



Gyroscope

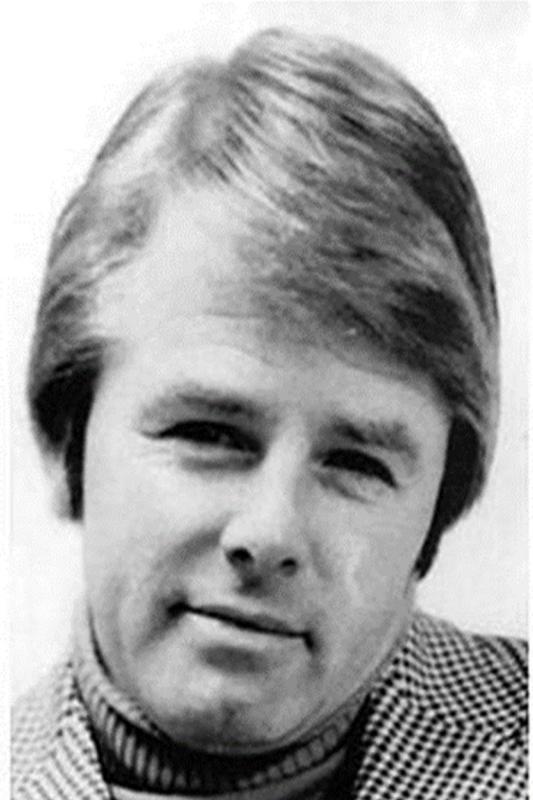
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Spring 2020





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Table of Contents

Executive Council Listing ----- Page 2
 District Governors Listing ----- Page 2
 Table of contents (what you are reading now) ----- Page 2
 In Memorandum ----- Page 3
 In Memorandum ----- Page 4
 I'm Old ----- Page 5
 President's Message ----- Page 6
 Outgoing President's Message ----- Page 7
 International Officer Installation ----- Page 8
 Gyro in a virtual world ----- Page 9
 How to Run a Great Virtual Meeting ----- Page 11
 Internal and External Expansion Urgency ----- Page 13
 Senior Citizens for Gyro Recruiting ----- Page 15
 Tribute to Bryan Flanigan ----- Page 16
 International News ----- Page 17
 District News ----- Page 22
 Club News & Past Events ----- Page 23
 The Humour Page ----- Page 25
 From the Editor ----- Page 30
 Welcome New Members ----- Page 31
 In memorandum ----- Page 32
 Publication Deadlines ----- Page 32
 Future Conventions ----- Page 33
 International Convention & AGM ----- Page TBA

Please send all email submissions (less than 15Mb in size) to Editor@gyro.ws If you have larger files, please email me & I'll send you a link to upload the files to.

About the Cover:

RIP
2nd VP

Bryan E. Flanigan, SR.
(1946 – 2020)

with his wife Sandy

RIP

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Chris Randall
(1935 - 2020)

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Bryan Flanigan
2nd International Vice President, Painesville Gyro
In Memorandum

Submitted by Timothy W. Wright, Sr. Ed.D. (Painesville)
Lt. Governor District 1

BRYAN E. FLANIGAN, SR. (1946 – 2020)

Friday April 3, 2020 the Painesville Gyro Club “met” (Zoomed) and raised a toast to honor the legacy of our friend Bryan Flanigan. We reminisced, told stories, praised the man known for his ready smile and fun approach to life. His passing stunned both Painesville and Western Reserve Gyro clubs.

Bryan was my closest friend in Gyro. We met going to a Gyro event (Cleveland Orchestra Concert) and stayed close; triggered it seemed by enjoyment and complimentary views about Gyro. Over the years we spent at least 3,000 hours on the telephone talking about Gyro! Amazing really. We both attended the same meetings and events, often driving together.

Bryan had many positive attributes as those who knew him well would quickly agree. He built relationships with ease. He had an engaging smile, was quick to praise you, and tried to make people feel welcome and part of a group. Bryan embraced fun and laughter; but was also an analytical thinker and had a good technical skill set. You could count on Bryan to be serious when needed, or to liven up a gathering. He was a diligent worker.

Bryan believed in upgrading Gyro experiences, especially for couples. Spouses he said, wanted enjoyable “date nights,” which was the driving force to most growing clubs. He believed in high quality too: events, venues, food, and drink. He advocated high standards for recruiting accomplished community leaders as members. Bryan liked black-tie formality.

His professional accomplishments were quite impressive. As evidence, Terex Corporation, the \$1.2 billion global crane manufacturer, gave Bryan the 2011 Chairman’s Award, their highest recognition possible.

Bryan’s leadership was clearly on display in Painesville Gyro, and through the District 1 Chairs, followed by an all too brief tenure as International Vice President.

Bryan really wanted Gyro to succeed. He was one of 17 members of the 2014 New Era Committee and helped develop the innovative report Recommendations For Effective Management of Gyro International in the 21st Century. (26 ideas)

Bryan was so proud of wife Sandy, his three sons and daughter, and especially his two granddaughters. He grew up in Cleveland and graduated from Cleveland State University. Bryan was proud that Cleveland was Gyro’s birthplace and that the Home Office was in Painesville. (A Cleveland eastern suburb) Bryan worked to improve Gyro at the club and International level. Along the way he made many friends and earned lasting admiration for his good cheer and accomplishments.

On behalf of the Gyro Clubs of Painesville, Western Reserve, and District 1 Rest in peace Bryan, God Bless You.



Chris Randall

Past International President, Victoria Gyro

In Memorandum

Submitted by Mike McNally

RANDALL, Christopher Gurney (Chris) November 27, 1935 - April 27, 2020 Chris passed away quietly at the Royal Jubilee Hospital after a short stay due to heart and kidney problems. He leaves behind his loving wife of 39 years, Judy Randall, sons, Norman Randall, Douglas Randall (Selam), daughters, Cheryl Dobson (Gary), Shannon McCrae and Jill Thomas (Ricardo), grandchildren, Kyla, Brody, Kim, Catrina, Sarah, Duncan, Richard, Malcolm and Jonny, and his first wife, June Randall.

Chris was born to Veronica and Eric Randall in Trail, B.C. and was the middle of three sons with his brothers, Michael and Robin, predeceasing him. After high school graduation, Chris went to the University of British Columbia and graduated in 1960 with a Bachelor of Commerce and a Bachelor of Law. He was called to the Bar in 1961 and throughout his 58-year career, he worked as Assistant City Solicitor for the City of Victoria, as well as at a number of different law firms. He started his private practice with O'Grady & Randall, and moved to Randall, Meyer, Pollard which eventually evolved into Randall & Company. Chris finished his legal career as a partner at Randall & Murrell, retiring at the end of 2019.

During his life, Chris was involved in a number of different organizations. He was on the Executive of the Victoria Shamrocks Lacrosse Club for many years. He was a long-time member of the Victoria Gyro Club and was awarded many recognitions and awards. He was President of the Victoria Gyro Club for two terms and he attained the status of Gyro International President in 1999-2000. Chris was also a long-time member of the Victoria Golf Club where he enjoyed golfing in the early years and later continued as a social member. Chris and Judy did a lot of travelling around North America with Gyro plus several personal cruises to Australia, South Africa, South America, the Caribbean, and Europe. Chris will be missed by Judy, his children and grandchildren, his Gyro friends and all his work associates.

Judy would like to thank all the staff in the ICU and the 8th floor of Royal Jubilee Hospital for being so friendly and thoughtful to Chris during his stay. A Celebration of Life will be held at a later date.

When Chris left this earth, Gyro lost a dedicated And steadfast member – an advisor, traveler, Contributor and unabashed champion. I lost my best friend. RIP buddy. – Emil Baijot



“Alright, here goes. I’m old. What that means is that I’ve survived (so far) and a lot of people I’ve known and loved did not.

I’ve lost friends, best friends, acquaintances, co-workers, grandparents, mom, relatives, teachers, mentors, students, neighbors, and a host of other folks. I have no children, and I can’t imagine the pain it must be to lose a child. But here’s my two cents.

I wish I could say you get used to people dying. I never did. I don’t want to. It tears a hole through me whenever somebody I love dies, no matter the circumstances. But I don’t want it to “not matter”. I don’t want it to be something that just passes.

My scars are a testament to the love and the relationship that I had for and with that person. And if the scar is deep, so was the love. So be it. Scars are a testament to life. Scars are a testament that I can love deeply and live deeply and be cut, or even gouged, and that I can heal and continue to live and continue to love. And the scar tissue is stronger than the original flesh ever was. Scars are a testament to life. Scars are only ugly to people who can’t see.

As for grief, you’ll find it comes in waves. When the ship is first wrecked, you’re drowning, with wreckage all around you. Everything floating around you reminds you of the beauty and the magnificence of the ship that was, and is no more. And all you can do is float. You find some piece of the wreckage and you hang on for a while. Maybe it’s some physical thing. Maybe it’s a happy memory or a photograph. Maybe it’s a person who is also floating. For a while, all you can do is float. Stay alive.

