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District IV GYRO Bulletin
A Fraternity of Friendship



Joyeuses fêtes

from your District IV GYRO Family



Dear Gyros,

Welcome to the first edition of the Gyro District IV Bulletin! I would like to start with expressing my gratitude to all of those who made contributions on such short notice. With our members unable to gather with family and Gyro friends for the coming weeks, we wanted to ensure our first edition was published during the holiday season.

I would also like to thank our volunteer editor, Wanda Ollis, for turning our individual email submissions into a proper bulletin. To ensure the bulletin is filled with great content each quarter, we will be creating a District IV Bulletin sub-committee. If you are interested in joining the committee, please reach out to me or Wanda (our contact information is on the last page of the Bulletin).

I hope this bulletin brings a smile to your face and serves as a reminder that your friends across the district are still here and just as eager as you to reconnect, once it is safe to do so.

Wishing you all a safe and joyous holiday season and a happy new year!

Matthew Williams

Governor, District IV (Photo with Kelly & Alex)



Who am I?

Greetings to all of you in District IV Gyro. You probably want to know who this person is sending you greetings and so unashamedly changing words, adding nuance, fidgeting with punctuation and style, and daring to add unsolicited content to your Bulletin. Let me introduce myself. First, I should probably tell you that I am a “Gyro lady”, an honour bestowed on me only through marriage to a Camosun Gyro, Colm Foy (someone many of you know or have heard of). I’m also second choice to do this (well, perhaps not really “a choice” as I was the only volunteer) as Colm, who is the editor of the Camosun Bulletin, was far and away the first choice. Alas, his schedule is too full; we semi-retired folks with six dogs, three cats, seven acres of forest and gardens, and four grandchildren that actually still think we are “cool” enough to spend time with, absolutely must have a schedule – without one, we’d never fit in the mandatory parts of our lives, like naps and cocktail hours

Editing in all of its forms and types of publication and with many job titles has been a large chunk of my professional life. However, all of it has been academic in theme and formal in style, which makes this a new and daunting endeavour. Since this is *your* Bulletin, help, suggestions, ideas, submissions, subtractions, additions are the only way to make the content what *you* want it to be. As the editor, I am here to help you get it to the audience in a coordinated manner and consistent style with accessible language. I get to apply the rules, you get to choose to what they are applied.

The goal of this Gyro District IV Bulletin is to keep members informed of events, happenings, and announcements as well as to share stories, accolades, special occasions, and moments – all of which speak to what a Gyro club is – a place to make friends and be friends. With this in mind, this section of the Bulletin will be reserved for members to submit their “Who am I” narratives. These can be, for example, short biographies, vignettes from life that speak to who you are, or identifying yarns (e.g., “how I got my nickname”) – basically, any chronicle that shares who you are.



In this, the first Bulletin, I would like to extend best wishes to each and every Gyro and their loved ones for the holiday season. May you all stay safe and well.

Wanda Ollis

The Way Forward

The festive season is a wonderful time to share experiences of the past year and best wishes for the year ahead. It is for this reason that we have hustled to get our first issue out. Let’s face it, for many, if not most of us, 2020 will not be a hard year to say good-bye to, yet there have still been special events, significant achievements, momentous occasions, bonds of friendship formed or solidified, and precious memories made. We chose to focus on these because most of our Gyro clubs have not been able to meet in person to share the moments of friendship this past year.

Yes, it has been a challenging year, one that has had us all focussed on staying safe from an invisible, invasive enemy in the form of COVID-19, which, in turn, has altered many aspects of our everyday lives. How many of us have learned new things, from the world of health, science, statistics, politics, or international organizations? How many of us spent more time than ever before on the internet combing government or news sites for updated information, or watching CBC or CNN or talking on the telephone – not just to stay close to those we care about – to make sure our family and friends were safe?

Learning just might be another common thread of this pandemic-filled, political-drama overload marked year. How many of us thought “zoom” referred to the noise little children make when

racing toy cars across the floor? Or that “face-time” was code for corporate types to meet in person? Most of us probably toyed with Skype at one time or another, but used it regularly? Those of us with teenage children or grandchildren now know that Facebook and texting are going the way of the dodo and are attempting to learn about “snap-chat” and “Instagram”.

Why? To stay connected. We sincerely hope this Bulletin helps a little towards this. Staying connected via different mediums in this post-modern, pandemic-plagued world takes a different kind of effort. Not more effort, just effort, that for many of us, means learning both how to do new things and how to change our behaviours a little bit. That end of day drink, morning coffee, afternoon tea, or afterwork beer with a friend or family member (not in your household) can still be shared. In fact, you can still play chess with a granddaughter or snakes and ladders with your grandson (Facetime works really well for this). And, **Gyros can still meet up**, in any size virtual group! Hence, thanks to Mike Wedekind of Camosun Gyro, there is a section of this bulletin devoted to navigating Zoom. As a tech-challenged introvert this couldn’t come at a better time – Colm might be the only one I’ll kiss on New Year’s Eve, but with Zoom, I can at least blow a few!

ZOOM (Mike Wedekind, Camosun)

Our meetings and many of our other activities are now being held on Zoom. Zoom meetings can be fun. You can see and interact with other members, hear, and tell jokes, and question the speakers. For those who have not tried Zoom, here are some hints:

1. Gyro will send you an invitation before each meeting. The invitation will have a “link”, which is a line that starts “https:” It will often be in a different colour from the rest of the message. You can join the Gyro Zoom meeting either from a smartphone, tablet, or from a computer. Usually all that you must do is click on the link.

2. The first time you join a meeting, click on the link 10 minutes before the meeting start time because Zoom will have to download some software and ask your name. For later meetings, if you use the same phone or computer, you can click on the link only one or two minutes before the meeting start time. On some computers or phones, you may have to enter the meeting ID number given in the Gyro invitation. If you want more information, see <https://www.context.org/help/zoom-quickguide/>

3. When you are connected, you will usually be able to see the other participants and be seen. However, the others may not be able to hear you unless you click on an “Unmute” button on your screen. This button turns on the microphone in your phone or computer. On some computers or phones, the button is near the bottom of the screen, on others near the top. On some computers or phones, you will not be able to see the button until you move your cursor to the top or bottom of your screen. When you do, a black area with buttons becomes visible. One button reads either “Mute” or “Unmute”. If it says “Unmute”, you can press it to turn on your microphone. It is best to leave your microphone turned off unless you want to make a comment.

