

GYROSCOPE

JANUARY, FEBRUARY, MARCH, 2019

YOUR GYRO INTERNATIONAL NEWS MAGAZINE - VOLUME 101, NUMBER 1

JUNE 2-6, 2019



GYRO INTERNATIONAL & DISTRICT IX
CONVENTION



"Friendship is like a tree. It is not measured by how tall it could be, but on how deep the roots have "grown."

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Kay Ogiyama



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Convention Rates:

Sunday -Thursday / per night

Superior King: \$97.21

Double Queen: \$102.90

Friday: \$142.61

Saturday: \$165.31

Registration Form

REGISTRATION FORM
GYRO
INTERNATIONAL
CONVENTION
THEME: "GO WEST
GYROS GO WEST"
JUNE 2-6, 2019

Gyro: _____ Gyrette: _____

Address: _____ City: _____

State/Province: _____ Zip/Postal Code: _____

Phone: _____ E-Mail: _____

Club: _____ District: _____

Arrival Date: _____ Departure Date: _____

REGISTRATION FEE: Includes hospitality room, District IX and President's Banquets, and Ladies Coffee. DOUBLE \$ _____ SINGLE \$ _____

Sub-total \$ _____

District IX Installation Dinner Selections: Indicate your Dinner Choice:

Roasted Chicken Breast _____, Short Ribs _____, or Salmon _____

{Indicate if individual needs gluten free, dairy free or vegetarian meal (Circle those that apply and the number _____)}

President's Installation Dinner Selections: Indicate your Dinner Choice:

Roasted Chicken Breast _____, Prime Rib _____, or Salmon _____

{Indicate if individual needs gluten free, dairy free or vegetarian meal (Circle those that apply and the number _____)}

Optional Bus Trip to Virginia City:

Number attending _____ Cost per person. \$ _____

Sub-total \$ _____

TOTAL: \$ _____

Attending Ladies Coffee: Yes _____ No _____

Mail Registration Form and Check Payable to "District IX" No Later Than May 20, 2019 to:

Jim Vaughan

2127 W. Browning

Fresno, CA 93711

Phone: 559-439-0474 E-mail: jimvaughan.1@gmail.com

THANK YOU AND HAVE A SAFE JOURNEY ON THE FUN GYRO TRAIL

For Office Use Only: Check # _____ Date Received _____

The Presidents Message

MATT JOHNSON - GYRO INTERNATIONAL PRESIDENT



Dear Fellow Gyros:

It is hard to believe it is already April 2019, June is ever closer. The Gyro International Convention will be held in Reno, Nevada this year from June 2-6, 2019. It will be hosted by District IX. Convention time is almost here, please get your registration submitted and your hotel reservations secured. Much more information available in this edition of the GyroScope and on the website. Again, I strongly encourage every member to consider attending and participating. We will have great Gyro fun and friendship, and you will have an opportunity to make many long-lasting friends in our organization.

Mike McNally of the Buffalo Gyro club officially became the Tenth International Secretary/Treasurer on January 1, 2019. Mike has hit the ground running and has been working hard to keep the day to day operation of Gyro running smooth, and keeping the International President on the straight and narrow!!

The Technology Committee has completed the task of re-directing old and/or outdated club website's to the International website for those clubs who gave such approval. The Committee has also identified a cost efficient and reliable alternative to the database and will be making a presentation at the International Convention for consideration of a transfer in the hosting of the database.

As always, membership remains a major concern at every level of our organization. As many of our clubs get smaller and older, recruitment of new members becomes ever more important. Everyone, including myself, knows how difficult it can be to keep focused on recruitment. However difficult, it is a necessity. I would greatly encourage each and every member to consider one or two people you know who you might invite to a future club meeting. If each of us only invited one new potential member a year, and if only twenty-five percent of those potential new members joined your club, growth would be outstanding. Please, give it a try. Invite one guest!!

Lisa Kay and I look forward to seeing many of you in Reno in June. Enjoy the spring, enjoy the fun and friendship of Gyro. Celebrate Gyro!!

Your friend in Gyro.