In the beginning, the waves are 100 feet tall and crash over you without mercy. They come 10 seconds apart and don’t even give you time to catch your breath. All you can do is hang on and float. After a while, maybe weeks, maybe months, you’ll find the waves are still 100 feet tall, but they come further apart. When they come, they still crash all over you and wipe you out. But in between, you can breathe, you can function.

You never know what’s going to trigger the grief. It might be a song, a picture, a street intersection, the smell of a cup of coffee. It can be just about anything...and the wave comes crashing. But in between waves, there is life.

Somewhere down the line, and it’s different for everybody, you find that the waves are only 80 feet tall. Or 50 feet tall. And while they still come, they come further apart. You can see them coming. An anniversary, a birthday, or Christmas, or landing at O’Hare. You can see it coming, for the most part, and prepare yourself. And when it washes over you, you know that somehow you will, again, come out the other side. Soaking wet, sputtering, still hanging on to some tiny piece of the wreckage, but you’ll come out.

Take it from an old guy. The waves never stop coming, and somehow you don’t really want them to. But you learn that you’ll survive them. And other waves will come. And you’ll survive them too. If you’re lucky, you’ll have lots of scars from lots of loves. And lots of ship-wrecks.”~ by GSnow



President's Message

Alan Pentney

With the installation ceremony completed in a Zoom meeting on June 2, 2020 the 100th International Executive is formed and ready to serve Gyro members, Clubs and Districts through to the 2021 Convention in Winnipeg next August 4. How we all interact until then is very much in flux – innovation and commitment to Gyro and our friends will guide us so as to - as PIP Ian Greig always says – “Keep the fun in Gyro”.

The COVID virus situation has eliminated in-person events but technology is keeping us connected. My club – Stampede City, continues to have twice monthly meetings through Zoom with adult beverages optional. I have attended other club meetings that involve, speakers, autobiographies, silly hats, jokes etc. I also have attended a District 8 meeting which proved to be better attended than some in-person annual meetings because travel was not involved. Prior to, and during the virus the Board of Governors held 8 meetings in 10 months including this month. This is impressive for any organization and allowed for much more information to be exchanged than when in-person meetings occurred twice a year prior to 2018.

I want to inform you about things to expect in the coming year. As you know, travel to events on either side of the border is on hold until it is safe, so hosting District events is not possible till then for five Districts and other Districts may have restrictions between States. To help clubs and members the Board of Governors will continue to meet on roughly a monthly basis with a focus on;

1. improving the Betterment Fund to provide funds for membership recruitment;
2. providing funding to clubs for web-based programs such as Zoom and WebEx;
3. updating all Club websites so there is a link to a person and parent organizations like a District or Gyro International;
4. finishing the Database conversion so it is more used friendly for everyone;
5. continuing to consider different membership recruitment ideas;
6. exploring the potential for establishing a preferred charitable organization for clubs that want to have community presence or want to contribute to a purpose;
7. modernizing the By-Laws to allow for virtual meetings, electronic communication etc.

8. Identifying the degree that dues can be reduced for 2021-22 given the lack of expenditures on a Convention in 2020-21. (invoices were sent in March of this year with most clubs paid up, so a reduction now is not possible).

During this past year I was heartened by the number of new members that joined Gyro. I contacted some to welcome them and was pleasantly surprised at the talents and enthusiasm they have that can translate to better club dynamics, future leaders and more members. We must continue to recruit and develop the members we have so that they can provide leadership when and where they are needed. Every member is an asset to this organization.

It is both an honor and humbling experience to be inducted as President of the Gyro organization. It also is a pleasure to be on a team with many talents and dedication. This includes Past President Ted Shewchuk and his wife Annwyl. Thank you both for your dedication to Gyro with visits to many of our Clubs that needed reassurance that Gyro is the organization of choice for fun and friendship. I admire you Ted for your judgement on what is the right thing to do. The new additions to the team include: 2nd Vice President Peter Carter and his wife Eileen Kuhl; and 1st Vice President Blanton Besinger and his wife Bonnie. Congratulations on your appointments – it is exciting to have two accomplished gentlemen step up at the same time. We are all in good hands with Secretary-Treasurer Mike McNally and his wife Cynthia. They know the protocols, the people and the history – so glad you each are here for us all. As I noted in my acceptance speech on June 2 this is a formidable group of leaders that are dedicated to making Gyro as good as it can be in concern with District Executives. We are all available to anyone at anytime to discuss enhancing and continually improving Gyro.

I want to thank Matt and Lisa Johnson as he steps down from the Immediate Past Presidents Office. It was refreshing to have a “young” couple in office and Matt with common sense and the will to do the right thing for Gyro. I was very pleased to see him receive the Honor Key on June 2 for distinguished service. However, we are fortunate to have him recruited to take over the legal advisor role that the late Chris Randall held – Chris would be proud that you are taking his place Matt.

I want to recognize all the Past International Presidents – there are at least 20 - for their ongoing support of the organization – they are life-long con-

tributors, and most have provided me with encouragement and advice over the past 5 years. Special recognition goes to PIP Ian Greig as my nominator and mentor. On behalf of all of Gyro I thank PIP Emil Bajot who dedicated much of his life to the organization. Emil stepped down as Secretary Treasurer last year and as of this April he stepped down from conducting website administration and producing the Gyroscope. You are a true Gyro and a fine gentleman Sir.

A special shout out goes to the Victoria Club for going to a great deal of effort to plan the international convention for this June which, as you know, had to be cancelled. The leaders were Chairman Peter Newman, President Dan Blanchard and Vice President Steve Ingle all of whom I had the pleasure of getting to know in Phoenix this winter – great guys in a great club!

Despite the travel restrictions, Tara and I are looking forward to not only keeping in touch with all the friends we have in Gyro but meeting new ones through social media and eventually when we are allowed to meet in person – We all are going to keep enjoying Gyro because the biggest learning from the pandemic is that what matters most is family and friends. I would add that Gyro kindness with a healthy dose of humor is important as well.



Friendship between countries - is just like Gyro



There is an island which is disputed territory between Canada and Denmark. The militaries of both countries periodically visit to remove the other guy's flag and leave a bottle of Danish schnapps or Canadian whiskey. This is what happens when nice countries fight.

Outgoing Presidents Message By Ted Shewchuk

My fellow Gyros & friends, it is unfortunate that the 2020 June International and District 4 Convention in Victoria had to be cancelled due to the corona virus pandemic. Thank you to Matt Johnson for putting together this virtual event for the installation of the new officers by way of Zoom. It is nice that we are still able to introduce the new E.C. to the Board of Governors and members of Gyro.

It has been a very productive time over the past four years going through the role of 3rd, 2nd, 1st, and now this past final year as President of Gyro International. It seems like not too long ago that Annwyl and I served as your bartenders at the interim and international conventions and now I am stepping down from the Presidency.

It has been a great experience associating with all of the Governors and members; listening to the pros and cons for new and old ideas and making changes where needed. Some of the changes I have seen over the last four years that have been voted in by the Board of Governors are:

1. Cancellation of the annual Interim Conventions in January
2. Elimination of the 3rd Vice President position
3. Lowering the wage of the Secretary Treasurer position due to the shortage of members and funds
4. Bringing in Derek Hayes as the new Gyroscope Editor, who volunteers his time resulting in no cost to the organization. Thank you Derek.
5. Cutting back on the hours of our part time office staff due to less overall members.
6. Cutting back on E.C. travel due to the lack of funds. Thank you to all of the E.C. that have travelled to different district conventions at their own expense.
7. Investing in a new website and database.

I have found over the years that it beneficial to travel to different conventions and clubs to meet the members to explain what the benefits of Gyro are and what it can do for you to gain new friendship. If a club is struggling, you can help by presenting new ideas.

The E.C. has worked hard making changes brought forward by the members and passed by the Board of Governors.

Gyro - Virtual Installation

By Matt Johnson

I would like to thank all of the E.C. members who have helped with the changes made through the last four years. Thank you to Emil for all of the knowledge you have brought forward for the last twenty years as Secretary Treasurer and thank you to Chris Randall for being our attorney for the last couple of decades. Thank you to Matt Johnson for being a great leader to be able to work under for the past four years.

I feel very confident leaving the presidents chair with Alan Pentney taking over as our new Gyro International President. He will make a fine President along with Blanton Bessinger and Peter Carter serving as Vice Presidents, and Mike McNally as Secretary Treasurer.

I have met a lot of wonderful people in the last 25 years as a gyro. I thank the E.C., Past International Presidents and members of Gyro for electing me to the EC to become President of this great friendship club called Gyro. It has been an honour.

Last but not least, I would like to thank my lovely wife Annwyl who has been by my side for the last 39 years to help with all of the little things that might not have gotten done.

The 2020 Installation of International Executive Officers occurred via a Zoom call on June 2, 2020. Installed as International President was Alan Pentney of the Stampede City Club. Blanton Bessinger of the Oryg Club was installed as First International Vice President. Peter Carter from the Edmonton Club was installed as Second International Vice President and installed as Immediate Past International President was Ted Shewchuk of the McKenzie Island Club.

