



LPSS Matters

Official Alumni Newsletter of Lorne Park Secondary School

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www.LPSSMatters.com



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B.S.

That's right—B.S. Brothers and Sisters. If you've got 'em, we want 'em. We are on the hunt for LPSS alumni. The 50th anniversary reunion is not for another three years, but we're starting to collect alumni contact information.



And that's where you come in. Many readers of *LPSS Matters* have a brother or sister that attended LPSS. It doesn't matter if they graduated from LPSS or not. If they attended then they are alumni. We need their contact info in our database. Send their e-mail, phone number or postal address to Editor@LPSSMatters.com. Or ask them to contact us. LPSS has 46 years of graduating students. If 200 students graduated each year on average, that's close to 10,000 alumni. Plus many more who did not graduate from LPSS. We have 1,330 alumni on the *LPSS Matters* distribution list. Classmates.com has some 3,200 LPSS grads on their list. More alumni are registered on Classmates.com, and several thousand are totally unaccounted for. Let's get 'em!

Send us your brother or sister's name and e-mail address. Or ask them to contact us. Our goal is 10,000 plus.

SPAM & VIRUSES

We are getting lots of e-mails these days that are spam or contain a virus. They look authentic, but our server highlights them as spam or containing a virus. So we don't open them—just delete.

If you've sent something in and we haven't responded, or you've registered with our distribution list but your name doesn't show up, contact us again. It's possible your e-mail was deleted.

By the way, please rest assured we are very careful with the information of all alumni on the distribution list. This information is not recorded anywhere publicly, nor is it sold or given away.

50th ANNIVERSARY LOGO

Many thanks to Dwight Skeates ('82) for designing our 50th anniversary logo. Dwight designed our 25th anniversary logo too. Thanks also to Sandra Bishop ('78) for adding a professional touch.



ALTERNATE E-MAIL ADDRESS

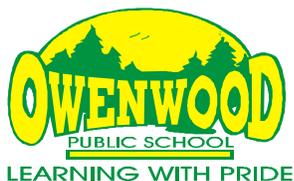
We need a second e-mail address for each person on our distribution list. Each time we send out notification of a new issue of *LPSS Matters*, we get over 200 e-mails returned back. To track down people with returned e-mail we used to check on Classmates.com, or on the alumni section of the LPSS website. We would also try to contact brothers and sisters in an attempt to track down the owners of the returned e-mail. The numbers are too big to do that now.

The best solution to this problem is for you to provide us with an alternate e-mail address. This address won't get used, it simply resides on our database as a back-up. In the event your primary address changes and you forget to tell us, we can follow up with your alternate address.

Think of an alternate address and send it to us. Work, spouse or whatever, it will make finding you much easier in the event your main address changes. Send your secondary address to Editor@LPSSMatters.com. We worked hard to get you on the list—we don't want to lose you. Especially as we collect names and e-mail addresses for the 50th anniversary reunion.

Please send us your alternate e-mail address.





For 50 Years

Owenwood Alumni Search

Have you heard that this year is Owenwood Public School's 50th Anniversary!!!!
 We are very excited about this special year at our school. We have many events planned for our students as part of the celebration. Of course, a 50th Anniversary wouldn't be complete without the participation of former students, parents of alumni and members of the community. Planning for this special year started last year with the idea of having our major celebrations in the Spring of 2004. We are planning to hold an **Alumni Reunion on Saturday, April 24th, 2004**, so mark the date on your calendar. Her Honour the Mayor, Hazel McCallion, will be in attendance at this event as will other dignitaries, past Principals and Staff and of course, our guests of honour, our Owenwood Alumni!

We are looking for the names and addresses of people who would be interested in being part of the Spring Reunion Event and especially the names of those who would like to help organize an event of this magnitude. Please fill in the information below and send it back to the school, as soon as possible. Our address is 930 Owenwood Drive, Mississauga, Ontario, L5H 3J2, (fax # 905 822-8714).

