



GYROLIFE



GYRO - A FRATERNITY OF FRIENDSHIP
In Calgary since 1921

JUNE 2024

UPCOMING EVENTS

June is Convention month this year. It starts off with the **International Convention** during the first week of June in Niagara Falls. Our President Bruce and Alida Martin will be in attendance along with John Hodgson, Laura Young, Ken and Ann Baker. We are looking forward to meeting new friends and connecting with old ones. Aside from the social aspect of the Convention, I suspect this Convention will be somewhat different than Conventions of the past. With our membership declining in numbers there will be

discussion concerning the restructuring of Gyro. The thinking is that the current structure is not necessarily appropriate for the size of the organization. The intended result of the reorganization would be to reduce expenses and by extension the cost of dues to the members. Aside from the money, I wonder what the unintended results might be. Further information in this regard will be shared at our District Convention in Lacombe at the Annual General Meeting in on June 20.

Speaking of the **District Convention** that will be held in Lacombe on June 19th and 20th, it's not too late to register for attendance (so far, 20% of our Calgary members are signed up to attend). Ann and I travelled to Lacombe on May 25 and met with Governor Dunc Mills and Lt Governor Ted Ewanchuk to iron out some of what we hope are the final details. Never having been there, we toured the town and were pleasantly surprised at what we saw (and it's only a couple of hours away).



Ted Ewanchuk, Ann Baker, and Dunc Mills in front of one of the many murals in downtown Lacombe



Pictured are the Worlds Largest Fishing Lure in Lacombe as well as the adjoining fishing pond

What happened in May

May was a pretty quiet month for Calgary Gyros. Twenty of us did get together at Local 403 Sports Bar on May 22 for a pub lunch. This was not a formal Gyro luncheon just a gathering of guys to share time together. Terry Lynch did introduce his friend, Phil Wadsworth, to the group. Phil has expressed interest in joining our

club so when you see him at future events be sure to make an effort to make him welcome. As mentioned earlier, June is a busy month with both the International and District Convention so unless you are attending one or both of those there is nothing on the calendar at this time.

Did you know

The average age of our members in the Gyro Club of Calgary is 77. I recently read an article penned by writer Steven Petrow that I found interesting. Over the years he made a list of all the stupid things (in his opinion) that his parents were doing wrong, and he vowed to be smarter in his old age. The first thing he noticed was that his parents were unwilling to acknowledge their diminished physical and mental state. As Mr. Petrow aged, he was reminded that the "apple doesn't fall far from the tree." He said, no matter how much we tell ourselves we won't be like our parents, no matter how hard and fast we run in the other direction, we become them. Some, as they age come to equate ageing with illness, loneliness, and disability. Once someone starts thinking of themselves as falling apart, ill, or old, it's easy to fall into the trap of negative self expectations. In study after study, it's been found that those with positive perceptions of aging performed better physically and cognitively than those with more negative perceptions. They were more likely to recover from

severe disability, they remembered better, they walked faster, and they even lived longer. So, what should we do:

- 1) Use hearing aids if needed. People with hearing loss tend to become isolated,
- 2) Stay socially engaged. It is easy for us in Gyro. All we have to do is participate in planned activities. Studies show that friendships have positive effects both on health and psychological well-being,
- 3) Keep moving. Staying active is important as you age,
- 4) Smile at people! They like it and it will make you feel better too, and
- 5) Don't climb on things. If your balance becomes an issue use a cane or walker.

Remember, we are not hostages to our fate. We can make smarter choices that will improve our later years.

Received this from a Semi-Elderly Friend

A Lot in this to think about – Read on – the bottom line says it all:

Thanks for being my friend.

We grew up in the 40s – 50s – 60s:

We studied in the 50s – 60s – 70s:

We dated in the 50s – 60s 70s:

We got married and discovered the world in the '60s – '70s – '80s:

We ventured into the 70s – 80s:

We stabilized in the 90s:

We got wiser in the 2000s:

And went firmly through the 2010s.

It turns out we've lived through NINE different decades,

TWO different centuries, and

TWO different millennia.

We have gone from the telephone with an operator for long-distance calls to video calls to anywhere in the world. We have gone from black and white photos to color slides to YouTube; from vinyl 12-inch records to cassettes to CDs to online music, from handwritten letters to email and to WhatsApp. From listening to the cricket live on the radio to black and white TV, then colour TV, and then to HDTV.

We went from black and white movies at the cinema to colour films at the cinema to black and white TV, to colour TV, to VHS taped movies, to DVD movies, and now we watch Netflix. We got to know the first computers, punch cards, diskettes and now we have gigabytes and megabytes in hand on our cell phones or iPads.

We wore shorts throughout our childhood and then long pants, oxfords, Bermuda shorts, etc. We dodged

infantile paralysis, polio, meningitis, H1N1 flu and now COVID-19.

We rode skates, tricycles, bicycles, invented cars, bicycles, mopeds, gasoline or diesel cars and now we ride hybrids or 100% electric.

Our generation has literally lived through and witnessed more than any other in every dimension of life. It is our generation that has literally adapted to "CHANGE".

A big round of applause to all the members of a very special generation, of which are UNIQUE. Here is a precious and very true message:

TIME DOES NOT STOP! Life is a task that we do ourselves every day. When we look, it's already six in the afternoon; when we look, it's already Friday; when we look, the month is over; when we look, the year is over; when we look, 60, 70 and 80 years have passed!

When we look – we no longer know where our friends are. When we look – we lost the love of our life and now, it's too late to go back.

Do not stop doing something you like due to lack of time. Do not stop having someone by your side, because your children will soon not be yours, and you will have to do something with that remaining time, where the only thing that we are going to miss will be the space that can only be enjoyed with the usual friends. This time that, unfortunately, never returns.

That day is today!

WE ARE NO LONGER AT AN AGE TO POSTPONE ANYTHING.

Always together, always united, always brothers/sisters, always friends.



Guys blowing out candles this month are

John Hodgson *June 16*

Denis Couturier *June 21*

Ron Carter *June 26*

Ron Robinson *June 29*



Until next time,

Ken Baker, Bulletin Guy