Nearly forty people in total participated on the call, including current Governors and Lt. Governors from the various districts and numerous Past International Presidents. Also participating were numerous members of the clubs from which the new Executive are involved and numerous family members of the new Executive.

The call began with a moment of silence to remember all Gyro members and spouses who have passed in the last year since the Reno International Convention, including Past International President Chris Randall and Second International Vice President Bryan Flanigan. The Past International Presidents in attendance were then recognized. Each of the four new Executive Officers then preceded indi-



vidually to take their respective oath of office and congratulated for their installation.

All four officers were given individual time to address the participants on the call. Each individually thanking their spouses and club members for support and pledging to perform their duties as an Executive to the best of their ability. President Alan Pentney began his presentation by reminding all how much the Organization was anticipating the Convention in Victoria before it had to be cancelled. He thanked his “lifetime love” Tara for her continuing support. He stated, “The past three months have been a roller-coaster of emotions and life altering experiences for each of us! We have a greater appreciation for the value of friendships, families and the human touch. We are stronger now, we become more flexible in how we conduct our lives and we are learning to adapt to change. Similarly, GYRO must adapt, and I am pleased to see Districts and Clubs doing that.”

President Alan continued by emphasizing how proud he is to be a GYRO member, how lucky he feels to have other GYROs as a friend, and how humble he is to be President for the coming year. He concluded by stating, “I want you to know – how important leadership in GYRO is – with District Governors and Club Presidents communicating with the over 2000 current members and recruiting new members – 57 new members this past year! The Executive Council is here to support you.” A rousing round of applause was provided by all on the call.

It was then determined, across the five separate time zones participating in the Zoom call, it was time for happy hour. Many participants continued on the call to visit. All involved seemed to enjoy the event given the inability to hold a Convention. Many thanks to Second Vice President Peter Carter for coordinating the call and sending the Zoom invitations.

Some people aren't shaking hands because of the Coronavirus.

I'm not shaking hands because everyone is out of toilet paper!

Gyro in a virtual world

By Derek Hay

Gyro is built on friendship. It is part of our purpose and why we exist. All men need friendship and we need to socialize. One definition of a true friend is someone who you have not talked to for years and when you meeting again, you continue as if you've never been apart. Gyro is very much like that. But, how do we maintain our friendship when we are in lockdown and we can not get out to socialize. We can not meet for dinner, we can not meet for fun events. We can not go to each other houses for a drink. So how do we stay in touch and not challenge the definition of a true friend mentioned above?

Well one way that is being promoted as families are restricted from seeing each other and employees are forced to work from home is to use a video conferencing system. There are a number of different options out there and I will go through a number of them, so you can see the advantage of each.

The simplest of systems to use is Facebook which has an app called Messenger, where you can text (chat) to your friends. You can place chats into groups such as Gyro, family, work, coffee club, etc. When you type a message into a group it is sent to everyone in that group. But the process is slow as some people don't go on line every day to read and reply to a chat. But, Messenger also allows for group video or group audio conversation to happen in real time. Once everyone is setup in your group, you can click on the telephone for an audio call or the camera for a video call and as long as your friends are online and have the app running they will get a notification of the call and they and join in. You will all be able to hear each other and in the case of a video call be able to see each other. Messenger can be used on a smart phone, tablet or a computer with a camera (if you want to use video). WhatsApp is owned by Facebook and is very similar to Messenger.

Next would be Facetime or Hangouts. Depending if you are an iPhone or Android user. But, they are not compatible with each other. Each only allows you to video chat with a friend as long as they have the same phone format you have. To solve this problem, Google developed an app called Duo, which is a cross platform application. As long as each participant has Duo on their smart device they can communicate. Google recently released the

Home Hub, which is a video screen on your counter at home that functions like a smart home speaker, like a google home, mini or Amazon Alexia but adds in the ability for video. And if you get the max version, you get a camera to send your video the home hub and the max work with Duo as well. Groups chats can happen on the duo app with a little setup first. Duo will only run on smart phones & tablets. It will not work on a computer.

Skype has been on the market for many years. It allows you to place calls via your computer to a friend somewhere else who also has Skype running. And if you have a camera on your computer, you can do video calls. Skype is owned by Microsoft and is part of the Windows 10 operating system or it can be downloaded from the internet and installed. Skype has the ability to do group calls. Skype will work on computer, smart phone & tablets.

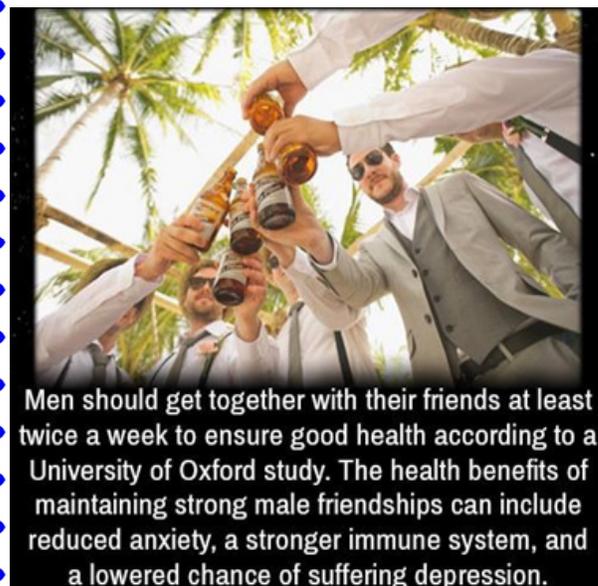
Web-ex, Goto Meeting and Teams are all business class or business grade applications that allow for video conferencing and sharing of documents, screens, whiteboard, chat function's and many more options to efficiently run a group meeting with participants remotely. Web-ex is owned by Cisco the networking people and has been around for many years. Go-to meeting is owned by Logmein, a company that specialized in remote access to computers. Teams is a new feature of Office365 by Microsoft and is included with most Office365 packages. Each of these applications are made for business, but can be used of personal use as well. And to bring in other parties either requires them to down a small app on their smart device, or computer, and if they use their browser that they already have, they do not need to install any software. They just need to be invited to the meeting and follow the instructions to connect up. This is slightly more complicated than the other video or chat system listed above. But if you want to run an effective meeting this is the only way to do this. Zoom is a new application that falls into the remote business meeting group. I have not personally used Zoom so I can't really comment on it. The full version of all these business class conferencing systems are a little expensive, depending on how many licenses you want to buy. A license allows you to host a meeting at one time. Two licensees let you host two meetings at the same time etc... and then it also is priced on the number of participants you will have in your meeting. But here is the good news. At least two of these systems (Zoom & Web-ex) are offering a free time limited (40 Minute) meeting version. Teams is an unlimited version and Goto meeting I do not per-

sonal use as a host, only as a participant. Gyro international uses Web-ex monthly to host a Board of Governors meeting with the Executive Council. I have used Web-ex to host a number of meetings for a senior's group and my local Gyro club is now using Web-ex.

Gyro Winnipeg is hosting virtual cocktail parties on a weekly basis using Web-ex. The meeting is scheduled for 3:00pm Fridays. An invitation is sent out by the Web-ex system to all the members. Just prior to the meeting start time, the members click the link in the invitation, and use their browsers to connect if on a computer or, click the link and an app starts on their smart device, or they call into via a local telephone number and participate with audio only.

Why Belonging to a Gyro Club is Good for You!!

- ☞ You are more healthy (see below)
- ☞ You have a community of like-minded people who are friends, but more importantly, among the friends are persons who you have an affinity for and who can be confidants – people you can lean on and be leaned on
- ☞ You indirectly belong to a travel club
- ☞ You have a social network that continues to expand as you participate



Men should get together with their friends at least twice a week to ensure good health according to a University of Oxford study. The health benefits of maintaining strong male friendships can include reduced anxiety, a stronger immune system, and a lowered chance of suffering depression.

This type of pre-work prepares participants to take full advantage of the meeting by thinking ahead about the content, formulating ideas or getting to know others in the group, which can help keep team members engaged, says business consultant Nancy M. Settle-Murphy in her book *Leading Effective Virtual Teams*. But one thing is critical: It has to be assumed that everyone has read the pre-read. Not doing so becomes an ethical violation against the team. I use the word “ethical” because it’s stealing time from the team — and that’s a disrespectful habit. The leader needs to set the tone aggressively that the pre-read should be done in advance.

Come prepared with the team’s opinions. Not only do you need to do your pre-reads, but once you see the agenda, make sure you discuss with your team what is going to be covered – that is, do your own due-diligence. What happens all too often is that people get on virtual calls with a point of view, but because they haven’t done any real homework before the call, they end up reversing their opinions once the call has ended and they’ve learned new information that they could have easily obtained in advance. If there’s a topic that seems to have interdependencies with people who work in our location, get their input ahead of time so you’re best representing those constituents in the meeting.