4. Near the mute/unmute button is another button marked either “Speaker View” or “Gallery View”. If it says, “Speaker View”, press it, and the person speaking will take up most of your screen. If it says “Gallery View” pressing it will show all participants in the meeting in small pictures. (On a phone only 4 will show at a time; on a computer more will show.) We recommend the setting that shows the speaker in a large part of the screen. To get this, press “Speaker View”.

5. If you cannot hear the other participants, check to see whether your computer speakers are turned off. This is controlled by the general settings of your computer.

6. Good luck and happy conversing.

The 12 days of Gyro Christmas – by Kelly and Matthew Williams

*On the first day of Christmas Gyro gave to me
a lifetime of Gyro glee*

*On the second day of Christmas Gyro gave to me
two District Conventions and a lifetime of Gyro glee*

*On the third day of Christmas Gyro gave to me
three Founding Men, two District Conventions and a lifetime of Gyro glee*

*On the fourth day of Christmas Gyro gave to me
four gyroscopes, three Founding Men
two District Conventions and a lifetime of Gyro glee*

*On the fifth day of Christmas Gyro gave to me
five golden pins, four gyroscopes, three Founding Men
two District Conventions and a lifetime of Gyro glee*

*On the sixth day of Christmas Gyro gave to me
six stolen paddles, five golden pins
four gyroscopes, three Founding Men
two District Conventions and a lifetime of Gyro glee*

*On the seventh day of Christmas Gyro gave to me
seven gents a drinking, six stolen paddles, five golden pins
four gyroscopes, three Founding Men
two District Conventions and a lifetime of Gyro glee*

*On the eighth day of Christmas Gyro gave to me
eight ladies dancing, seven gents a drinking
six stolen paddles, five golden pins
four gyroscopes, three Founding Men
two District Conventions and a lifetime of Gyro glee*

*On the ninth day of Christmas Gyro gave to me
nine active Districts, eight ladies dancing
seven gents a drinking, six stolen paddles, five golden pins
four gyroscopes, three Founding Men
two District Conventions and a lifetime of Gyro glee*

*On the tenth day of Christmas Gyro gave to me
ten moose a milking, nine active Districts, eight ladies dancing
seven gents a drinking, six stolen paddles, five golden pins
four gyroscopes, three Founding Men
two District Conventions and a lifetime of Gyro glee*

*On the eleventh day of Christmas Gyro gave to me
eleven Gyros golfing, ten moose a milking
nine active Districts, eight ladies dancing
seven gents a drinking, six stolen paddles, five golden pins
four gyroscopes, three Founding Men
two District Conventions and a lifetime of Gyro glee*

*On the twelfth day of Christmas Gyro gave to me
twelve months of friendship, eleven Gyros golfing
ten moose a milking, nine active Districts, eight ladies dancing
seven gents a drinking, six stolen paddles, five golden pins
four gyroscopes, three Founding Men
two District Conventions and a lifetime of Gyro glee*

Newsworthy & Noteworthy

This part of the District IV Bulletin is for you – the clubs that make up this dynamic district across Washington and British Columbia. With 19 clubs and just over 500 members, it is your space to tell others what your clubs have been up to each quarter. It can be an update on club activities, invitations to events, messages, missives you'd like to share with the clubs in your district, or club happenings that beg to be shared (for example, see Fraser Delta below). It is our hope that the spring edition of the Bulletin will feature all 19 clubs!

In case you are wondering:

WHAT DOES DISTRICT IV DO FOR YOU?

Gyro is essentially a federation of men's friendship clubs grouped into Districts. International is the overall umbrella for all the clubs and what makes Gyro, Gyro.

The largest District, in terms of members, is our District IV, which comprises all the clubs in B.C. and Washington State. This is a vast area: Vancouver Island, the urban cities of Tacoma/Seattle, Vancouver BC, Vancouver WA ... and inland towns, like Kelowna and Prince George. The landscapes are very different, too, and the backgrounds of members also vary, according to the club.

The aim and purpose of the District is to bind all this variety together, to create and maintain a sense of solidarity with our Gyro friends wherever they may be in BC or WA. In this way, the experience of being a Gyro is enriched and friendships built that may never have been thought of before. Generally, the District Conventions, which move from club to club, help to reinforce this sense of belonging and provide opportunities for Gyros and their

partners to meet other club members, keeping the "ring of friendship" wide and welcoming. Now, in the era of COVID-19, the District continues to maintain these bonds of friendship, though now mostly by electronic means. The surprising thing has been that we find the ease of connecting with each other offered by Zoom and company has actually increased interaction between Gyros in different parts of the District. This bulletin adds to this Gyro-to-Gyro communication.

When the COVID-19 nightmare is over, we will likely find that Gyros continue to use the new forms of communication to stay in touch, so we may end up with even stronger ties than before. Which is not to say we will be abandoning the fun and friendship of the conventions. Quite the contrary, we might find that the relationships we have formed through electronic communications will encourage us to want to meet our new friends in person when the District conventions return!

Colm Foy, (Camosun) Secretary, District IV

CAMOSUN

“If at first you don’t succeed, try, try again. Then quit. There’s no point in being a damn fool about it”. *W.C. Fields.*



Not much to report. Just trying to ... **Keep the flame alive**

We booked our Christmas/Holiday party at the University of Victoria Faculty Club with our Lady Gyros for December 19th but the virus, in the form of Dr. Bonnie Henry intervened. Undaunted, we tried again for December 19th but again the virus intervened. Now we are going to try, try again for January 26th just to prove that W.C. Fields was a quitter! The Faculty Club is hoping that we will choose Turkey for our dinner; probably because it has a freezer full. Is there anything wrong about having a Christmas/Holiday party on January 26th?

Through every moment of the Holidays, and every day of the New Year, may peace and happiness be yours.

Yours in Gyro friendship,
Mike Wedekind, President, Camosun

FRASER DELTA

On the evening of December 9, 2020, the Gyro Club of Fraser Delta had a Christmas Zoom Party. The turnout was the best we have ever had. There were a very few not at the gathering, mostly due to previous commitments.