Matt Johnson





COMMUNICATIONS

Gentlemen;

It is the fourth of March today
Which only prompts me to say,
You have 22 days, enough time I hope ...
To write an inspired piece for the GyroScope.

Something that would stir the hearts
Of our constantly aging old farts,
A push, a shove, an idea worth sharing,
An effort for Gyro, that's not too overbearing.

We need everyone's help to increase our fold
Such an effort doesn't require being too bold,
A simple request to someone newly met
Would increase our numbers, that's a sure bet!

Communication is by far our most useful tool
If not used the long-term results may be cruel,
Even a story about a member would suffice,
Or ... about "What's going on" sure would be nice.



(from Editor's reminder email to the EC)



From the desk of the Editor ...

LETTERS TO THE EDITOR & TRIVIA OF INTEREST



Gentlemen and Ladies of Gyro:

Early during the third month of each quarter I send out a reminder To the Executive Council that the due date is approaching for submissions to the next issue of the GyroScope. It will often stimulate the need to comply with something of interest to the membership. Primarily it reminds the President to prepare a quarterly message, and oft times an article on membership or a story and photos of a district convention visited by an EC member will arrive in my inbox as well.

This month I thought I'd add an extra prompt by sending my reminder in the form of a short rhyme, hoping it might stimulate a fresh idea. The rhyme preceeds this page for your information – but don't grade me on the composition, it was a quick effort. None the less it applies to each of you as well.

So why am I sharing it with the general membership? You'll note the final paragraph mentions communication. At each convention we hear over and over that we need to communicate more ... but it just isn't happening. In the past it was almost automatic that a Governor would assign someone in his district to at least write a story about the district convention. That is no longer happening, and what info we get – for the most part – is something written by the EC member who attended. I submit that the importance of such articles was lost along the way because an out-going district officer simply failed to pass on what a new Governor should plan on doing. following guidelines is crucial to our communication.

Likewise, we used to get some human interest articles written by one member about another member – noting perhaps a significant contribution or a remarkable life – such are no longer being submitted. Opportunities abound, i.e. we still have many WWII veterans with remarkable stories to tell, if someone would just take a little time to jot it down.

My point here is we now recognize that our infernal ease of cell phones, et al, has changed our human dialog. We communicate by phone rather than face to face. But I recall when inter-club visitations or attendance at district/international conventions were much stronger than now, it was a desirable event to attend. Gyro was much healthier and rewarding. Perhaps if a member sees in our magazine that Club X, or District Y were having great times, it would induce that member to plan to attend e next event. Doing so thus offers the chance for more face to face communication which can only strengthen our organization. I can attest that these are usually low-cost events with high value.

We have some strong clubs, but Gyro continues to lose overall membership. If we do not communicate better, and spark interest in other clubs beyond our own, it diminishes us and , eventually our organization will fade away. In the rhyme I suggest that making an effort really isn't an onerous task. Certainly not if you value Gyro. Please give it some thought and make an effort. We are not restricted financially how much we display online, so if I receive it, I will likely print it. Thanks for your time ...

TECHNOLOGY COMMITTEE REPORT

The inaugural meeting of the Technology Committee was held on August 29, 2018. Since this time, we have held monthly video conferencing meetings and have been making great strides towards our initial objective of reviewing current systems and practices (database, website, social media) and making recommendations for improvements.

Following a comprehensive review, we found that the technology landscape of Gyro had grown organically over many years, thanks to the monumental efforts of the volunteers involved. At a time when online technologies and websites were just gaining popularity, our systems were at the forefront. The ability to instantly look up any member in an online directory, send a mass email, or host your own club website helped us connect all Gyros.

As technology advanced however, our systems were not able to be easily keep pace. Through our review we identified the proliferation of smartphones and tablets, the increasing importance of cybersecurity, and the increased ease of use as well as functionality of more modern online services as important factors not addressed adequately by our current systems. Additionally, we found that there were many club websites that had not been updated in several years and were likely no longer serving their original purpose.