During the meeting:

Connect people. People perform better when they are comfortable with each other, which affords a greater degree of candor and mutual interest. Your job as a leader, particularly when people may not know each other, is to make them feel connected so you can have a productive meeting. How? Do a personal-professional check-in at the beginning of each meeting. Have team members take one minute and go around to talk about what’s going on in their lives personally and professionally. Go first to model the approach for what doing it “right” looks like, in terms of tone and candor. Remind everyone to respect each other by not interrupting and to only say what they’re comfortable sharing with the group.

Encourage collaborative problem solving. A collaborative problem solving session replaces the standard “report-outs” that can weigh meetings down. It’s when the leader raises a topic for group discussion and the team works together – and sees each other as sources of advice – to unearth information and viewpoints, and to generate fresh ideas

in response to business challenges.

Give each person time on the agenda. Along with collaborative problem solving, giving each person time on the agenda fosters greater collaboration and helps get input from all the team members. Here’s how it works: In advance of the session, have team members write up an issue they’ve been struggling with and bring it to the table, one at a time. Each team member then gets five minutes on the agenda to discuss his or her issue. The group then goes around the meeting so everyone gets a chance to either ask a question about it or pass. After the team member answers everyone’s questions, people then get an opportunity to offer advice in the “I might suggest” format, or pass. Then, you move on to the next issue. It’s a very effective use of a collaboration technique that could easily be managed in a virtual environment.

Kill mute. In a co-located meeting, there are social norms: You don’t get up and walk around the room, not paying attention. Virtual meetings are no different: You don’t go on mute and leave the room to get something. In a physical meeting, you would never make a phone call and “check out” from the meeting. So in a virtual meeting, you shouldn’t press mute and respond to your emails, killing any potential for lively discussion, shared laughter and creativity.

As leaders, we need to establish a standard: Just because you’re in a virtual meeting and it’s possible to be disrespectful, it has to be understood that it’s unacceptable. We’re talking about civility and respect for people, so if you wouldn’t do it in person, don’t do it virtually.

Ban multitasking. Multitasking was once thought of as a way to get many things done at once, but it’s now understood as a way to do many things poorly. As science shows us, despite the brain’s remarkable complexity and power, there’s a bottleneck in information processing when it tries to perform two distinct tasks at once. Not only is this bad for the brain; it’s bad for the team. Managers should set a firm policy that multitasking is unacceptable, as it’s important for everyone to be mentally present.

Here are three ways to make sure the ban on multitasking is followed:

Use video: It can essentially eliminate multitasking, because your colleagues can see you.

Have the meeting leader call on people to share their thoughts. Since no one likes to be caught off-guard, they'll be more apt to pay attention.

Give people different tasks in the meeting, rotated regularly. To keep people engaged, have a different team member keep the minutes of the meeting; track action items, owners and deadlines; and even come up with a fun question to ask everyone at the conclusion of the meeting.

Nick Morgan, president of consulting company Public Words Inc., recommends constant touchpoints: "In a virtual meeting, you need to stop regularly to take everyone's temperature. And I do mean everyone. Go right around the list, asking each locale or person for input."

Assign a Yoda. Candor is difficult even for co-located teams, but it's the number one gauge of team productivity. To keep people engaged during virtual meetings, appoint a "Yoda." Like the wise Jedi master in Star Wars, the Yoda keeps team members in line and makes sure everyone stays active and on topic. The Yoda keeps honesty from boiling over into disrespect by being courageous and calling out any inappropriate behaviors. At critical points during the meeting, the leader should turn to the Yoda and ask, "So, what's going on here that nobody's talking about?" This allows the Yoda to express the candor of the group and encourage risk-taking.

After the meeting:

Formalize the water cooler. Have you ever been in a meeting, and just when it ends, everybody walks out and vents their frustrations next to the water cooler? Make the water cooler conversation the formal ending of the virtual meeting, instead. Five to 10 minutes before the meeting ends, do what everybody would've done after the physical meeting – but do it in the meeting and make sure it's transparent and conscious, processing people's real feelings.

How? Have everyone go around and say what they would've done differently in the meeting. This is like the final "Yoda" moment – it's the "speak now or forever hold your peace" moment. This is the time when you say what you disagreed with, what you're challenged with, what you're concerned about, what you didn't like, etc. All of the water-cooler-type conversation happens right now, or it never happens again. And if it does happen later, you're violating the ethics of the team.

Most importantly in virtual meetings, civility and respect must be the norm. There have to be inalienable, ethical rules that you follow before, during and after a virtual meeting for it to be truly successful. And that means adhering to two fundamental principles: Be respectful of others' time, and be present. Failing to do so steals precious hours from the team that can never be recovered. Co-located teams have enough problems building candor and trust; teams separated by distance really need to have great meetings to build these connections.

Editor's Note:

As a result of the Covid-19 pandemic, many Gyros may be experiencing the very first virtual club meetings. As result I thought that the above article might help out a bit. Also I needed something to fill all this space, without any club news or articles.

Gyro International Internal and External Expansion Urgency

By Larry Duba

Dear Friend

As a member of our great Gyro International organization you may have noticed over the past several years some of the following:

- The average age of our members has increased.
- As the average age increases, we find that the older members are less likely to travel to District and International Conventions and to visit the area while they are there.
- In many clubs members are getting complacent, they are satisfied with the people that are already in the club, and stop "Inviting a Friend to Gyro".
- As the number of members stays the same in a club, it is more difficult to get them to serve as officers in the club as well as in their district.
- As some members serve repeated terms as an officer, they grow weary and get frustrated that others are not sharing the minimal load of helping operate the group.
- Once the average age approaches 80 years old, the members feel that they can not attract younger members.
- The older members, who don't take advantage of the international nature of our organization, begin to believe that they are not getting their

money's

worth.

The advantages of "Inviting a Friend to Gyro" are many as follows:

- Usually new members have friends or come in contact with prospective members who are at least two to three years younger than they are.
- Younger members are more apt to travel to the District and International Conventions to take advantage of making friends with people from different states and provinces.
- Adding a new member to a club adds some spice to the club, but it is important that the sponsor mentors the new member to keep them active.
- As new members get experience in the club and become familiar with the duties of club officers, he is more willing to take an active role as an officer.
- As new officers gain experience, they become more familiar with the duties of district officers, and they may be willing to serve their district as well.
- If at least two new members join the club each year, this may only be enough to keep the club running, and we can't control the health of our members.
- Adding new members will generally reduce the overall average age of the group, and they will usually want to participate in activities in addition to the normal lunch or dinner meetings.
- New members bring with them different skill sets, and many may be great Chairmen of the Membership, Activities or other committees.

Two years ago we had a net loss of 198 members. Last year we had a net loss of about 23 members. This year the trend has been turning worse, and each member needs to consider what they can do and take action to make a difference.

I do not believe that you need to know someone a great deal of time before you invite them to a meeting. We are all wise enough to size up people we meet as to whether they might enjoy Gyro and whether we might enjoy their company. When I meet someone who seems very nice, I ask them if they belong to any social groups. I explain what Gyro is all about – Dedicated to Friendship and Fun. I ask them if they would be willing to attend a meeting, and if they have any interest at all, then I follow-up with them. I have written a personal letter that I intend on sending them at their home along with an enclosure being the Prospective Member Kit. I do not like to "reinvent the wheel" or waste time, so I have developed a template that I can use

for inviting people to our club meeting. I am attaching it to this message, so that it might provide you an easy tool to change and use for the benefit of your club. You may change it to suit your needs as appropriate.

So where do I find prospects? I have found people and they are now members from the following sources: 1. A neighbor down the street; 2. A member of my Thunderbird Car Club; 3. A fellow Mason who I knew and was attending a Sons In Retirement luncheon; 4. I met the wife first on a trip to Canada and later met her husband at a charity event; 5. I met the wife first at the Blood Bank and later met her husband and these are most of those who I have brought into our club. I now have three prospects who I met as follows: 1. Our mailman; 2. A couple we met at a dinner theater show and with whom we shared the same table; and 3. A couple I met at a medical facility where the wife and I were having our ceratoid arteries checked. So, as you can see, whether you are waiting for your car to be serviced, attending another organization's meeting or other activity, we all meet people who might enjoy participating and having some Gyro fun.

I realize that we are not the only organization that is having trouble keeping and adding members. However, this should not be excuse to not "Invite a Friend to Gyro".

I would suggest that your club order a bunch of Prospective Member Kits from our headquarters in Painesville to make things more efficient. Then the next step is to modify the personal letter template and start using it once you find someone you would like to invite to one of your meetings.

I hope that each member takes action, since we all were invited by someone who took some time to talk to us about Gyro and took steps to invite us to join. We should not be selfish and keep our organization to ourselves just for our personal enjoyment.