We all dressed up, made special desserts, and played a few games. Prizes were awarded for best Christmas attire, best dessert, and music trivia in the form of a Christmas Carol Quiz. Winner of the best dressed was Gerry Galasso for his Santa suit. I can't remember who won the best dessert because there was a 3-way tie. Then a set of run-off questions occurred, and I think it was Gord Turner and his wife Stephanie who took the best dessert prize¹. Doug Mackenrot and Marcie McKay of the Vancouver Gyro Club captured the prize for the Christmas Carol Quiz.

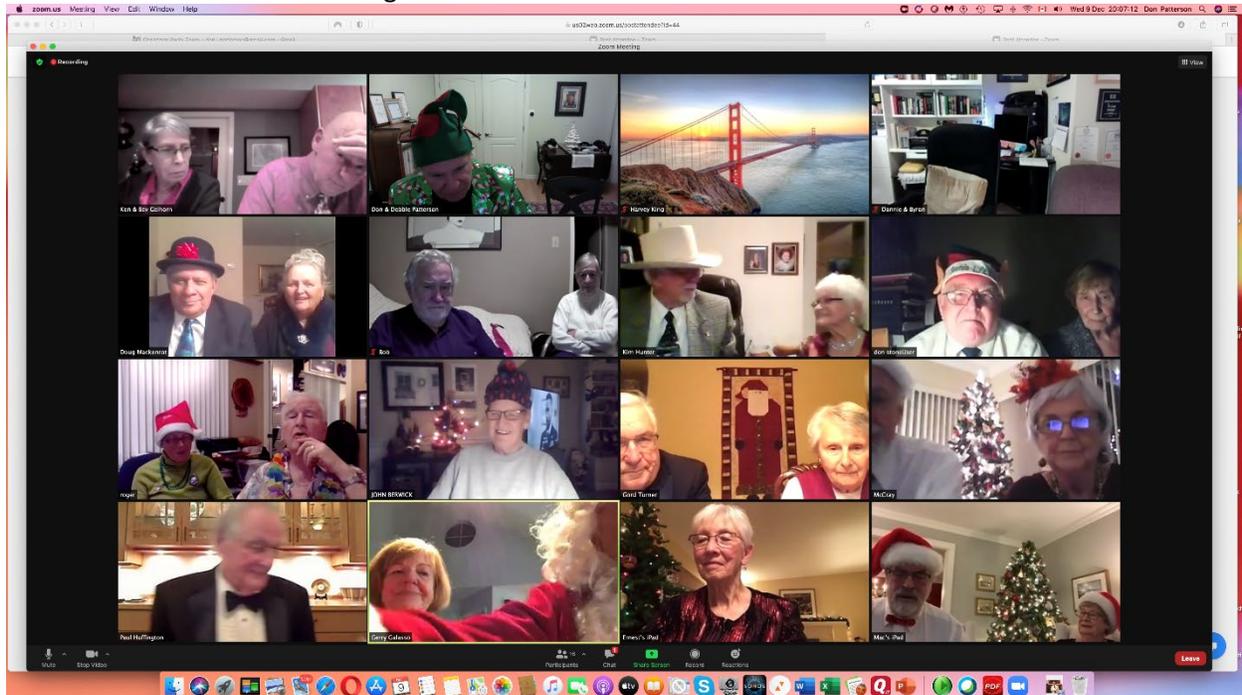
We had time to socialize and share... Most noteworthy and thematically, we shared tree ornaments of personal significance and spoke of the reasons for their importance. Some of the ornaments signified a loss or other bittersweet memory while others spoke of good times and fun. This sharing part of our evening, as well as the contests and camaraderie were enjoyed by all of us.

Time went by very quickly and I believe everyone had a good time. We are all looking forward to having an in-person Christmas. Maybe Christmas 2021?

Yours in Gyro friendship,
Don Patterson, PDG, Past President, Fraser Delta

¹ Now this just gets our curiosity up and begs a few questions: Who did win? What was the dessert? How do you judge a dessert through Zoom?!

Here is a screen shot of the Gang.



Top row (from left to right): Ken & Bev Gelhorn, Don Patterson (Debbie was out of the room and Don was making a Screen shot), Harvey King and the Buies were away from the screen; **second row:** Doug Mackenrot & Marcie McKay, Bob and Linda Cobb, Ray & Kim Hunter, Don Stone & Betty Mitchell; **third row:** Ray & Gail Searson, John Berwick, Gord & Stephanis Turner, Wally and June McCray; **bottom row:** Paul Huffington (our MC), Diane & Gerry Galasso (Santa), Shirley Toth, and Mac & Pauline McCallua. Honorable mention: Chuck & Lyn Dunn had to check out early and both the Ridouts and Hardys were unable to attend.

KITIMAT

The year 2020 has been unlike no other, with the COVID-19 pandemic disrupting and changing things like we've never seen before or could have imagined. With all of the health and travel restrictions imposed amid a second surge of cases in the north it is even more important to social distance and keep our circles small. Please continue to reach out to each other, check in, see if help is needed, and say hello, not just within our club, but to others that may need a hand.

With the future still unsettled (due to COVID-19) our members unanimously agreed that all club meetings and events should be cancelled for 2020/2021, until the COVID-19 restrictions are relaxed, the overall situation becomes clearer, and it is safe for our

members, spouses, and families to gather together again.

We did not have our Installation this year and will be keeping the status quo with our officers and directors until further notice. Also, our members did NOT want to hold meetings via ZOOM, though that could be revisited in the future depending on how things unfold in 2021. Our club did, however, still accomplish a few of our planned activities in the 4th quarter of 2020, namely, we:

- Made a donation to the Royal Canadian Legion, Branch 250 in memory of Ken Minifie;
- Purchased a wreath for the Remembrance Day Ceremony;



- Replaced the lights on the Gyro Community Christmas Tree; and
- Will be making a donation to the Kitimat Food Bank to help out during the Christmas period.

We now know that current restrictions in British Columbia will go into the new year and uncertainty surrounding the pandemic will go well into 2021 until COVID-19 is under control and restrictions are relaxed. Like all of you, I am looking forward to being able to see

each other again. In the meantime, I would encourage you to support any District IV initiatives to help Gyro's stay connected, despite the pandemic.

