evening, the only two who turned in perfect scores on all three rounds were Roger Delveaux and me, Scott Brisbin. We each took home an impressive black, zip-up , faux leather cooler pack. When opened, they revealed a 6 pack of Bronk Wheat Ale.

I am convinced that someone took a picture of us two winners, but I have contacted about a dozen of those I remembered attending and have come up empty. I will therefore include a photo of the prize (trophy substitute) that Roger and I received. I took all sorts of other pictures throughout the evening that will fill the next page.



CRIBBAGE contd.



BOZO BOWLING

On Wednesday, December 3rd, a bunch of aging Gyros gathered at the Bowling Alley on Wye Road, to embarrass themselves in front of a dozen alleys of young “pros” ranging in age from 4 to 40. Eight Gyros elected to actually bowl. The rest coached from the comfort of the table behind the playing level. Pizza, made on site, was “enjoyed” by all.

The objective was to complete three games in the two hours that had been rented for the purpose. One team of four completed their mission. The second, sore and weary, defaulted after two games, underlining the futility of trying to match “the pros” expertise, stamina fitness. We did, however, display guts and a lack of humility.

The surviving team member’s photos are the only bowlers captured in action.

Thanks to **Ted Ewanchuk** who oversaw the event and the subsequent dining experience.



KIDS KOMEDY

Bobby was starting to think his mom might not be coming back.



The day the whole class found the teacher's brownies. Then she put on Pink Floyd

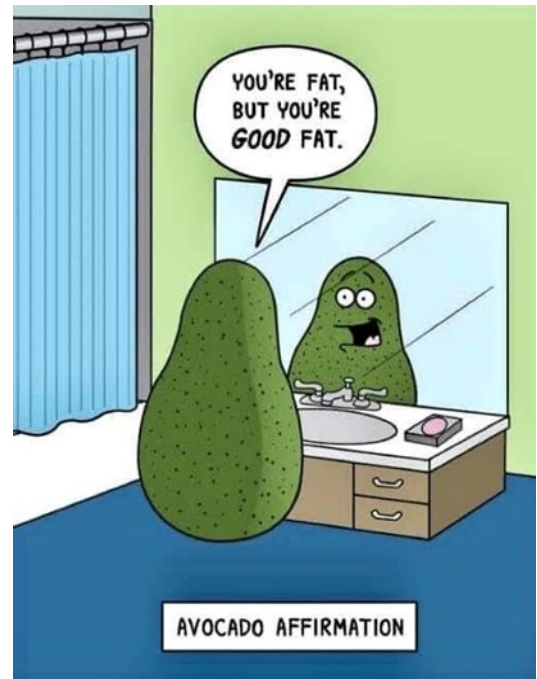


REMEMBER TO BATHE
YOUR CHILD IN
LAVENDER SOAP BEFORE
BED SO YOU'RE CALM
AND RELAXED WHEN
YOU LOSE YOUR MIND
BECAUSE THEY WON'T GO TO SLEEP.

When parents start to crack during lockdown



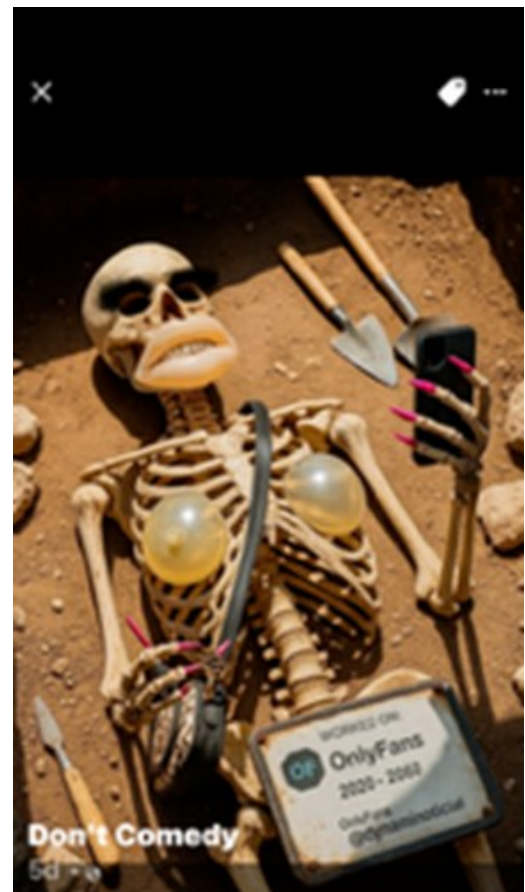
HEALTH AND FITNESS



Positive self-talk



I started my healthy eating plan today...
By blowing the powdered sugar off my doughnut