For those creatively, reflective people in the Owenwood Community, past or present, we are looking for individuals that are willing to share their memories of their involvement with Owenwood, in written form. We are hoping to collect these reflections and use them for source material for a musical/dramatic performance that is going to be written by the current students and staff at the school and performed on April 21st, 2004, our In-School 50th Celebration and Open House evening. We are hoping that these reflections from over the years can be used as the source for possible monologues or scenes in the presentation. Topics may include things like your first day or your child's first day, graduation, a favourite teacher, a favourite event, a historical event, in the last 50 years, that touched the school in some way, etc.. It would be most effective if written in the first person. We are very excited about this presentation and look forward to hearing many reminiscences that we can use in the writing process. Please use the back of this sheet for this purpose or write/type out the information on a separate sheet and send it back to the school.

Thank you

Kevin Dobson
 Principal
 Owenwood PS

Please fill in your information and check the appropriate box(es)

Name	Current Address	E-Mail Address	Former Student/ Years Attended	Parent of Student Past or Present	Community Member	Want to be considered for Reunion Committee

FOR THE SURVIVORS OF YOUTH

Risk Takers!! We licked the beaters and didn't have anyone telling us we were going to become deathly ill from eating batter with raw eggs in it! At Easter time, we had our dyed Easter eggs in a nest on the counter and they sat out at room temperature for the week after Easter. We would peel one whenever we felt like it. I can't believe we made it!

If you were a child in the 40's, 50's, 60's or 70's, looking back, it's hard to believe that we have lived as long as we have... As children, we would ride in cars with no seat belts or air bags. Riding in the back of a pickup truck on a warm day was always a special treat. Our baby cribs were covered with brightly colored lead-based paint. We had no childproof lids on medicine bottles, doors or cabinets, and when we rode our bikes, we had no helmets. Not to mention hitchhiking to town as a young kid!! We drank water from the garden hose and not from a bottle. *Horrors.* We would spend hours building our go-carts out of scraps and then rode down the hill, only to find out we forgot the brakes. After running into the bushes a few times we learned to solve the problem.

We would leave home in the morning and play all day, as long as we were back when the streetlights came on. No one was able to reach us all day. No cell phones. *Unthinkable.*

We played dodge ball and sometimes the ball would really hurt. We got cut, broke bones and broke teeth, and there were no law suits from these accidents. They were accidents. No one was to blame, but us. Remember accidents? We had fights and punched each other and got black and blue and learned to get over it.

We ate cupcakes, bread and butter, and drank sugar soda but we were never overweight ... we were always outside playing games. We shared grape soda with four friends, from one bottle, and no one died from this.

We did not have Playstations, Nintendo 64, X-Boxes, video games, 99 channels on cable, video tape movies, surround sound, personal cell phones, Personal Computers, Internet chat rooms ... we had friends.

We went outside and found them. We rode bikes or walked to a friend's home and knocked on the door, or rang the bell and just walked in and talked to them. Imagine such a thing. Without asking a

parent! By ourselves! Out there in the cold, cruel world! Without a guardian. How did we do it?

We made up games with sticks and tennis balls and ate worms, and, though we were warned, we did not put out very many eyes, nor did the worms live inside us forever. Little League had tryouts and not everyone made the team. Those who didn't had to learn to deal with disappointment. Some students weren't as smart as others so they failed a grade and were held back to repeat the same grade Horrors. Tests were not adjusted for any reason.

Our actions were our own. Consequences were expected. No one to hide behind. The idea of a parent bailing us out if we broke a law was unheard of. They actually sided with the law, imagine that! This generation has produced some of the best risk-takers, problem solvers and inventors, ever. The past 50 years has been an explosion of innovation and new ideas.

We had freedom, failure, success and responsibility, and we learned how to deal with it all.

And you're one of them. Congratulations!

(forwarded by Alex Chen ('94))

BUDDIES GOLF TOURNAMENT

The organizers of the annual Buddies Golf Tournament have booked Royal Ontario in Oakville for the tourney again this year. The date will be Saturday Sept. 18th. Cost to be advised. For more information contact Paul Woolvett ('74) at paul@dennis-murphy.ca.



VOLUNTEER NEEDED

As many of you know, we have a reunions section on our alumni website. Upcoming reunions are announced, and pictures from past reunions are posted.

The biggest reunion LPSS has seen so far is the 25th anniversary reunion, held in October 1982. We are looking for a volunteer to assemble pictures from this reunion for posting on our alumni website.