Stay safe my Gyro friends and have happy holiday season.



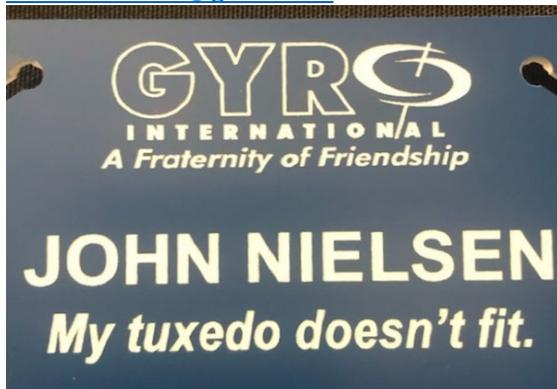
In friendship,
Steve Revell, President, Kitimat

NANAIMO

My Name is John Nielsen. I am the current president of the Gyro Club of Nanaimo. Over the past seven months, I have had the great opportunity to plan some wonderful events, tweak them to be as pandemic friendly as possible, and then inevitably cancel them. I have been dubbed "the Cancelling President". COVID-19 has forced all clubs and individuals to adapt to make the best of a terrible situation. We find ourselves abandoning our active social calendar to become support mechanisms for those who were affected by, or ultimately succumbed to this virus. As Gyros are inherently social individuals, these have been particularly difficult times. On the eve of the initiation of a mass vaccination, the thought of returning to our familiar social calendar becomes the prize to focus on, but let's be diligent over the holidays, and honour the public health orders.

With our newfound pending hope, a new reality has arisen... my tuxedo does not fit. This is the most politically correct way I can state that the COVID "20" has taken its toll. When I look around at some of my friends, they too might find their tuxedos a little snug. In an effort to preserve the fragile male ego, I offer you a proverbial glove to the face. Nothing motivates men more than a little friendly banter and of course, a wager. This is not a New Year's Resolution. Those are promises made to be broken. Resolutions are the reason it's cheaper to buy a treadmill on Valentine's Day than it is on Black Friday. This is a pledge. I am making a pledge to my fellow Gyros, that come installation season, my tuxedo will fit! I encourage you to join me and put your money where your mouth is. One simple rule: step on the scale. Send me a dollar and your starting

number. To all those honest fishermen out there, leave the lead sinkers out of your pockets. Like those reality shows, we'll weigh in, calculate the percentage of loss (or gain); The highest percentage of weight loss takes the money. The lowest percentage gets a new nametag to wear for the year. I personally look forward to saying to my tailor "Jim, (Jim's Clothes Closet in Courtenay, amazing store and worth the drive) I don't need alterations this year. In fact, I need a new tie as this one is too long". Anyone interested in making the pledge to a better fitting tux, please email me at flintmachine08@gmail.com



Together we can better ourselves for a healthier 2021 enabling us to enjoy Gyro friendship for years to come.

Nanaimo will be hosting our 100th installation tentatively booked for mid-May 2021. Current First VP Garth Johnstone will take the gavel as our 100th president. Garth is a second-generation Gyro who's keen on following in his father Paul's footsteps. I look forward to seeing you all there to toast our century, our new president, and your good health. Look for me, I'll be the one in a great fitting tux.

However you choose to spend your holidays, with a star on a tree, candles on a menorah, or anything in between, we here in Nanaimo wish you a safe and healthy holiday season.

Yours in Gyro friendship,
#99, President, Nanaimo

SIDNEY

The Sidney Gyro Club, established in 2015, has the distinct advantage of being small and flexible, offering its members the opportunity to choose the type of safe, social activities they want to stay connected and entertained during this difficult year of the pandemic. For example, I organized luncheon meetings on the 1st and 3rd Tuesday of each month at different restaurants on the Saanich Peninsula.

Attendance at these has included Victoria and Camosun Gyro Club members, as well as Sidney Associate members. Although the lunch meetings have been suspended during this current lock down, Sidney Gyro welcomes our club members and visiting members when the

luncheons resume in 2021 when current restrictions are lifted.

While most of our local clubs could not hold their usual functions, I was fortunate to attend one: the Founders' Night dinner hosted by Camosun Gyro at the University Club restaurant.

Our small club grew in numbers recently as David Caul, also of Camosun and Victoria clubs, became an associate member of the Sidney GYRO club during the past year.

Yours in Gyro friendship,
Kurt Grillowitz, President, Sidney

TACOMA

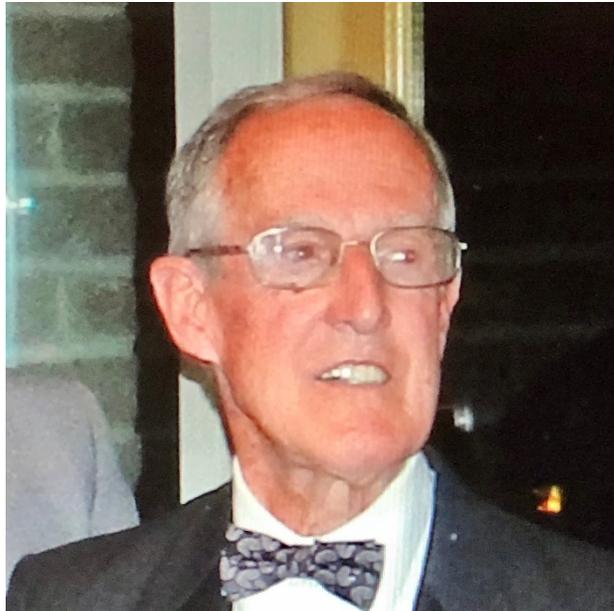
The Gyro Club of Tacoma is in hibernation. We have had no meetings, no activities, and only limited communication since the spring. I know that sounds bleak, but we remain optimistic. We have participated in some of the District Zoom activities and look forward to continuing that participation. We are thinking, planning, and scheming on how we can add more members when the world is safe once again.

We are a small contingency, but we are dedicated. We look forward to 2021 and safe Gyro travel once again. From all of us here in Tacoma, we wish everyone in District IV a Merry Christmas and Happy New Year. Stay safe and we look forward to seeing you very soon.

