



# GYROLIFE



**GYRO - A FRATERNITY OF FRIENDSHIP**

**JULY 2026**

**In Calgary since 1921**

## Inglewood Bird Sanctuary

### How Have I Lived in Calgary This Long and not been to the Bird Sanctuary?

We really do have so much in Calgary that many of us take for granted. I moved here in 1967 from Saskatchewan, and in all that time I'd have to admit I've *not* seen half the things this city keeps quietly hiding in plain sight.

Case in point: on June 3, we joined Doug and Annette Campbell, and John Hodgson for a visit to the Inglewood Bird Sanctuary and believe it or not, it was a first for us. Yes, after decades in Calgary, we finally discovered that birds have been enjoying waterfront property here since 1929, and not one of them pays property tax (did anyone else see their property tax increase this year).

I suspect many lifelong Calgarians have wandered through the sanctuary at some point, but for us it was brand new. And what a spot. The sanctuary is a natural, no-dogs, no-bikes zone, designed to protect wildlife and give visitors a quiet place to walk, observe, and enjoy nature. In other words, it's one of the few places in the city where nothing is trying to run you over, bark at you, or sell you something.

We strolled the trails, admired the lagoon, and tried to look like people who had known about this place all along. All in all, a great reminder

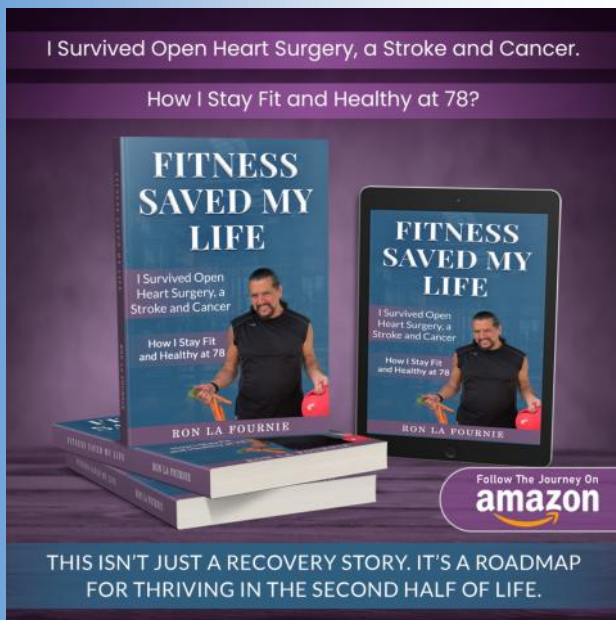
that even after decades in Calgary, there are still corners of the city waiting to for our visit.

Following the stroll we met up with Larry Fenton and Phil Wadsworth at the Hose & Hound for lunch...it was a good day!



# Seniors Fitness and Nutrition

By Bill Watson



The June 17th mixed luncheon at the Blackfoot Hotel was attended by a very lively group of 28 Gyros.

After a thirty-minute meet and greet, the group settled down to a delicious lunch and assorted deserts.

Our speaker was Ron LaFournie who was Bill Watson's roommate in the Rockyview hospital when Bill was waiting to have a kidney stone removal procedure last October on Thanksgiving weekend.

So, two guys in a room without a television got to know each other fairly quickly. Ron said that he was 78 years young although he didn't (doesn't) look it at all.

After listening to Ron's life story about surviving a stroke, heart surgery and cancer and being an advocate for Seniors Fitness, Bill asked him if he would be willing to speak at a Gyro luncheon.

At the luncheon Ron discussed the Aging Curve with the idea that "If your Lifestyle Does Not Control Your Body, Your Body Will Control Your Lifestyle". He talked about our poor eating habits and reliance on processed foods. Ron briefly discussed the benefits of being active and hydrated and then led the group in a few brief exercises to demonstrate that just sitting in a chair watching TV can be a great place to do small exercises during commercials. Other exercises were easy to complete at the beginning but proved to be more difficult as they progressed to higher levels. Ron concluded his talk by asking for volunteers to talk about embarrassing stories dealing with their grandchildren. The winners of the best stories received a copy of Ron's book "Fitness saved My Life". Ron also handed out Longevity tests to be done online monthly and then compared at years end. Doug Campbell presented Ron with a pen set as a thank you gift for his talk.

Larry Fenton gave the group an update on the declining club membership and distributed new club brochures that he encouraged everyone to hand out to friends and neighbors who they thought might be interested in joining Gyro.

Despite a few technical difficulties, it was a very informative and enjoyable afternoon.