There is an extensive file in the library at the school. If you're able to take on this project, please contact us at Editor@LPSSMatters.com

“Into the Unknown”— Lynn Jenkins (Stevenson) ('71)

www.marylennstevenson.com

Learning to manage stress is very important as it affects so many areas of our lives. Although a certain amount of stress is necessary in order to avoid boredom, high levels of stress over long periods of time can be damaging to our health.

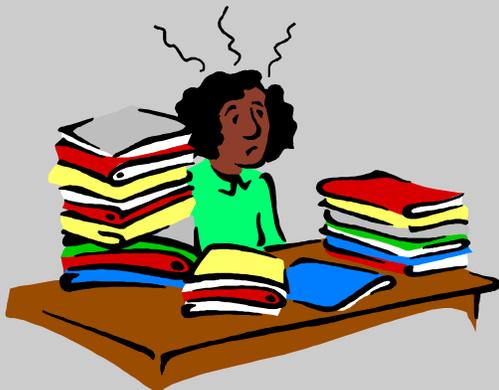
The following are common symptoms of excessive stress and the negative effects it can cause. Although each symptom on its own may or may not

show stress, when several occur it is likely stress is affecting your life. It is important to note, as the stress you are under increases, your ability to recognize it as stress will decrease. If any of the symptoms occur, contact your health practitioner.

The following symptoms may occur as your body adapts to a perceived physical threat cause by the release of adrenaline. These are sign your body is ready for the explosive action necessary for high performance.

A faster heart beat, increased sweating, cool skin, cold hands and feet, feelings of nausea or butterflies in the stomach, rapid breathing, muscle tension, dry mouth are physical reactions your body uses to combat stress.

Even though adrenaline helps you survive in a fight-or-flight situation, it does have negative effects in other situations. Adrenaline interferes with clear judgment and



makes it difficult to take the time needed to make wise decisions. It can seriously reduce the enjoyment of your work. Where you need good physical skills it gets in the way of fine motor control. It causes difficult situations to be seen as a threat not a challenge. It

damages the positive frame of mind needed or high quality living. It promotes the negative, damages self-confidence, disrupts focus and concentration, makes it difficult to cope with distraction and causes anxiety, frustration and anger.

Long-term physical symptoms occur when your body has been exposed to adrenaline over a long period of time. One of the ways adrenaline prepares you for action is by diverting resources to the muscles from the areas of the body which carry out body maintenance. This means, if you are exposed to adrenaline for a sustained period your health may start to deteriorate. This may show up as, change in appetite, frequent colds, illnesses such as asthma, back pain, digestive problems, headaches, skin eruptions, sexual disorders, aches and pains, feelings of intense and long-term tiredness.

When you are under stress for a long period of time you will find you are less able to think clearly and rationally about problems. It can lead to internal emotional upsets such as; worry, anxiety, confusion and the inability to concentrate or make decisions, feeling ill, feeling out of control or overwhelmed by events, mood changes, depression frustration, hostility, impatience

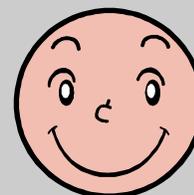


and irritability, restlessness, being lethargic and difficulty sleeping,. Drinking more alcohol, smoking more, changed eating habits, reduced sex drive and relying of medication are also internal manifestations of long-term stress.

And as the list goes on...

Behavioral symptoms of long-term stress are the following; talking too fast, too loud, too much, yawning, fiddling and twitching, nail biting, grinding teeth, drumming fingers, pacing, bad moods, irritability, defensiveness, being critical negative, judgmental, forgetful, indecisive and neglect of personal appearance.

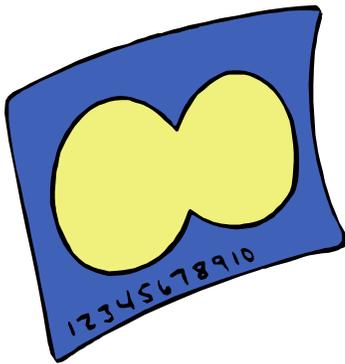
These symptoms of stress should not be taken in isolation. Other factors could also be the cause, therefore, talking to your health practitioner about these symptoms is important. If the stress is getting to you and becoming too much it would be worth checking out stress management techniques. It could save your job, your relationship, even your life.