Yours in Gyro friendship,
Matt Johnson, President, Tacoma

VANCOUVER

The Vancouver Gyro club had a “ZOOM Christmas ‘Non-Dinner’ and 100-Year Celebration” on December 16th. The party was their first Zoom event. It was celebrated with 20 members and their wives/partners, along with Fraser Delta President, Don Stone, and International Gyro President, Alan Pentney.



President Peter Howes read out a letter from Governor Matt Williams offering sincere congratulations to the Club for achieving its 100th year. Al Pentney’s congratulatory remarks noted how many Governors and International Presidents were spawned from the Vancouver club, as well as its significant impact at both the District and International levels. The Vancouver Club was the first to

achieve the 100-year milestone in the District; regrettably COVID-19 restrictions and realities forced the club to cancel its plans for a gala celebration in October.

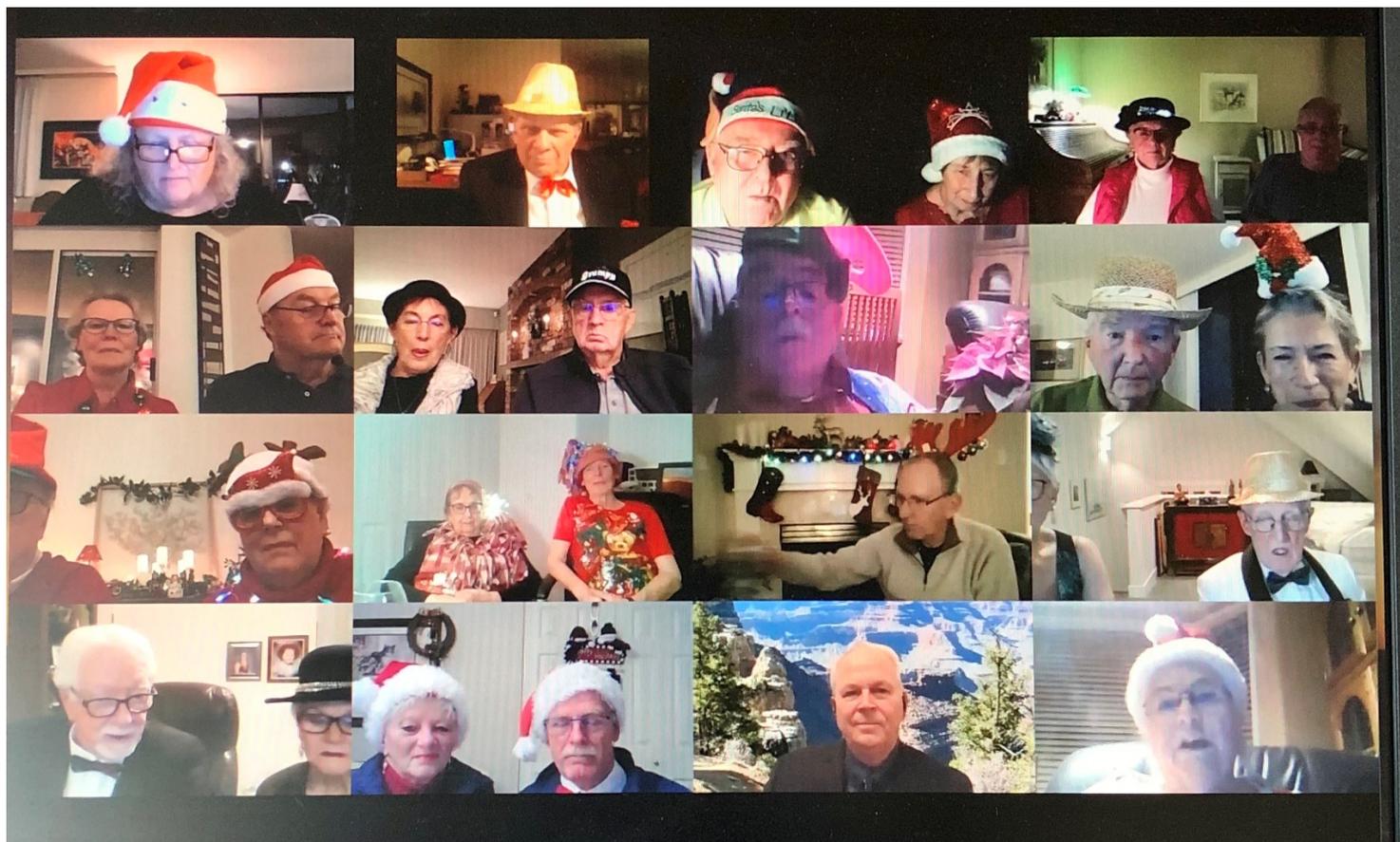
Two members were recognized for becoming 50-year members, Bob Tulk and John McLean, who joined with Ray Hunter, a 56-year member, and Bernie Fahy with 63 years of membership. Peter Howes was taken by surprise as he was awarded a special Award of Merit from Gyro International. Host Doug Mackenrot arranged for a Mystery Guest – Marilyn Monroe – to sing “Happy 100th Birthday” to the club and provide an entertaining ‘COVID-19’ version of “T’was the Night Before Christmas”; needless to say, the attendees were thrilled with the surprise! Prizes were given for the best hat, as well bottles of wine for “door prizes”.



During the evening, we also broke out into smaller groups of 6 to converse more easily. Doing this allowed for more natural conversation than is possible in a large zoom meetup. Thus, we discussed what was happening in our lives and how we were managing with the pandemic.

A great time was had by all.

Yours in Gyro friendship,
Peter Howes, President, Vancouver



Top row, L>R: Marcy McKay (Doug's partner), Doug Mackenrot (Zoom host), Don Stone (Fraser Delta President) and his girlfriend Betty.
Row 2: Janet and John Upton-Noot, Carole and Clive Schindler, John moir, Al McKinnon with Jan Manson.
Row 3: 1/2 of Fred Melnyk and all of Barb, Betsy Goolieff and David Eriks, Wolf Stockhecke, 1/2 of Donna with Peter Howes.
Row 4: Ray and Kim Hunter, Cheryl and Ken Irwin, Al Pentney (Int'l President), Wilma Moir.