Our first recommendation for improvement was to redirect empty club websites and those outdated by several years to either their district's website or Gyro International, upon approval. Information was first provided to District Governors at a BOG meeting, followed by an email, asking them to reach out to club presidents/webmasters with the option to redirect if desired. The Tech Committee is still in the process of receiving feedback and is currently implementing the redirects as received and approved.

Our second recommendation for improvement is the creation of a new online membership portal/database to replace the currently running system at gyro4.org. The committee reviewed several potential platforms, taking into consideration factors including security, ease of use, ease of administration, flexibility, as well as both upfront and operating costs. After due consideration of the various platforms, a potential candidate was selected, and the committee is currently in the process of designing and testing the system. Assuming the tests are successful, the committee is planning to present a brief demo of the system at the International Convention in Reno to share progress and to gather early feedback from members.

As gyro4.org will continue to operate as our primary database until a replacement is ready, recent efforts have also been made to help ensure consistency and stability of our existing email communications.

Matt Williams, Tech Committee Chair



CENTRAL COAST GYRO CLUB INSTALLATION

The Central Coast Gyro Club held its installation of officers on January 24th 2019. The meeting was held at the Nipomo home of Merle and Marsha Ackerman with the club providing pizza and beverages.

PIP Larry Duba and currently, 1st Lt Governor of District IX, installed John DeYulia as the Immediate Past President. He then installed Merle Ackerman as President for 2019-20. Other officers installed were Mark Westfall, Vice President; Jim Wiggins, Treasurer; Bill Morrow, Secretary; and Directors Roy Keeling, Dan Walker and Bill Cockshott. Directors' duties include organizing social functions. The club created a new position of Secretary of State, which is similar to a corresponding secretary in many organizations. Installed in the post was Bob McGill, who as such will assist the president by keeping in contact with events of other clubs, as well as district functions.

Several San Luis Obispo County wineries are being considered for a possible wine tasting afternoon/evening. The directors also are investigating the possibility of a charter bus trip this season to a MLB game. This past Christmas season, the club went to the annual Christmas show at the Great American Melodrama in Oceano.

The Central Coast Gyros has its couples meeting the fourth Thursday of the month at members' homes and tests the creativeness of members choice of wine, beer or spirits and snacks. The men meet the following Tuesday for breakfast at one of the Central Coast restaurants with the host from the couples meeting being in charge of reservations.

-Submitted by Bill Cockshott with pictures by Larry Duba



CENTRAL COAST INSTALLATION



"Age is merely the number of years the world has been enjoying you."

Unknown

If you can't be kind, at least have the decency to be vague.

**If you haven't grown up by age 50,
You don't have to.**



McKenzie Island Derby



Winter in the far north usually lasts for a minimum of six months. To pass the time, most people enjoy winter sports and activities. Every winter when the ice is thick and fishing season reopens, many Red Laker's take to ice fishing. Holes get drilled through the ice in hopes of catching a big one. Often the ice is at least three feet thick.

One highlight of winter in Red Lake is the McKenzie Island Gyro Club ice fishing derby. Held annually on a Saturday afternoon later in winter, it draws large crowds for some family fun. This year it was held on a gorgeous sunny Saturday during school spring break in March.

For weeks prior to the derby, club members are busy prepping the club house, purchasing prizes, organizing and advertising. There are prizes for every child attending who has a paid fishing hole and for those purchasing a hole, there are numerous chances at other prizes including \$1000.00, a pair of Winnipeg Jets tickets, a fly out dinner for two at a fishing resort or an ice auger.

The day prior to the derby, club members were busy drilling holes in the ice in front of the club house and on the morning of the derby they made lots of hotdogs, chilli and hot chocolate in anticipation of the large crowd. The fire was crackling in the fireplace in the event anyone needed to come in to warm up.

This year 265 holes were purchased to fish. Cars and snow machines were parked all over the ice road and people set their fishing rods and lawn chairs out by their fishing holes. Children played with their friends between hotdogs and the occasional check on their fishing rod.

The McKenzie Island Gyro Club uses this as a major fundraiser. Partial profits are donated to a local charity while the remainder of the funds are used to maintain the clubhouse and host club events.