Subject: Visa & MasterCard Scam

We all receive emails all the time regarding one scam or another; but last week I REALLY DID get scammed! Both VISA and MasterCard told me that this scam is currently being worked throughout the Midwest, with some variance as to the product or amount, and if you are called, just hang up.

My husband was called on Wednesday from "VISA" and I was called in Thursday from "MasterCard". It worked like this: Person calling says, "This is Carl Patterson (any name) and I'm calling from the Security and Fraud department at VISA. My Badge number is 12460. Your card has been flagged for an unusual purchase pattern,



and I'm calling to verify. This would be on your VISA card issued by 5/3 bank. Did you purchase

an Anti-Telemarketing Device for \$497.99 from a marketing company based in Arizona?"

When you say "No". The caller continues with, "Then we will be issuing a credit to your account. This is a company we have been watching and the charges range from \$297 to \$497, just under the \$500 purchase pattern that flags most cards. Before your next statement, the credit will be sent to (gives you your address), is that correct?"

You say, "Yes". The caller continues . . . "I will be starting a fraud investigation. If you have any questions, you should call the 800 number listed on your card 1-800-VISA and ask for Security. You will need to refer to this Control _". Then gives you a 6-digit number. "Do you need me to read it again?" Caller then says he "needs to verify you are in possession of your card. Turn the card over. There are 7 numbers; first 4 are 1234 (whatever) the next 3 are the security numbers that verify you are in possession of the card. These are the numbers you use to make internet purchases to prove you have the card. Read me

the 3 numbers." Then he says "That is correct. I just needed to verify that the card has not been lost or stolen, and that you still have your card. Do you have any other questions? Don't hesitate to call back if you do."

You actually say very little, and they never ask for or tell you the card number. But after we were called on Wednesday, we called back within 20 minutes to ask a question. Are we glad we did! The REAL VISA security dept. told us it was a scam and in the last 15 minutes a new purchase of \$497.99 WAS put on our card.

Long story made short.....we made a real fraud report and closed the VISA card and they are reissuing as a new number. What the scam wants is the 3 digit number and that once the charge goes through, they keep charging every few days. By the time you get your statement, you think the credit is coming, and then it's harder to actually file a fraud report. The real VISA reinforced that they

will never ask for anything on the card (they already know).

What makes this more remarkable is that on Thursday, I got a call from "Jason Richardson of MasterCard" with a word for word repeat of the VISA Scam. This time I didn't let him finish. I hung up. We filed a police report (as instructed by VISA), and they said they are taking several of these reports daily and to tell friends, relatives and coworkers.



(sent in by John Lediard ('69))



(excerpt from a letter)—"...But my bigger concern is the membership list. It is very extensive. However, hardly anyone has divulged their email address. You alluded to this in the newsletter, but I think you should post a message telling people how to unblock their email address, so that old friends may contact them. Geoff Last ('69)

In order to ensure confidentiality we needed to remove the email address option from the Memberlist on the board. Therefore, due to technical challenges, the "always show email address" option is now completely useless. We'll advise all once this can be rectified.

"To be a champ you have to believe in yourself when nobody else will"

Sugar Ray Robinson

Fear Factor

This was a quiz on MSN about the proper names of what people fear. Do you know the proper words for these fears? Try it...unless of course you suffer from testophobia. Check the end for the correct answers.

1. A person who suffers from dendrophobia has a persistent, abnormal, and irrational fear of what?

- a) Trees
- b) Dentists or dental work
- c) Nerve damage or nerve pain

2. Aviophobia is also known as which of the following?

- a) Fear of birds
- b) Fear of flying
- c) Fear of lizards or other reptiles

3. Brontophobia, one of the more common phobias, describes an obsessive fear of what?

- a) Dinosaurs or dinosaur bones
- b) Suffocation or lung malfunction
- c) Thunder and lightning

4. A xenophobe possesses an overpowering fear of what?

- a) Foreigners
- b) Things that glow in the dark
- c) Things that are yellow

5. An arachibutyrophobic is obsessively terrified of what?

- a) Spiders, scorpions, or mites
- b) Peanut butter sticking to the roof of the mouth
- c) Animal fats