And just to make all the fellas in the other clubs jealous, another surprise guest showed up!!

VICTORIA

Like most, if not all the clubs in the District, our club has had no regular activities since the start of the pandemic. As we could not hold our usual Christmas events this year, we decided to send a Christmas gift to all our members and widows of past members in the form of **Christmas poinsettias**. These were delivered directly to their homes by volunteer members of our club, me included. The responses I have received have been overwhelmingly positive and very much appreciated.

Yours in Gyro Friendship,
Dan Blanchard, President, Victoria



MERRY CHRISTMAS TO OUR GYRO FAMILY

Gentlemen, it is our hope that all of the 19 clubs in District IV will have something “Newsworthy and Noteworthy” to share in the Spring 2021 Bulletin. We plan to publish quarterly on the 20th of March, July, September, and December with the 15th of a publication month as the deadline for submissions.

Please do not hesitate to reach out with suggestions or queries about what you’d like to read or write about in this section, or any other part of the Bulletin.

Thank you to those Clubs that submitted to this, your inaugural issue. We know there was little notice and that the past months have not been active ones for any of the District clubs. Our apologies for the short notice!

Featuring ...

This space of the Bulletin is dedicated to providing a platform for individual submissions that either feature a temporal theme or highlight individual or club news/achievements. For example, our first one herein focusses on COVID-19 advice, while the second is about how a member's business endeavour may be a lifesaving measure in COVID-19 and help to reduce global carbon emissions. The third one briefly describes a timely, forthcoming publication by a member that underscores our need, as a society, to better understand mental illness and the negative perceptions that still surround it. The fourth, is ... goodness, what to say about something that stirs one in so many ways... beautiful? Moving? Okay, you'll see and add your own description. P.S. I stole it from Colm because it arrived in the post too late for the December Camosun Bulletin! (I hope you don't mind, Stuart.)

SURVIVING (and maybe even) THRIVING DURING COVID-19

David Caul, a member of Victoria, Camosun, and Sidney Clubs, compiled a list of things for members to do during COVID (great idea, David).² These range from ways to maintain one's own physical, mental, and emotional health to helping others maintain theirs. The common theme: stay in touch, reach out, and remember, "no man is an island".

Ideas that can be done any time:

- Publish the number of years each member has been a member in Gyro (if you do this, it is very likely going to spur more than a few welcome phone calls exclaiming "gosh, I had no idea you've been with us that long").
- Publish birthdays and anniversaries of members (will motivate calls of best wishes and an age joke or two).
- Produce a monthly club bulletin for members to send pictures and narratives of their recent activities/projects (or use this bulletin) as a forum to reach out and share with updates, messages, and/or stories that beg to be told.
- Create a phone committee to call each member to stay in touch or to offer help (remember that asking for help is not always easy but responding to "how can we help?" can make all the difference).
- Take part in a weekly meditation class through Zoom (for example a leader is available in the Camosun/Victoria/Sidney Gyro area, there may be one in yours or someone who'd like to start a class).
- Embark on measures to help any member who may be in need, such as creating a "go fund" page, an online auction, or virtual garage sale to raise funds (a telephone committee can help get you started).
- Pass on clever, interesting, moving, or humorous gems from emails or online finds (for example, one member sends me outstanding musical renditions, several members have a treasure chest of clever jokes to share, while others find bits of poetry or obscure news items that many will welcome if passed forward).
- Consider submitting memoir sections for the bulletin (these can be short stores about childhood, school days, "I remember that time we went to ___", or "my first day as a ___").
- Exercise programs that you have found effective (virtual, video, and/or with minimal home equipment).
- Share recipes that have made home cooking tastier and pleasurable.

Ideas when limited (small) gatherings are allowed:

- Organize a pickle-ball match using a gloved hand for the ball.
- Coffee meetups with social distancing.
- Walking/bicycle groups with coffee afterwards.
- Dinner meetings including spouses/ significant others (remember, they are the support behind any successful men's club).
- Publish upcoming interclub activities which others may wish to attend.

²² Editor's Note: In teasing out the nuances of David' ideas, it became clear how wonderful it would be if clubs put them into action. If any club or individual members do, we'd like to hear about it and share in the next issue of the Bulletin.

HIDING IN PLAIN SIGHT

Lawrence (Larry) Matrick (M.D.), from the North Shore Club, has recently written a book, *M.D. Confidential*, that explores the topic of mental health and how it is perceived in society (always a relevant topic, and perhaps more so during COVID). As a doctor of psychiatry, a Fellow in the Royal College of Physicians, and a long-time Assistant Professor in Medicine and Psychiatry at the University of British Columbia, Canada, while also working in private practice, there are likely fewer people more qualified to write about this topic. Raising awareness about what is too often deemed a “sensitive” topic, or a health issue to be kept secret, is crucial in our society, at

any time. As we all navigate and traverse this new world, it is more so. We have all read or heard about the silent effects the pandemic has had on the mental and physical health of too many people as it alters lifestyles, livelihoods, increases daily worries and fears, with hope for “normalcy” still in the distant future. Larry’s words might offer insight, hope, understanding, empathy, and compassion for those we know, don’t know, or ourselves. For some of us, it will be a “must read”. If so inclined, here is a link to *M.D. Confidential* to get you started: <https://lawrencematrick.com/product/m-d-confidential-ebook/>.

AIDING TWO CAUSES

Peter Evans, a member of Victoria club and former District IV Governor, is one of those chaps who has a long resumé of achievements in his career (thank goodness he’s likeable). Though retired from two careers, clearly, he is not one to stop or let go of a potentially great idea. The past few years he has been focussed on a novel creation/business endeavour. Now, near the finish line of the creation phase, this innovation is set to aid (or make viable) transporting and storing a temperature-sensitive COVID-19 vaccine. And the cherry on top, over time, as it is utilized more and for more goods, it will lower our mutual carbon footprints! (To read more about it, see <https://www.timescolonist.com/business/cool-victoria-firm-could-play-moving-role-on-vaccines-1.24210746>).