-submitted by Ted & Annwyl Shewchuck



"TO STRENGTHEN THE MUSCLES OF YOUR HEART, THE BEST EXERCISE IS LIFTING SOMEONE ELSE'S SPIRIT WHENEVER YOU CAN."

GYRO COULD SAVE YOUR LIFE - SHARE IT

7 Reasons Why Friends are a Link to Good Health

From the day children first step out onto the playground, friendships are a key part of life. According to Gallup polling data from 2004, 98 percent of Americans report having at least one close friend (the average number of friends is nine).

But friendship may be in trouble. Americans reported an average of 10 friends apiece in 1990, according to Gallup data, and a slew of sociology studies find that Americans have become more socially isolated over the decades. For example, a 2006 study on the number of friends people felt they could discuss important matters with found that the number fell from an average of 2.94 in 1985, to 2.08 in 2004.

Any amount of increase in our social isolation would be bad news, because friendship isn't just about fun, fellowship and emotional health. Having friends can improve physical health, too.

"One's social life matters above and beyond what we already know about the 'quick fixes'" of diet and exercise on health, said Yang Claire Yang, a sociologist at the University of North Carolina, Chapel Hill, who studies the physiological effects of social ties.

Researchers who study friendship have uncovered many of its health benefits. Here's how friendship can be good for you.

. Friends may extend your life

People who have strong social relationships are less likely to die prematurely than people who are isolated. In fact, according to a 2010 review of research, the effect of social ties on life span is twice as strong as that of exercising, and equivalent to that of quitting smoking.

In the review, researchers examined 148 previous studies on social links and mortality, which together included more than 300,000 participants. These studies found that measures of the strength of people's social relationships, from their number of friends to their integration into the community, were all linked to decreased mortality.

Researchers think that friendships and health are linked through the body's processing of stress, Yang said. In the short term, stress is a good thing. If you're being chased by a lion, you want your body to respond with heightened alertness, a pounding heart and a flood of get-up-and-go hormones like norepinephrine. Likewise, if you've got a virus, you want your immune system to kick into gear and attack the intruder with specialized cells and inflammation.

But the chronic stress that can come with isolation can switch on these processes for long periods of time, causing physical wear and tear on the body, Yang said.

2. Your pals make you generally healthier

Yang and her colleagues studied this health effect by comparing the biological stats of people who reported being isolation with those who reported having lots of friends across their life span. Using four large studies of hundreds to thousands of people each, ages 12 to 91, the researchers compared biomarkers such as blood pressure, body mass index, waist circumference and levels of the inflammation marker C-reactive protein.

They found that these measures of health were worse in people who also had weaker social ties, reporting their work in January 2015 in the journal Proceedings of the National Academy of Sciences.

GYRO COULD SAVE YOUR LIFE - SHARE IT

For example, among the people in the study who were in old age, a lack of social connections more than doubled the risk of high blood pressure (raising it by 124 percent). For comparison, having diabetes raised the risk of high blood pressure by much less (70 percent).

Traditionally, it's been tough to determine if friendships and other social links are the cause of poor health, or if poor health causes isolation. The advantage of Yang and her colleagues' research is that they had data that spanned years, Yang said.

"We were able to see the change in bio-markers over time as a result of their earlier exposure to social connections, how many friends [they] have, how often [they're] talking to others.

3. Friendships might help keep your mind sharp

Having friends who make you feel like you belong may be a key for better physical health. A 2012 study found that older people's dementia risk increased with their feelings of loneliness.

The study followed more than 2,000 residents of the Netherlands ages 65 or older over three years. None of the participants had dementia at the beginning of the research, but 13.4 percent of those who said they felt lonely at the start of the study developed dementia during the study period, compared with 5.7 percent who didn't feel lonely

"The fact that 'feeling lonely' rather than 'being alone' was associated with dementia onset suggests that it is not the objective situation, but rather the perceived absence of social attachments that increases the risk of cognitive decline," the researchers wrote in their findings, published in the *Journal of Neurology, Neurosurgery and Psychiatry*. (However, the study found an association, and couldn't determine whether the loneliness was a cause of the dementia.)