TOILET PAPER ALTERNATIVE
SPRAY PAM BETWEEN
THE CHEEKS AND THE
POOP WON'T STICK
DON'T ASK HOW I KNOW THIS

Consideration of Senior Citizens for Gyro Recruiting

Submitted by Steve Anderson

Caloosa Gyro Club

Assisted / independent living retirement villages may offer a demographic opportunity for Gyro recruitment. Newspaper, magazine, and health care articles testify to the improved quality of life that friendship and social activities offer to independent living, retirement age people. Loneliness is depilating. We can help.

Gyro recruiting concentrates on healthy, independent, retired, or working middle age candidates; i.e., Baby Boomers. Increasing the age of candidates should be considered to include those in the upper age bracket.

Possible concerns:

- Too old – infirm – incontinent. Probably not appropriate for recruiting.
- Not mobile. We, or facility can provide transportation if appropriate.
- Short term membership. Yes, but Gyro average age is in the 70's
- Fixed income. That would guide anyone's decision

Recruit Candidates who:

- Do not require constant care. They are residents classified as "independent living."
- Are mobile. Move about as we all do. Have adequate funds.
- Desire social outlet. Probably craving social contact.
- Understand social contact and an activity with friends prolongs "Happy" active and independent living.
- Have skill sets that contribute to strength of the club.
- Expose younger family members to Gyro. As younger family members witness of the elders happier countenance they would be curious and perhaps wish to join as well. They are in the 50-60 age grouping and may help bridge the generation gap.

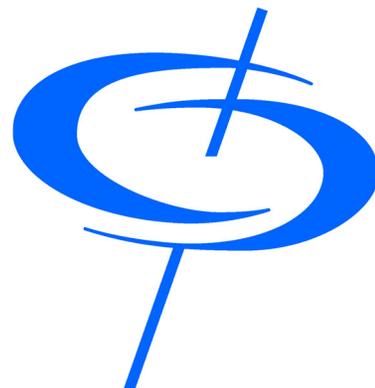
We all have friends, and a number of Gyro friends, who are currently enjoying retirement as residents of assisted / independent living villages. While we may have an image of residents who are

perhaps infirm, we should re-focus on those residents who are not, but who are actually quite active and searching for an increase of social contact and activities.

When pandemic protocols of social distancing are lifted, it would be a perfect time to make contact with Independent living villages. We here in SW Florida, Caloosa Gyro Club, have targeted 5 such facilities and will be contacting Program Directors and scheduling appointments during which we can describe potential health benefits derived from Gyro Fellowship. Directors providing another health platform to their resident wellness programs with no impact to operational budget should be motivated, at a minimum, to agree to the scheduling an introductory Q & A gathering between Gyro members and residents who may be interested.

Certainly a prepared calendar of events demonstrating the various club activities should be circulated during that event. Answers to questions regarding Gyro history, structure, any community involvement, locations of various fun gatherings, dues structure, interclub activity and conventions should also be at the ready.

It may be possible that each facility demonstrates enough interest and have sparkplug candidates wishing to form their own club. They also may wish to join an existing club with the intent to charter their own club in the future. There are so many positive options within a North American Demographic that can be embraced.



Bryan Flanigan
at the Reno Convention.



International News

Your New Executive Council for 2020-21

By Alan Pentney, President

Over the past 100 years since the installation of the First Gyro President, Leon Jordan, in 1917, there has only been two instances (1941 and 1953) where an Annual Convention was not held. In Mid-March 2020 Gyro was again faced with this situation when the COVID-19 Pandemic forced the cancellation of the 2020 Convention planned for June in Victoria British Columbia. The most significant consequence of not having a Convention is that there is no election of the Executive for the next fiscal year.

On March 23, 2020, Gyro members were shocked by the sudden passing of 2nd Vice President Bryan Flanigan. This vacancy on the executive combined with the decision by the Executive Council to cancel the Convention led to a review of options for the succession of Officers for the 2020-21 year. The Gyro International By-laws have provisions for filling vacancies in positions between Conventions. In the case of a vacant Vice President position the Board of Governors can appoint a replacement. In the case of a vacant President Position the 1st Vice President becomes the President. In the case of a vacant Immediate Past President position the President may appoint a Gyro in good standing.

The next Convention is scheduled for August 2021 in Winnipeg. This meant that one option was that the current executive to remain in place until then and the vacant Vice President position would be filled by appointment. There was a second option where a Convention could occur late in 2020 which would have led to a true election – possibly with the current Officers on the slate. The Executive Council weighed the merits of these two options versus a third option of changing the Executive in May-June 2020. Key considerations favoring a new executive being installed in 2020 were:

The current Officers preferred that their original schedule for holding office be adhered to so that their commitments within and outside Gyro were

able to be met.

Future candidates for office would not be delayed a year. Instead two Vice Presidents would be appointed in 2020.

On May 13, 2020 the Board of Governors ratified a succession plan for putting new Officers in place for 2020-21. The change in Officers occurred at that meeting as follows:

Matthew Johnson resigned as Immediate Past President.

Ted Shewchuk resigned as President.

Alan Pentney moved from 1st Vice President to President.

President Alan Pentney appointed Ted Shewchuk as Immediate Past President.

The Board of Governors accepted the recommendations of the Nominating Committee for two Vice President positions based on interviews of candidates conducted by electronic means, and appointed:

Blanton Bessinger, Past District Governor District VII, as 1st Vice President

Peter Carter, Past District Governor District VIII, as 2nd Vice President

The installation of these Officers and Secretary Treasurer Michael McNally occurred on June 2, 2020 by means of a Zoom gathering with Matthew Johnson, Past International President, officiating. The business of governing the organization resumed on June 17, 2020 with a Board of Governors meeting to address a new budget and other topics to serve the members of Gyro.

The unusual circumstances that led to the cancellation of the Convention was disappointing for all Gyros because face to face meetings to conduct business is preferred, the involvement of Club delegates in business at the annual general meeting is important and the celebration of a change in officers is a fun event where members look forward to renewing friendships and forging new ones. All some things I am looking forward to at the 2021 Convention in Winnipeg!

Meet your Officers

Alan Pentney – President



Calgary AB District VIII

Alan has been a member of the Stampede City Gyro Club since 2005. He was Club President (2009-11), District VIII Secretary (2012-13) and Governor (2015-16). In 2018 he was elected as 2nd Vice-President of Gyro International – and in 2020 became President.

dent.

His career has been in public service as a Civil Engineer - graduating from Ottawa University in Ontario in 1978. He was with two provincial environmental protection agencies for 30 years and with the National Energy Board of Canada regulating pipeline operations for 9 years.

Alan and his wife Tara have been happily married for 45 years while raising two children: a daughter in the pharmaceutical industry in Toronto and a son who teaches high school in Calgary. They have three grandchildren who constantly astound them.

Alan enjoys a variety of activities outside Gyro including golf and curling. He is a life member of the Royal Canadian Legion where he played a leadership role in the construction of a new Legion building in Calgary in 2017. Tara is active on the Board of the Alberta ALS Society and enjoys spending time with family and friends. Combined their couple activities and a love of travel keeps life interesting.



Blanton Bessinger – 1st VP

St Paul, MN

District VII

Blanton became a member of the Oryg Club of St. Paul in 1998. He has been active since that time, and was on the board of directors for several years, serving as Club President in 2012-13. He was elected to DVII Lt. Governor in 2014, then served as Governor (2016) and immediate Past Governor (2018). He attended all the International meetings, and took a leadership role on the Board of Governors, serving as chair of the sub-group meeting of Gov/Lt Gov for two years. He was elected to 1st Vice President of Gyro International in 2020.



He grew up in Georgia, and moved to St. Paul in 1965 after receiving his MD from Emory University. He trained in Pediatrics and Pediatric Cardiology with two years spent on active duty in the US Air Force Medical Corps. His career included academic physician and private practice over 20 years. He became Chief Medical Officer for the Mpls/St Paul Children's Hospitals for 14 years, retiring in 2003.

He and Bonnie live in St. Paul, and celebrated their 40th wedding anniversary in 2019. They have three children, and three granddaughters – two out of college and a third grader.

Blanton enjoys golf still, use to play a lot of tennis, but two hip replacements stopped that. He has been privileged to serve in leadership roles in his church, state and national medical societies, and golf club. He also served on several non-profits whose missions were advocating for children at state and national levels. Bonnie was one of the first advanced nurse practitioners in neonatology. She enjoys retirement also, and is active in her nursing school alumni organization. She has a large extended family, nine siblings, 28 nieces and nephews, and several more grandnieces. Quite a contrast to Blanton, who has no siblings.

Peter Carter - 2nd VP



*Edmonton, AB
District VIII*

Peter has been a member of the Edmonton Gyro Club for 20 years. He has been Club President (2016-17) and District VIII Governor (2017/18). In 2020, he was elected 2nd Vice President of Gyro International.