6. Which of the following describes a persistent, abnormal, and irrational fear of snakes?

- a) Serpentophobia
- b) Ophidiophobia
- c) Squamatophobia

7. One of the most common phobias is agoraphobia, an irrational fear of what?

- a) Money or coins
- b) Public or open spaces
- c) Heights

8. People with triskaidekaphobia are terrified of anything to do with which of the following?

- a) The number 13
- b) Crackers or unleavened bread
- c) Triplets

9. A person who is terrified of crossing a bridge is afflicted with which of the following?

- a) Gephyrophobia
- b) Botanophobia
- c) Ichthyophobia

10. Sesquipedalophobics are horrified of which of the following?

- a) Food dishes containing cod fish
- b) 150th anniversaries
- c) Long words

ANSWERS:

1. The correct answer: A Trees

A dendrophobe has an intense and overpowering fear of trees. The prefix dendro "tree or treelike" originates with the Greek dendron "to be solid." This one is a toughie because dendrite, a treelike component of all nerve cells, shares the same prefix. And fear of dentists or dental work, technically known as dentophobia, is one of the most common phobias reported.

2. The correct answer: B Fear of flying

Also called aerophobia, aviophobia describes an irrational fear of flying. Many aviophobics learn to control their fear with a behavior therapy known as systematic desensitization, which

teaches them to relax in a situation that would normally produce anxiety. For the record, fear of birds is technically termed ornithophobia; fear of reptiles is herpetophobia.

3. The correct answer: C Thunder and lightning

Brontophobes have an irrational fear of thunder and lightning. If you guessed dinosaurs or dinosaur bones, worry not--you weren't too far off. The prefix bronto, from the Greek bronté "thunder," also appears in one of the most recognizable dinosaur names, brontosaurus.

4. The correct answer: A Foreigners

From the Greek xenos "stranger, foreigner," xenophobia describes an irrational fear of foreign people and cultures. A xenophile, on the other hand, adores foreign people, their customs, and their culture. And just to be fair, the word xenon, which describes a gas used in glow-in-the-dark neon signs, shares the same Greek origin.

5. The correct answer: B Peanut butter sticking to the roof of the mouth

What can we say? Phobias are by nature irrational. The name of this one is quite rational, however. The botanists and nut buffs among us will likely recognize the prefix arachi, which also appears in the scientific name for peanut, *Arachis hypogaea*.

6. The correct answer: B Ophidiophobia

Truth? We have some trouble regarding any fear of snakes as irrational. Nonetheless, the professionals think there's such a thing, and they call it ophidiophobia from the Greek stem ophid (pg 7)

We Remember...

Chris Vezina ('96)

I regret to inform that Chris Vezina (grad year 1996 I think?) has apparently passed away. I don't know the details but I heard he passed away in his sleep of unknown causes.

Anonymous



Letters

Owenwood Public School

50th Reunion

Sat., April 24th, 2004 from 1:00pm to 4:30pm at the Owenwood Public School, 930 Owenwood Dr.

They are looking for class pictures and memorabilia call 905-822-0311 or email to owenwood.ps@peelsb.com

Fred Hilditch ('63)

Owenwood Public School

50th Reunion

Hi—can you post this in the next newsletter as some of Lorne Parks students attended this school----Owenwood Public School Reunion. The date is set for April 24th, 1:00 to 4:30 Hazel McCallion is supposed to be giving a speech, probably on the secession of Mississauga from either Peel Region or Canada. They ask that you e-mail if you are coming at owenwood.ps@peelsb.com and if you can pass it on to any one else you know.

Hope to see you there.

John Lediard ('69)

(cont. from pg. 6)
"snake."

7. The correct answer: B Public or open spaces

Agoraphobia is characterized by an intense and irrational fear of being in places or situations from which escape might be difficult. The name is derived from the word agora, a public square or marketplace considered an integral component of any ancient Greek city.

8. The correct answer: A The number 13

Blame this one on the Greeks, too. Coined from the Greek word triskaideka "thirteen," triskaidekaphobia describes an irrational fear of the number 13. Not all fear of the number 13 is considered phobia; however, in some cases, it's just superstition.

9. The correct answer: A Gephyrophobia

A person with gephyrophobia, sometimes called gephydrophobia, has an overpowering fear of crossing bridges. In many cases, the fear extends beyond bridges to

other human-made structures, such as tall buildings.