“FOR OUR FRIENDS”

“These are two touching poems for our Gyros during the epidemic” (Stuart Cameron, Camosun)

A Time to Talk by Robert Frost

When a friend calls to me from the road
 And slows his horse to a meaning walk,
 I don’t stand still and look around
 On all the hills I haven’t hoed,
 And shout from where I am, What is it?
 No, not as there is a time to talk.
 I thrust my hoe in the mellow ground,
 Blade-end up and five feet tall,
 And plod: I go up to the stone wall
 For a friendly visit.

The Pasture by Robert Frost

I'm going out to clean the pasture spring;
 I'll only stop to rake the leaves away
 (And wait to watch the water clear, I may):
 I sha'n't be gone long.—You come too.

I'm going out to fetch the little calf
 That's standing by the mother. It's so young,
 It totters when she licks it with her tongue.
 I sha'n't be gone long.—You come too.

Save the Date

SPECIAL EVENTS



A district-wide invitation: Matthew (District 4 Governor) and Kelly Williams (Lady Governor) are hosting a Virtual Christmas/Holiday Cocktail Party on December 23rd at 7:00 pm. Come dressed in your Christmas best – now is the time to show off that “ugly” Christmas sweater that has been waiting to be seen. Here is the link:

<https://us02web.zoom.us/j/87960825531?pwd=R21hSnhtRGRSbkREMVcwbEgxTUI1QT09>

Simply click on the link and, if asked, the password is 712672. This event will be available to all Gyros in District IV. Hopefully, you’ll be able to say hello to Gyros you know and meet a few that have not yet crossed your path.

UPCOMING EVENTS

- ❖ December 23, 2020: Gyro Christmas Cocktail Party (Zoom)
- ❖ May 14-16, 2021: District IV Interim (Nanaimo)
- ❖ Sept 24-26, 2021: District IV Convention (Prince George)

Scroll down for a brilliant example of ingenuity and creativity of Byron Buie who produced the invitation for the Fraser Delta Gyro Christmas Party.

Fraser Delta Gyro Club



Zoom Christmas Party



Wednesday December 9th, 2020
Time 7.00 PM Precisely !



Name That Tune!



Dear Santa,
BEFORE I EXPLAIN,
HOW MUCH DO YOU
KNOW ALREADY?



Party Festivities

- 1) Christmas Greetings by ALL Participants
- 2) Best Combination Attire & Deserts Contest.
- 3) Christmas Ornament Appreciation Review
- 4) Christmas Quiz "Guess That Christmas Tune"



Location: Your Home - Free Parking - ZOOM Details To Follow By Email

Puzzle Pages

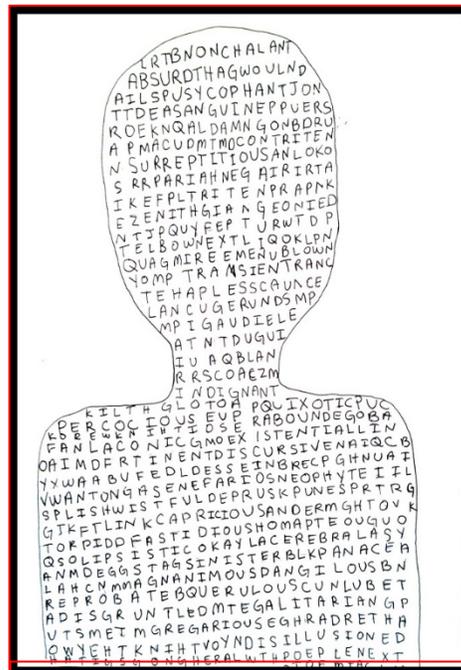
For each of the four seasons (quarterly) of the bulletin, we'd like to leave you with something fun to tease and challenge.

BRAIN TEASERS

1. If you have me, you want to share me. If you share me, you don't have me. What am I?
2. You are escaping a labyrinth, and there are three doors in front of you. The door on the left leads to a raging inferno. The door in the centre leads to a deadly assassin. The door on the right leads to a lion that hasn't eaten in three months. Which door do you choose?
3. Turn me on my side and I am everything. Cut me in half and I am nothing. What am I?

Answers: (1) a secret; (2) the door on the right (the lion would be dead after not eating for three months); (3) the number 8 (on its side, the number 8 looks like an infinity symbol; cut in half, the number 8 becomes two zeros).