Born in London, England, Peter immigrated to Canada in 1954, at the age of 5, with his mother; coming across the Atlantic on the Queen Mary. He was educated and started his working career in Ottawa. Peter has had 3 very distinct careers: 10 years with the North American Van Lines subsidiary operation, working his way up from Accounts Payable Clerk to Controller, Western Canada; in 1980 he was hired by the Edmonton Art Gallery, as the Administrative Director; and then in 1990 he started his own business, Carter's Travel & Cruises, which later merged with Vision 2000 Travel, which grew to 100 staff and 10 offices in Alberta and B.C. He sold his interests in 2013 and retired.

Peter and his wife, Eileen, have been together for 20 years. Eileen still has her own CPA practice, but, it does not prevent them from doing extensive travel, annually.

Since 1978, Peter has been involved in numerous Not-for-Profit Board of Directors during his working career. Since retiring, Peter is now on the Boards of: Legal Aid of Alberta; Lurana Shelter Society; Old Glenora Conservation Assoc.; and Pilgrims Hospice Society.



Ted Shewchuk Past President

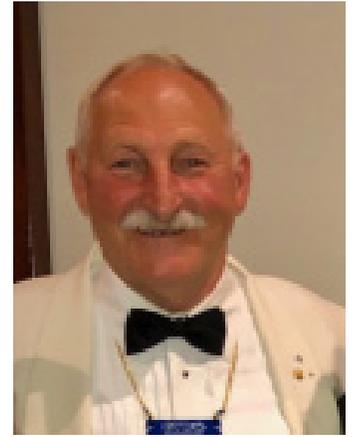
*McKenzie Island
District VII*

Ted was installed as a member of the McKenzie Island Gyro Club in June 1994. He served in various club roles including Director and Secretary before his two year term as President. He was elected to the position of District VII Lt Governor (2010- 2012) and then became Governor (2012-2014). In 2016 he was elected 3rd Vice President of Gyro International and served as President from 2019 - 2020. He has now transitioned to Immediate Past International President and looks forward to working with the new members of the Executive Council over the next year.

Ted grew up working alongside his father in the family construction business, which he eventually took over founding Shewchuk Enterprises Ltd. Over the years, Ted has also had ownership in several fishing resorts and has dabbled in real estate.

Ted resides in Red Lake along with his wife Annwyl of 39 years who had a long career as a Registered Nurse, retiring several years ago from Hospital Administration. Together they have three wonderful daughters - Aundrea, Jaclyn, and Ashley, as well as two wonderful grandchildren.

Ted is now semi-retired and works more for fun to occupy his time. When not working, he enjoys spending time with his family and travelling with Annwyl to far off destinations throughout the world. They enjoy making new friends while away and meeting with fellow Gyros in their travels.



Honour Key Awarded By Mike Mc Nally



International Secretary-Treasurer Mike McNally presented Matt Johnson with the Honor Key of Gyro International. This is the highest award in Gyro and reads as follows “The Honor Key of Gyro International Presented to Matthew Johnson for distinguished and unselfish service over and above the call of duty, with such services thus bringing further honor to, and respect for, our fraternity in the national and/or international field”

Technology Committee Update By Matt Williams

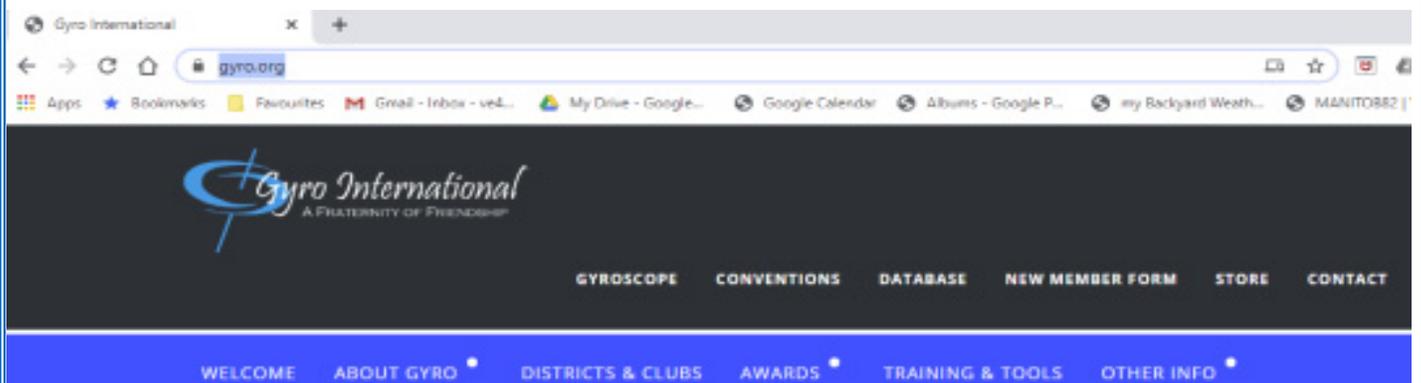
Since our last update, the Technology Committee has successfully launched a new website for Gy-

ro International now located at our new address: gyro.org. This new site features a modern design, allowing it to be viewed from any device (computer, tablet, or mobile phone) and automatically adjusts to fit the screen. To ensure ease of use, several members (and non-members) outside the committee were asked to review and test the new site prior to launch. A big thank you to those who volunteered their time.

After migrating content from the previous website, the committee has begun adding new items. For example, the “History Info” section, previously located on the Gyro Database, has been moved to the new website and split into Past Officers (in the About Gyro section) and the Awards sections. Each has been given searching and filtering features, allowing information to be more easily located. We have also recreated the award recommendation forms as PDF files which can be filled in and submitted via email.

In addition to a new website the Technology Committee would also like to announce it’s new Chair, Peter Carter. Working with Peter over the past weeks, I’ve learned about his love for technology and that he created one of the first Travel Agent websites in 1995. Since becoming the 2nd VP of Gyro International, Peter has stepped forward to assist Club Presidents in using Zoom Teleconferencing to keep Club Members in contact and enjoying each other’s friendship and fellowship during these challenging times.

I’d like to thank the members of the Tech Committee for all their efforts over the past 2 years. I’ve enjoyed my Term and am pleased to have been able to make a contribution to our organization. As I step down from chairing the Tech Committee to focus on my upcoming year as Governor of District IV, I am confident Peter will do an excellent job continuing the progress of the committee. Welcome Peter!





Outgoing President
Ted Shewchuk



District News

No News from any district

Governors are reminded that they are to submit District News by deadline dates to be included in the newsletter.

Steve Job last Words

There is a posting on YouTube of apparently Steve Jobs last words and his view on life.

I have no way of knowing if these are Steve's last word or not, but the video fits very much into Gyro. Have a look at the video and see if this means Gyro to you.

<https://youtu.be/9y6Dg7pXfmw>

Just ignore the computer doing the talking during the video. The message is what is important, especially the ending.

Club News & Events

Canton

Not Your Typical Drive-by

Submitted by Chris Snyder

With everything shut down due to the pandemic, and gatherings limited to 10 persons at most, the Canton Gyro Club was forced to cancel all April events. This included our 80th Anniversary Party, and the District 1 interim convention. Our thanks to our club officers and to John and Laurie Hollendonner for their hard work in organizing parties for our club and district.

With two of our members suffering from long term illnesses, Gyro Bill Anthony and Gyrette Sue Meister, Dan Hahn suggested, and Mike Goodson and Mark Jarrard organized, a drive-by scheduled for Sunday April 19th. We gathered in the parking lot by the Royal Docks Brewing Co. Brewhouse + Cannery.

Considering the penchant for beer by some of our Gyros, the gathering place was appropriate. The turnout had between 20 and 25 cars full of Gyros and Gyrettes. Notably, District 1 Governor John Hollendonner from the Akron Gyro Club attended.

Bill Anthony waves to all of the Gyro's and Gyrette's who attended the drive-by.



John had been diagnosed, and was hospitalized, due the Coronavirus, and is now fully recovered.

Our first destination was the home of Bill and Darlene Anthony. The Anthony's live at the end of a cul-de-sac and there was plenty of room for all the cars. As we got out, a township police car was seen following the caravan. Once the officer saw what was happening, he turned away. Not all got out of their cars as some of us are at risk, but those who did get out had signs of support for Bill and Darlene. Bill was only able to sit in a chair at his front



door, but we were able to gather at a safe distance, wave our signs to Bill, and sing a rousing chorus of Hello Gyro.

Our next stop was the home of Tom and Sue Meister. Unfortunately, while the Meister's also live on a cul-de-sac, the neighborhood roads are narrower than at the Anthony's, we were only able to drive by, stop to say hello, drop off our signs, and leave so the next car could stop.

A nice way to spend an afternoon and show the true spirit of Gyro friendship.

Orgy Club

Submitted by John Fischbach

The Oryg Gyro Club of St. Paul meets virtually. Since Minnesota governor Walz invoked a STAY-HOME order, Orygs are meeting via Zoom. It started in March when the executive committee was communicating via email and Webmaster, Bob Bullard, suggested they try to meet virtually with Zoom. During one of the meetings it was suggested that, because the club was no longer able to have regular face-to-face gatherings and to keep the vitality strong, that they try to get the whole club together via Zoom. Bob set up many daily practice ses-

sions that helped him learn how to host meetings. He then sent a letter to the membership:

Dear _____,

For the past couple of weeks I have been hosting daily meetings of our members using the Zoom teleconferencing program. These meetings have been unstructured general discussions, and have enabled me and others to develop some experience with the program. Zoom is very user friendly and no one should feel intimidated by it.