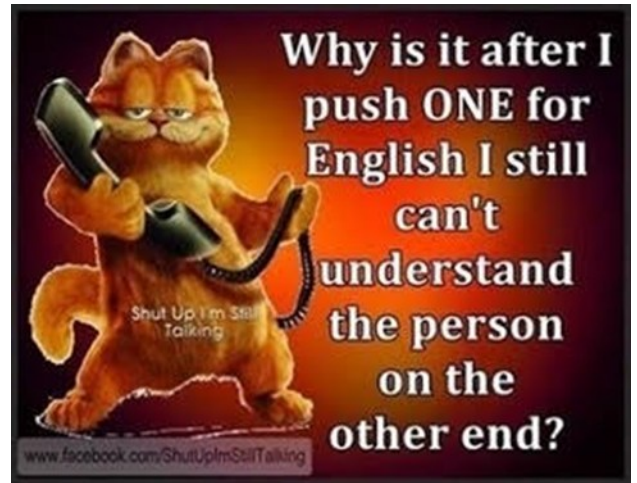


SIGNS OF OUR TIMES



WOK FOLK

We should stop referring to coffee as a 'cup of Joe.' It's disrespectful to coffee.



School washroom for those who identify as puppies

Race matters only to racists. The rest of us care about character.

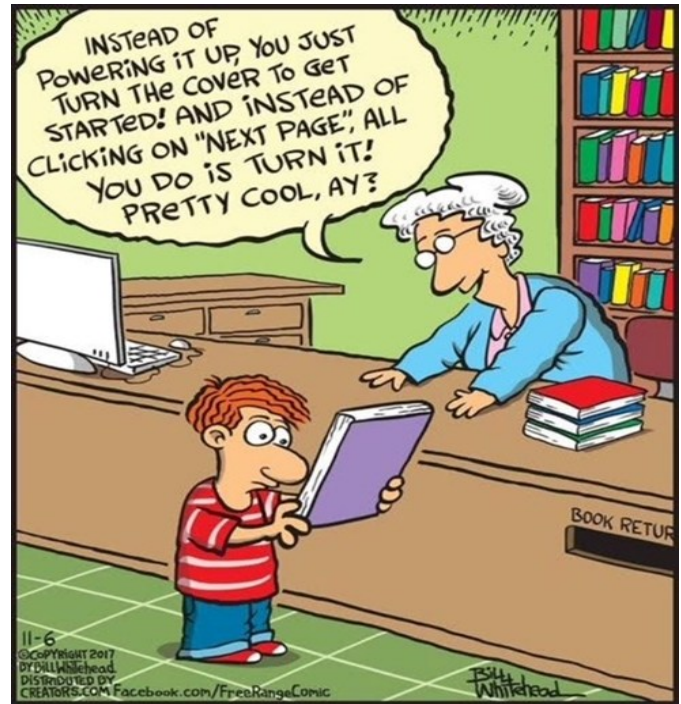
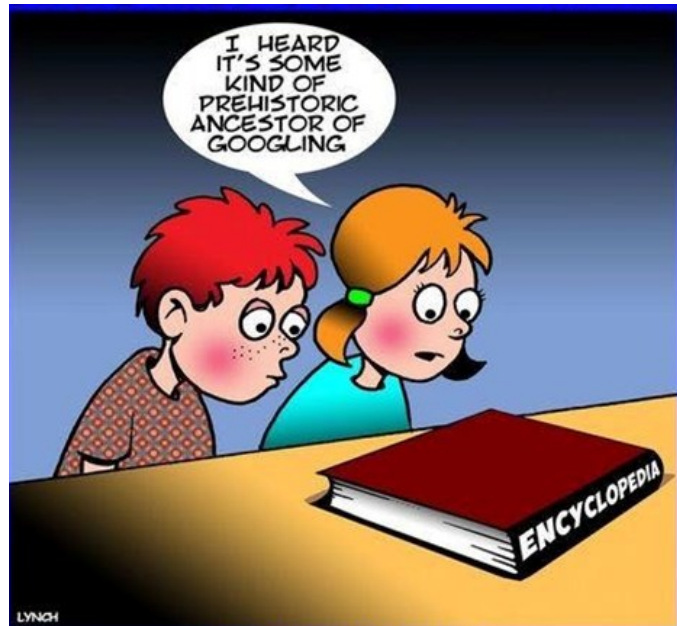
Today my daughter called me 'Birth Person.' I replied, 'Yes Financial Drain.'

Not MY daughter... someone else's daughter!