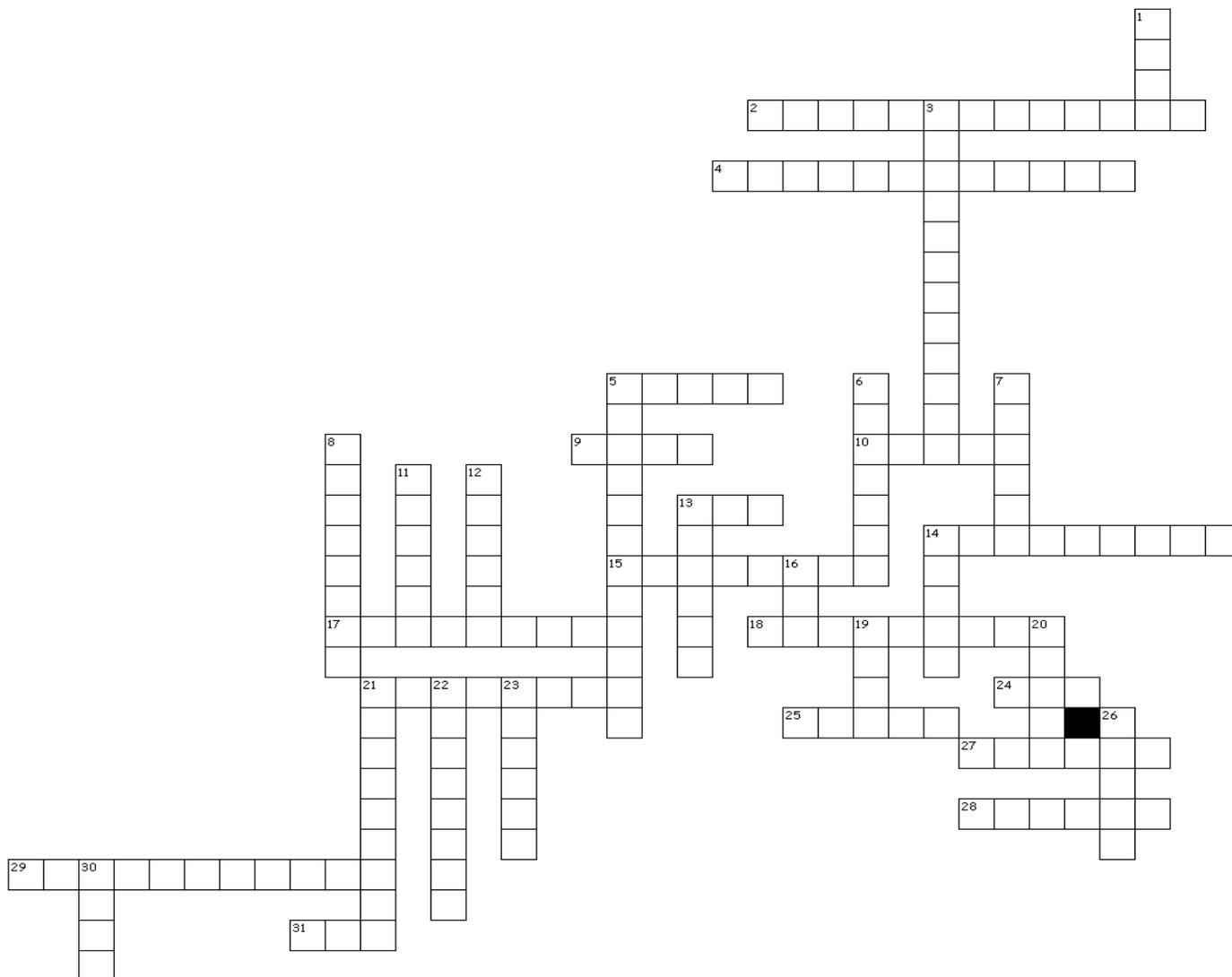
On the next two pages, you will find a Word Search and a Crossword puzzle, courtesy of Sandy Dumais (Marc) from Camosun Gyro, who has crafted both. Need a clue before you begin: they are titled "Seasonal Friendship".



U P I H S E D A R M O C R G Y P J E J M
 A N I P C Q P Z N N R A A N Y D E T R E
 F L D H R P R D O W H K P I P R N I K P
 M M U E S E I W R G L X P T T N Y A W X
 H U G B R W S U G L A W O E I A G J C R
 W E I R L S O E D U T Q R E S X V R Q P
 U V F V Y X T L N B K W T R I U S I P J
 H A R O N E M A L T E D Q G I K Q T M O
 J G I D I D T I N E S J Y C R H Q P T K
 E H E S D B G L L D F I A L L I A N C E
 L A N G Y H J D E H I M D Y K D Z Z F Y
 C D D E T E N W A D A N T Z R P C Z V T
 A X L S A A P R F R I I G Q Y W N Q K G
 R C I S C W M C A K N E R H S N F C B B
 I L N M F O D D V I M V R I U F R H G Z
 M E E Y N F E L F T D W C D J M B D K Y
 L D S Y K R L F X J C K E H F O B O X L
 I I S S I Y A Y V Q H S G P A G A U M L
 A D S E O C O M P A N I O N S H I P G O
 R B W R E A T H Y T I N U Q Z B G I D H

AFFINITY
 ALLIANCE
 CAMARADERIE
 CANDLE
 CANDY
 COMPANIONSHIP
 COMRADESHIP
 DREIDEL
 FELLOWSHIP
 FRIENDLINESS
 GREETING
 HARMONY
 HOLLY

HUG
 HUMBUG
 LATKES
 LIGHTS
 MENORAH
 MIRACLE
 PRESENTS
 RAPPORT
 TREE
 UNDERSTANDING
 UNITY
 WREATH



Across

- 2. first artificial one was made of feathers dyed green
- 4. introduced the Christmas tree to England (2 words)
- 5. Aomori City is the snowiest city in what country
- 9. used to clear the road after snow fall
- 10. Hanukkah lasts for how many nights
- 13. a loving embrace
- 14. fruity pies or tarts
- 15. a drink before dinner
- 17. Santa's location (2 words)
- 18. kissing bough
- 21. company who created our image of Santa in 1931 (2 words)
- 24. usually found with Holly

- 25. Hanukkah pancake
- 27. country with the coldest winter temperatures
- 28. greenery on your door
- 29. long winter sleep
- 31. frozen water

Down

- 1. winter season
- 3. Jingle Bells was originally written for this holiday
- 5. Roman emperor who declared January 1 a national holiday
- 6. Hanukkah toy
- 7. winter hand covering

- 8. who banned celebrating Christmas in the New World
- 11. three months with lowest average temperature
- 12. one horse open
- 13. winter sport
- 14. traditional Hanukkah gift
- 16. French for friend
- 19. mini pie
- 20. Santa's helpers
- 21. popped at midnight
- 22. first winter Olympic city
- 23. piece of wax burned for light
- 26. to give or receive
- 30. symbol of New Years

CALL FOR CONTENT

As Matthew requested (see p. 1), the Bulletin needs a committee of volunteers to create all aspects of it. It also needs content, and that content needs to come from all of you. The few features we have started with in this first issue, will hopefully, motivate you to send in like submissions or different ones based on your interests. Any gardeners, cooks, bakers, or book readers out there who might like to get us started on a series of columns such as “Gardeners Corner”, “Must Reads, etc.? What do you like about other Clubs’ Bulletins might you like to see in here? For example, the Camosun club members have shared their biographies in their Bulletin; these are enlightening, fascinating, and most of all, always informative, helping all who know them, know them a little more. Perhaps, you’d like to highlight another aspect of a member or their partner (a lady Gyro feature?) – be it a particular passion or interest that others would find interesting or, perhaps motivational. It is up to you what goes in your Bulletin. Let’s make it informative, appealing, and a bit of fun.



MERRY CHRISTMAS

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This *Bulletin* is published by the District IV Gyro for the benefit of its members. The views and ideas expressed in the *Bulletin* are those of the authors and do not necessarily represent those of the any Gyro Clubs, District IV or Gyro International or their members. Editor: Wanda Ollis (wanda.ollis@outlook.com).