This method of communication was prompted by the COVID-19's effect on our ability to continue the physical gatherings our Club typically enjoys. The duration of the restrictions caused by this event is uncertain, so we must decide what action we can take to continue our fellowship in the interim. The purpose of this letter is to ask your help with formulating a plan to that end.

Discussion during our last Zoom meeting resulted in general agreement on the following points: A Zoom meeting should be held once a week on Thursdays at 5:00 PM, and should last about an hour. The meeting should not be rigidly structured, but should feature some kind of short event (fifteen minutes or less) that would have strong appeal to the members. It could have a variety of other uses, such as reporting on Club events, introduction of new members, suggestion box, critique of events,



etc.

I would especially like to hear from those members who have not yet responded to the Zoom invitations. Please help your Board of Directors by responding to this request. Let me know if you need some help getting started.

Yours in Gyro, Bob Bullard

Attendance varies, but is usually between 10 and 20. Not all computers have a camera and microphone, so those without must just watch and listen without participation. Smartphones work, but are sometimes hard to manipulate. It works well, but hopefully this virtual arrangement will not last much longer.

Humour Page(s)

SENIORS' MEDICAL ADVICE

I don't understand why prescription medicine is allowed to advertise on TV or why anyone would think of trying one of the medicines after listening to the laundry list of warnings of possible side effects. But this is definitely an exception!

- ⇒ Do you have feelings of inadequacy?
- ⇒ Do you suffer from shyness?
- ⇒ Do you wish you were a better conversationalist?
- ⇒ Do you sometimes wish you were more assertive?
- ⇒ Do you sometimes feel stressed?

If you answered yes to any of these questions, ask your doctor or pharmacist about Cabernet Sauvignon.

Cabernet Sauvignon is the safe, natural way to feel better and more confident. It can help ease you out of your shyness and let you tell the world that you're ready and willing to do just about anything.

- You will notice the benefits of Cabernet Sauvignon almost immediately and, with a regimen of regular doses, you'll overcome obstacles that prevent you from living the life you want.
- Shyness and awkwardness will be a thing of the past. You will discover talents you never knew you had.
- Cabernet Sauvignon may not be right for everyone. Women who are pregnant or nursing should not use it, but women who wouldn't mind nursing or becoming pregnant are encouraged to try it.

Corona virus has turned us all into dogs. We roam the house looking for food. We're told "no" if we get too close to strangers. And we get really excited about car rides and walks.

Quarantine day 6: Went to this restaurant called The Kitchen. You have to gather all the ingredients and make your own meal. I have no clue how this place is still in business.

Ran out of toilet paper and now using lettuce leaves. Today was just the tip of the iceberg, tomorrow remains to be seen.

The worst has not even arrived.....Just wait until the Jehovah Witnesses figure out everybody is at home.....😬

Side Effects May Include

- Dizziness, nausea, vomiting, incarceration, loss of motor control, loss of clothing, loss of money, delusions of grandeur, table dancing, headache, dehydration, dry mouth, and a desire to sing Karaoke and play all-night Strip Poker, Truth Or Dare, and Naked Twister.

Warnings:

- The consumption of Cabernet Sauvignon may make you think you are whispering when you are not.
- The consumption of Cabernet Sauvignon may cause you to tell your friends over and over again that you love them.
- The consumption of Cabernet Sauvignon may cause you to think you can sing.
- The consumption of Cabernet Sauvignon may create the illusion that you are tougher, smarter, faster and better looking than most people.

Chardonnay, Sauvignon Blanc, Pinot Grigio, Scotch, Vodka or Bourbon and of course Beer may be substituted for Cabernet Sauvignon, with similar results.

Please feel free to share this important information. LIFE IS A CABERNET OLD CHUM.

I'm giving up drinking for a month.

Sorry bad punctuation.

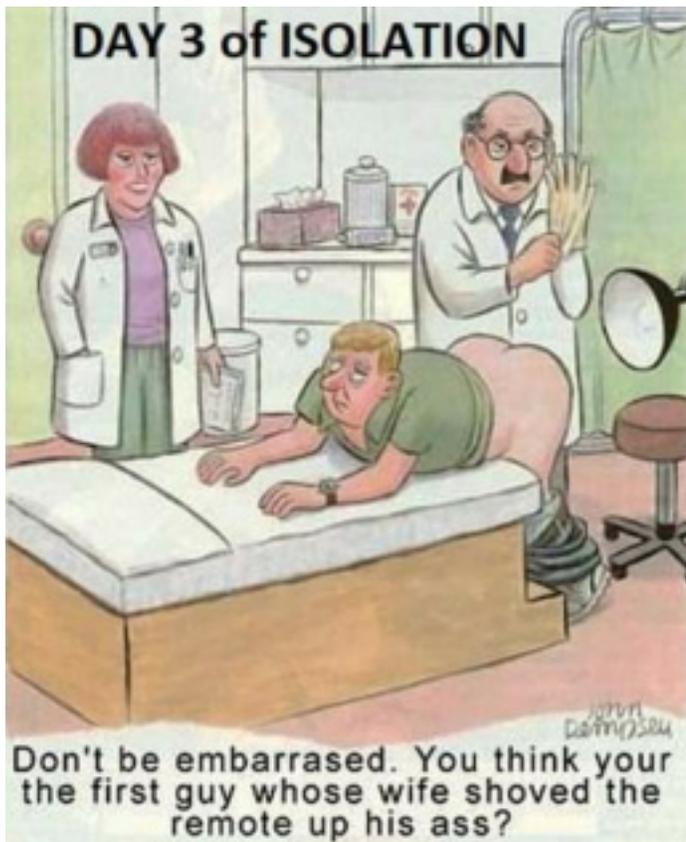
I'm giving up . Drinking for a month.

They say, "don't hang out with more than 10 people".

Shite, I don't even know 10 people.

(You would if you were a Gyro!)

Day 4 of social distancing: Struck up a conversation with a spider today. Seems nice. He's a web designer.



DUE TO PANIC BUYING, WALMART HAS OPENED REGISTER NUMBER 3!!

AFTER ALL THE
STUPID THINGS I'VE
DONE IN MY LIFE
IF I DIE BECAUSE I
TOUCHED MY FACE
I'M GONNA BE PISSED

glad i didn't
waste my money
buying a planner
for 2020

I just got pulled over by the
cops. He said " I can smell
alcohol "
I told him that's because
your not respecting social
distancing.

Day 5 of
Homeschool , one of
these little bastards
called in a bomb
threat 🙄

PEOPLE MUST NOT
COUGH NEAR YOU,
THEY MUST COUGH
FAR AWAY.
IF YOU HEAR
SOMEONE COUGHING
TELL THEM
TO...
FAR COUGH

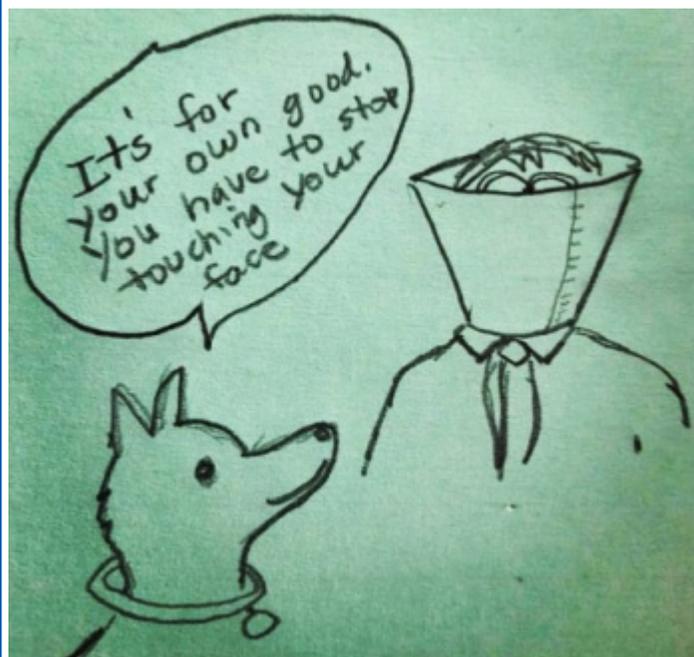
Isolation diary

- Day 1 – I Can Do This!! Got enough food and wine to last a month!
- Day 2 – Opening my 8th bottle of Wine. I fear wine supplies might not last!
- Day 3 – Strawberries: Some have 210 seeds, some have 235 seeds. Who Knew??
- Day 4 – 8:00pm. Removed my Day Pajamas and put on my Night Pajamas.
- Day 5 – Today, I tried to make Hand Sanitizer. It came out as Jell-O Shots!!
- Day 6 – I get to take the Garbage out. I'm So excited, I can't decide what to wear.
- Day 7 – Laughing way too much at my own jokes!!
- Day 8 – Went to a new restaurant called "The Kitchen". You have to gather all the ingredients and make your own meal. I have No clue how this place is still in business.
- Day 9 – I put liquor bottles in every room. Tonight, I'm getting all dressed up and going Bar hopping.
- Day 10 – Struck up a conversation with a Spider today. Seems nice. He's a Web Designer.
- Day 11 – Isolation is hard. I swear my fridge just said, "What the hell do you want now?"
- Day 12 – I realized why dogs get so excited about something moving outside, going for walks or car rides. I think I just barked at a squirrel.
- Day 13 – If you keep a glass of wine in each hand, you can't accidentally touch your face.
- Day 14 – Watched the birds fight over a worm. The Cardinals lead the Blue Jays 3-1.
- Day 15 – Anybody else feel like they've cooked dinner about 395 times this month?"
- Day 16 - Learned coffee filters and dryer sheets twice as absorbent as toilet paper.