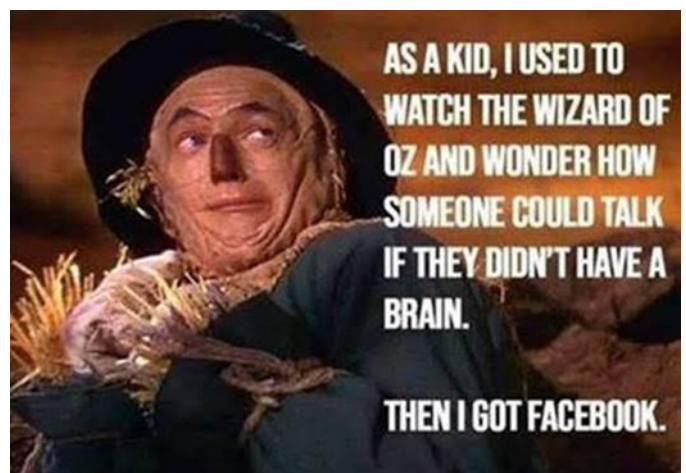
Why don't the 99% of us who aren't offended by everything quit catering to the 1% who are

COMPUTER CONFUSION

I finally remember what Zoom meetings remind me of.



MY WIFE ASKED ME WHY I SPOKE SO SOFTLY IN THE HOUSE. I SAID I WAS AFRAID MARK ZUCKERBERG WAS LISTENING! SHE LAUGHED. I LAUGHED. ALEXA LAUGHED. SIRI LAUGHED.



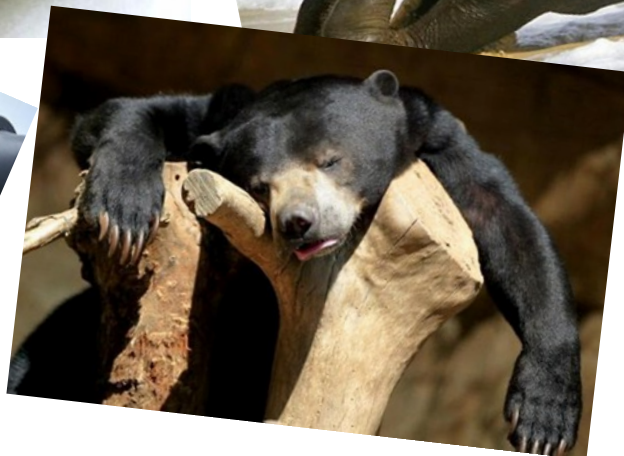
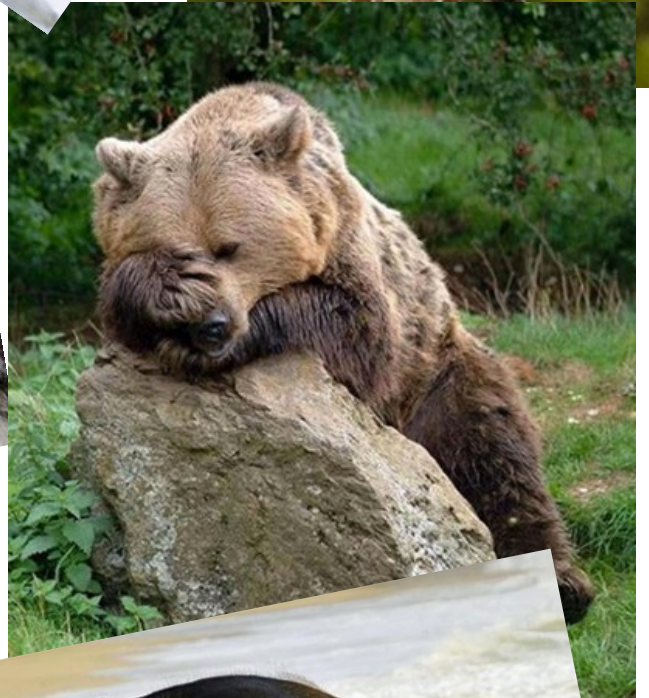
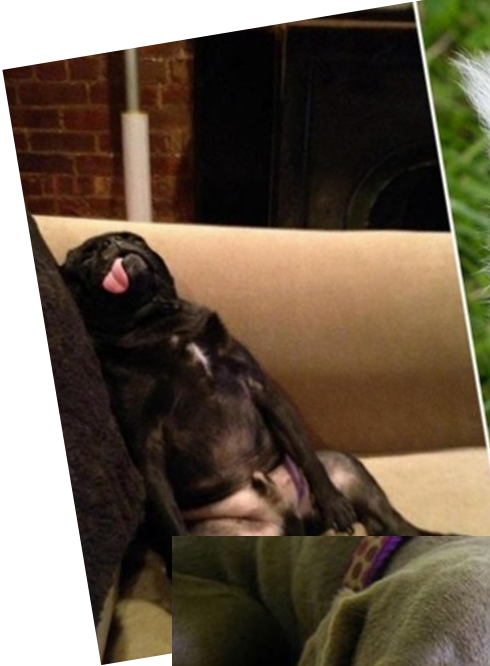
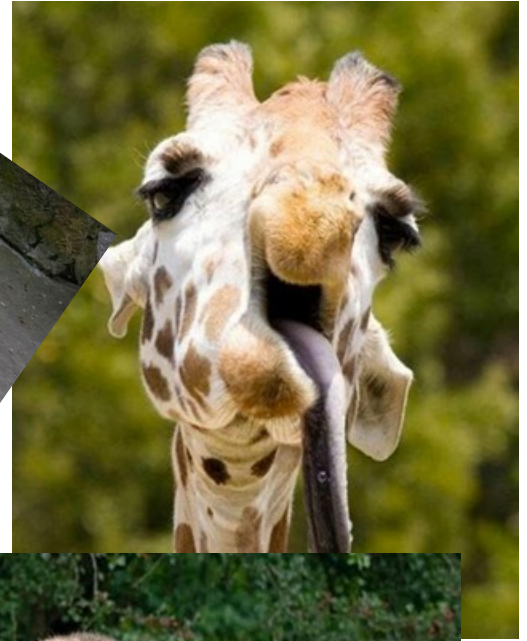
THOSE WERE THE DAYS