4. Friends influence us (for better or worse)

Obesity is contagious, screamed headlines, after a 2007 study that found that when one person packed on extra pounds, his or her friends were more likely to become obese, too. But there was an overlooked bright side to the research, which appeared in the *New England Journal of Medicine*. Thinness spread like social wildfire, too.

The researchers pulled data from a large health study, the Framingham Heart Study. It followed people over time, allowing researchers to draw causal inferences. If one person became obese over the course of the study, they found that friends of that person were 57 percent more likely to become obese, too. ing]

But the converse was also true, study researcher James Fowler, a professor of global public health at the University of California, San Diego, noted in a statement. People also take cues from their friends who exercise or eat well to lose weight, as a separate 2011 study confirmed.

"When we help one person lose weight, we're not just helping one person, we're helping many," Fowler said. "And that needs to be taken into account by policy analysts and also by politicians who are trying to decide what the best measures are for making society healthier."

GYRO COULD SAVE YOUR LIFE - SHARE IT

5. Your BFFs can help you through tough stuff

We all need somebody to lean on, as the song goes. And research on cancer patients finds that when the going gets tough, friends can help.

A major study published in the journal *The Lancet* in 1989 found that women with breast cancer who were randomly assigned to attend support groups with other cancer patients reported better quality of life and lived longer, compared with women in a control group who were not assigned to such support groups.

Since then, other studies have debated whether social support groups improve survival time, with some research suggesting they do and other studies finding no effect. However, there is widespread agreement that support groups improve quality of life in cancer patients. And while most of this research has been done on women, a 2014 study found that men with prostate cancer can benefit from support groups, too.

6. Friends can help you cope with rejection

Not all social relationships can go smoothly, unfortunately. But when they don't, friends can help you pick up the pieces.

A 2011 study on fourth-graders found that having friends helped kids cope with the stress of being picked on or rejected by other classmates. The researchers measured cortisol, a stress hormone, in their study participants' saliva and found that being excluded by their peers raised the kids' cortisol levels, probably indicating chronic stress. (Getting picked on didn't raise cortisol levels, the researchers reported in the journal *Child Development*, suggesting that getting left out may hurt more than getting attention in a negative way.)

But the cortisol increase that came with being excluded was less pronounced in kids who had more friendships or closer friendships, compared with those who had few or low-quality friendships.

"Together, the results demonstrate that although friends cannot completely eliminate the stress of exclusion at school, they do reduce it," study researcher Marianne Riksen-Walraven, professor of developmental psychology at Radboud University Nijmegen in the Netherlands, said in a statement.

7. Friendships can last a lifetime

In an era when people move around a lot for school and jobs, maintaining friendships can be difficult — and the occasional Facebook update doesn't always satisfy. However, research finds that distance doesn't have to dampen a friendship.

In one study, researchers followed college friends beginning in 1983, asking them about their friendship and sense of closeness. They found that physical distance didn't necessarily track with the emotional closeness of a friendship over decades. Phones and email still kept friends in touch two decades later, the researchers found, especially those who had been friends longer in college and those who had similar interests when they became friends.

Conventions & Interim Meetings

to learn more, go to <http://www.gyro.ws>

Future Deadlines for the GyroScope

June 28 / June 28

DISTRICTS

District I Convention	September 2019
District II Convention	September 3019
District III Convention	September 2019
District IV Convention	September 20-22, 2019
	Vernon hosting
District IV Interim	April 5-7, 2019
	Nannimo Yacht Club
District VI Convention	September 2019
District VII Convention	September 2019
District VIII Convention	May 23-26, 2019
	Drumheller, AB
District IX Convention	June 2-6, 1019
District X Convention	November 2019



INTERNATIONAL

June 2-6, 2019	International & D-I Convention
	Reno, Nevada - District IX
2020	Victoria, District IV + International Convention
2021	Winnipeg, District VII + International Convention
2022	District I + International Convention



JUNE 2-6, 2019 / RENO, NEVADA

**GYRO INTERNATIONAL
AND
DISTRICT IX CONVENTION**



VICTORIA

GYRO CONVENTION 2020

Spring is God's way of saying, 'One more time!'

- Robert Orben