This is stupid. I just tried to make my own hand sanitizer and it came out as a rum & coke!

Happy hour is starting earlier and earlier. If this keeps up, I'll be pouring wine in my cereal!

The longer this goes on, the harder it will be to return to a society where pants and bras are required!



Things I've learned

Written by Andy Rooney

Submitted by Marty Larson

I've learned...

- ◇ That the best classroom in the world is at the feet of an elderly person.
- ◇ That when you're in love, it shows.
- ◇ That just one person saying to me, 'You've made my day!' makes my day.
- ◇ That having a child fall asleep in your arms is one of the most peaceful feelings in the world.
- ◇ That being kind is more important than being right.
- ◇ That you should never say no to a gift from a child.
- ◇ That I can always pray for someone when I don't have the strength to help him in any other way.
- ◇ That no matter how serious your life requires you to be, everyone needs a friend to act goofy with.
- ◇ That sometimes all a person needs is a hand to hold and a heart to understand.
- ◇ That simple walks with my father around the block on summer nights when I was a child did wonders for me as an adult.
- ◇ That life is like a roll of toilet paper. The closer it gets to the end, the faster it goes.
- ◇ That money doesn't buy class.
- ◇ That it's those small daily happenings that make life so spectacular.
- ◇ That under everyone's hard shell is someone who wants to be appreciated and loved.
- ◇ That to ignore the facts does not change the facts.
- ◇ That when you plan to get even with someone, you are only letting that person continue to hurt you.
- ◇ That love, not time, heals all wounds.
- ◇ That the easiest way for me to grow as a person is to
- ◇ surround myself with people smarter than I am.
- ◇ That everyone you meet deserves to be greeted with a smile.
- ◇ That no one is perfect until you fall in love with them.
- ◇ That life is tough, but I'm tougher.
- ◇ That opportunity is never lost; someone will take the ones you miss.
- ◇ That when you harbor bitterness, happiness will dock elsewhere.
- ◇ That I wish I could have told my Mom that I loved her one more time before she passed

I'm giving up drinking for a month.

Sorry, bad punctuation.

I'm giving up. Drinking for a month.

CORONA BEER CHANGES THEIR NAME TO AVOID ASSOCIATION WITH THE CORONA VIRUS OUTBREAK



THAT AWKWARD MOMENT WHEN



YOU COME FACE TO FACE WITH THE CORONA BUG.

away.

- ◇ That one should keep his words both soft and tender, because tomorrow he may have to eat them.
- ◇ That a smile is an inexpensive way to improve your looks.
- ◇ That when your newly born grandchild holds your little finger in his little fist, you're hooked for life.
- ◇ That everyone wants to live on top of the mountain, but all the happiness and growth occurs while you're climbing it.
- ◇ That the less time I have to work with, the more things I get done.

For the third time this week I'm buying booze for the next two weeks

Social Distancing Tool



From the desk of the Editor...

Please at this time of the pandemic, remember your Gyro Friends. Give them a call, ask how they are doing. Ask if they need anything brought to them and placed on their front step. Stay in touch (while social distancing) and keep your club and its members alive; for you, for your friends and for Gyro.

Did you know The official colors of Gyro International shall be PMS 300 Blue and 871 Gold. Most graphic programs will let you set these colours. I have used them here in this newsletter for article headers.

Issue two of my tenure for being the Editor of our International Newsletter, is just about complete. I just need to fill in this space, with my dribble and thoughts. Last month I asked if this is a newsletter or a digital magazine. The replies I got were this is a newsletter. So now the pressure is off to try to create a magazine type issue each quarter.

I want to thank everyone who contributed articles. I thought for sure, because of the pandemic, that I would have very little content this issue. But I filled it out to 33 pages. Yes, the District page has no content, and I sent several emails out to the Governors to submit something for their District, but alas. You all know who you are... But then again you can't report if nothing is happening due to the Covid.

Any member who wants to submit an article on friendship, on Gyro, on how you joined Gyro, on what Gyro means to you etc..., you get the idea,

please send something to me. If you have pictures even better, just send along a caption for the picture and any names of people in the picture as well.

I have a nice article of a Gyro who sailed across the Atlantic coming next month and the people (now friends) he met along the way. How about you? How do you spread the Gyro friendship?

Wow still half a column to fill out. Ok, a little about myself. I am what is called a Gyro. My father was a Gyro and I sort of grew along with our local club. I joined after he passed away as a tribute to him and, well, I was finally asked. Looking back, now, I sort of wish I had joined years earlier. Something to think about.

My local club has an idea, that we are working on developing. The idea is a father/son sub group of our local club. We feel that our sons do not want to join an old mans club. So if a sub-club were formed where they meet once a month with their fathers and other sons, then at least there would be people their own age to talk to. At the same time the sons, could learn how to network with the older business established Gyro's, something that the sons lack as they slowly progress in their lives. There just needs to be some consistency on attending the once a month meetings, until the club is established. And if anything at least the father and the son can have a nice dinner together. Something that may be lacking in their relationship, as the sons get older and have their own lives.

The thought is, as this sub-club grows, we merge it into the full Gyro club. Also this will work with grandfathers & grandsons as well. And maybe even with daughters...

Something to think about. Have any other clubs, thought of this or who have actually developed such a program within their Gyro club? If you have, please write me an article for the next issue of Gyroscope, so that we can share your success.

This concludes the Spring Edition of Gyroscope. Summer starts next week—Enjoy!!

membership stats	2017	2018	2019	2020	2021
D-I	279	273	269	250	250
D-II	192	191	171	150	150
D-III	353	335	310	303	305
D-IV	578	574	544	505	502
D-VI	121	117	114	69	69
D-VII	239	239	248	229	228
D-VIII	341	323	313	317	315
D-IX	143	137	138	135	135
D-X	68	65	41	45	45
D-XIII	6	2	2	0	0
INT'L. Assoc.	32	32	29	28	26
	2352	2288	2179	2031	2025

Member/ Country	2017	2018	2019	2020	2021
U. S. Members	1127	1097	1030	967	965
Canadian	1197	1157	1118	1036	1034
Japanese	6	2	2	0	0
Int'l. Associates	32	32	29	28	26
Total Members	2362	2288	2179	2031	2025

Members we have lost

CLUB	MEMBER
San Jose	Albert B. Cribari
Kitimat	Kenneth C. Minifie
New Glasgow	Norman Lord
Metro Milwaukee	Daniel P. Deter
New Glasgow	John A. Fraser
Calgary	Gordon Anderson
Calgary	Andy Chunta
Painesville	Bryan Flanigan
Camosun	Harry Hyde
Victoria	Christopher Randall
Marion	John W. McDaniel Jr.
Fraser Delta	Arthur R. Thomas
Marion	David A. Clarke
Kamloops	Edmund Leitch
Kamloops	Rudolph Morelli
Kamloops	Donald Gordon
International Associates	William F. Benedict
International Associates	David M. Grose
Edmonton	William Taylor

Deadlines for the next GyroScope
 March 20, June 20, September 20, December 15



Conventions

To learn more <http://international.gyro.org/>

DISTRICTS

- District I Convention
- District II Convention New GlasgowSeptember 2020
- District III Convention St. Catharines.....**Cancelled**
ahastiel@cogeco.ca
- District IV Convention Vancouver Gyro**Cancelled**
100 Years of D-IV Gyro
- District VI ConventionTBA 2020
- District VII Convention Nor-West Gyro**Postponed**
bfrench@acoservices.com
- District VIII Convention June 10 -14, 2021
Calgary, Alberta, ...Deerfoot Inn & Casino
- District IX Convention Jackson, CA.....**Cancelled**
- District X ConventionNovember, 2020

INTERNATIONAL



- International & District IV Victoria BC.....**Cancelled**
<https://victoriagyro.com/victoria2020/peternewman@shaw.ca>
- International & District VII - Winnipeg.....August 4-8, 2021
winnipeg@gyro.ws
- International & District I.....2022