SEASONAL SILLIES



THE MORNING AFTER THE ZOO CHRISTMAS PARTY



AGING GRACELESSLY

THEY SAY WHEN YOU RETIRE YOU WILL TRAVEL MORE. WHAT THEY DON'T TELL YOU IS THAT IT IS TO DOCTOR'S APPOINTMENTS.



Did a little mechanics work today.

Put a rear end in a recliner.

The older you get the more you appreciate cancelled plans, early nights, thunderstorms and alcohol that is on sale.

SOMETIMES I LOOK BACK AT MY LIFE AND I'M SERIOUSLY IMPRESSED THAT I'M STILL ALIVE.



CHRISTMAS CRACK ME UPS

Get your relatives speaking to one another again by sending a heartfelt Christmas card with a picture of your family with an extra child nobody knows.

My wife said, "For Christmas take \$200 and buy me a Nativity set and if there's anything left over you can spend it on fishing stuff!"



My children want a cat for Christmas, normally I cook a turkey but hey, whatever makes them happy!



IT'S A CHURCH CHOIR, ED. THEY DON'T TAKE REQUESTS

Here's a marriage tip, if you need a new can opener just get a new can opener. Don't give one to your wife for Christmas.

I still remember the day my mum and dad told me that Santa was fake.

I was heart broken.

I jumped in my car and went straight to the pub.

MY ANXIETY MEDICINE

In these uncertain times it is easy to let your anxiety start to creep up. Perhaps while we are in various states of armed combat, political strife and major health issues, some images from our amazing world will help

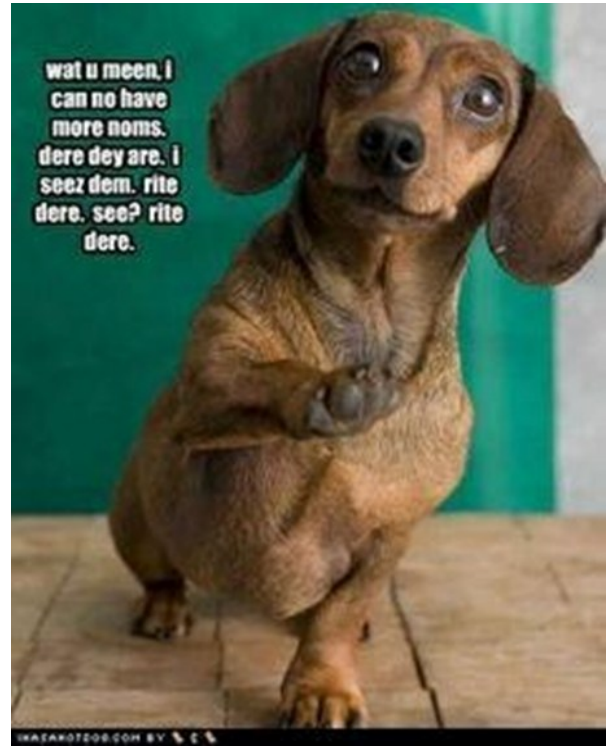


Quidi Vidi, Newfoundland and Labrador, Canada



ANIMAL INSTINCTS

It possesses the same full-bodied flavor of the toilet bowl, yet has a distinctive woody taste...



wat u meen. I can no have more noms. dere dey are. I seez dem. rite dere. see? rite dere.

can't stop thinking about this couple who had to make a fake lap for their clingy cat so they could get work done



GYRO FRIENDSHIP PICTURE OF THE WEEK



AND THE LAST WORD....