# How Far We've Come

## *The Gyro Club of Calgary is 105 years old*

**W**hen our club was first formed Men lived to about 47, which is roughly the lifespan of a modern Canadian snowblower.

Gasoline wasn't at gas stations yet, because gas stations weren't a thing. You bought fuel at general stores, right between the cough syrup and the horse liniment. Cars were so rare that if you saw one, you'd tell your neighbours for weeks.

You had bathtubs and indoor plumbing but only if you were fancy... and by "fancy," I mean "lived in Toronto."

Only a tiny fraction of homes had phones. If you wanted to call someone, you walked to their house. If they weren't home, you walked back. This was called "cardio."

Most workers earned 15-20 cents an hour, which today wouldn't even buy you a Timbit. Professionals made more:

- Accountants: \$1,500-\$2,000
- Dentists: \$2,000-\$3,000
- Engineers: \$4,000-\$5,000

Basically, if you could count teeth or build a bridge, you were rolling in it.

Canada had a pretty good literacy rate, but high school grads were rare. If you finished Grade 8, you were basically the neighbourhood professor.

Doctors often had no university medical degree. Many trained at "medical schools" that were basically: a guy with a mustache, a book, and a willingness to guess.

Leading causes of death? The classics: pneumonia, TB, diarrhea, heart disease, stroke. Diarrhea was a top killer — imagine explaining that to your relatives.

Have you been to the grocery store lately? One

hundred and five years ago you paid

- Sugar: 4-5 cents/lb
- Eggs: 15-20 cents/dozen
- Coffee: 15-20 cents/lb

Basically, breakfast was cheap, but surviving long enough to enjoy it was the challenge.

Women washed their hair once a month using Borax or egg yolks. Your hair smelled like breakfast, and nobody complained.

Canada had laws to keep out people who were "too poor." Yes, the country that now apologizes for everything once said: "Sorry, you're broke. No entry."

About 18% of households had servants. This was before dishwashers, so someone had to do the 47 daily chores.

Heroin, morphine, and marijuana were sold over the counter. Pharmacists cheerfully claimed heroin was:

"Great for your complexion and mood!" Basically Sephora, but unhinged.

No Maple Leaf yet...Canada still rocked the Red Ensign, which looked like Britain's hand-me-down laundry.

Canada had fewer than 100 murders nationwide. Everyone was too tired from farm work to commit crimes.

Other Fun Facts

- No Mother's Day or Father's Day.
- No iced tea, no canned beer, no crossword puzzles.
- Most towns were tiny with some Prairie settlements having fewer people than your average Costco lineup.



Gyros blowing out candles this month are

*Paul Skinner*                      *July 13*

*John L'Ecuyer*                      *July 17*

*Lyle Nisi*                              *July 19*

# UPCOMING EVENTS

The **2026 Gyro International Convention** will be held right here in Calgary from **July 13 to 17**, and many of you have already registered to take part. This will be our **only opportunity** to attend a Gyro Convention this year.

As you know, Gyro's District structure has now been consolidated into three, with District Governors becoming part of the International Executive Council. As a result, the former Districts will be wound up. This change means members will no longer be required to fund District operations, including travel for District Executive members.

For District 8, the wind-up process is underway. Once completed, the remaining District 8 assets will be distributed to the District 8 clubs.

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**MINI Golf at Oasis Greens Golf Center** is on our Gyro Calendar for July 22. I see there is a Save the Date on Evite and would expect that you will see the actual invitation in due course.

## ***New Member Brochure Now Available***

If you don't already know, we created the **Calgary Gyro Club's new trifold brochure and it is officially ready for use**. It highlights who we are, what we do, and why our Gyro club continues to be one of Calgary's most enjoyable and enduring friendship clubs.

This brochure is designed to be a **simple, effective tool for attracting new members**. Whether you're chatting with a neighbour, golfing with a friend, or meeting someone who might enjoy our events, the brochure makes it easy to introduce Gyro and share what makes our club special.

A few ways members can use it:

- 1) **Share it with potential guests** who might enjoy attending a Gyro function.
- 2) **Bring copies to events**—you never know when a conversation turns into an opportunity.
- 3) **Use it as a talking point** when describing Gyro's history, activities, and the fun we enjoy year round.

The brochure reflects the spirit of our club: **friendship, fun, and a warm welcome to all**. We encourage every member to keep a copy handy and help spread the word about Gyro.

If you would like printed copies, simply call Larry Fenton. He has lots.....

*That's it for this month,*

*Ken Baker, Bulletin Guy*