10. The correct answer: C Long words

Whew! If you've made it this far in the phobias quiz, we can say with some assurance that you do not suffer from sesquipedalophobia.

(taken from MSN.com)

Spartan Stuff

1957—1964—Fred Hilditch ('63) - fred@businessdata.on.ca

The Meredith's (lived on Truscott –Near Christ United) found us: **Susan (Menzies) Meredith ('65)**- She is married to Sandy still with no kids. We have recently retired back to the Island, Nanaimo BC after 30 years in Ottawa. Loving it! Golf, volunteering; travel, closer to many family including **Hilary** who is in Victoria. Regarding your newsletter Issue 2-2 Susan reports the 3-wheeled car was an Isetta and belonged if I recollect correctly to Mr. Stephaniw - math teacher. Gordon Mac's car was indeed a Carmen Ghia but it was yellow. The drama club wrapped it in toilet paper after there annual post production party the year he left to take a sabbatical in Europe. I think in '63 cause I know he was back in '64/'65. **Hilary Meredith ('69)** Hi Fred! What a surprise to get your e-mail. Spoke with Les on the weekend - did you 2 manage to connect? It was such fun to read about all the 'kids' in the newsletter, although to me they were the 'big kids'! I started LPSS in '65, graduated in '69, so the names were mostly my sister's friends. Guess you know that I have 3 kids - my eldest just turned 20 on the 29th - a leap year baby. My second son is 18, and my baby, Jocelyn, will be 17 soon. I was widowed shortly after Dad died, in 2001, but we are all doing well. As Dad used to say --- Meredith's Ho!!! I get back and forth to Toronto fairly often. **Leslie Meredith ('63)** retired living in Muskoka has 4 kids is a grandmother 4 times over. **Debbie (Macdougall) Meredith ('65)** enjoys living in Texas and the warm weather. Playing lots of golf and bridge and working at A G Edwards (a brokerage firm), studying for my Series 7 license to become a full fledged broker and have a small gourmet catering company on the side. I do love to cook. Angus is amazingly successful in sales (health-cancer and heart policy protection). My daughter will be entering her medical residency. Debbie is a proud grandmother of beautiful baby boy. but life has been fun. It is really great to read of others and what they have done. **John Baggaley LPSS ('65)**...I remember when he went to get his drivers license and they called the name BAG-aly and he just sat there for the longest time, not realizing it was him they were calling. Mum always thought that was too funny. **Dave Meredith ('70)** the hardwood business in central Ontario 5 kids all grown and a granddad once over. **Jocelyn (Hidi) Meredith** would be LPSS 1980 had she gone to LPSS; married 3 kids (7, and 12 girls and 9 a boy). Michael Meredith would be LPSS 1981 had he gone to LPSS. Both Michael and Jocelyn live in the Toronto area.

More on **Susan (Menzies) Meredith ('65)** After what is currently called a gap year but, to me was finding I wanted to continue my education, I completed my nursing diploma, got married, moved to England and there completed a science degree in the budding field of transplantation immunology, After four years of working in the field in Birmingham and Geneva we returned to Canada and settled in Ottawa where I undertook a graduate degree in Health Administration that lead to an incredibly rewarding career with the most remarkable team at the University of Ottawa Heart Institute. I had the privilege of being part of history in the development of open-heart surgery including transplants and Canada's first artificial heart as a bridge to transplantation as well as meeting presidents, prime ministers and royalty. The most significant part however, was making a difference and helping patients and their families. As the institute grew so did I and when we retired to my home province of BC last October I was President of the University of Ottawa Heart Institute Foundation and Executive Vice President of the Institute, a reasonable accomplishment for someone with a C average in high school.

Phil Errett ('65) (From Susan who helped find Phil: He was an Ottawa neighbour of mine - or at least in the same neighbourhood and I never knew it! Whoa - blast from the past). Freddie was the guy who took the new kid, me, under his wing when I first arrived from Ottawa. As for you (**Susan Meredith**)- wore your hair up didn't you - came from Bladlock or some school that sounds like that? We'll I came home (Ottawa) after a couple of years in TO after university and have been here ever since. Ya sure Fred can put me on his list. I am about to retire and should have enough time to catch up on things LPSS. - Man it was weird seeing your name after all those years. I still remember you showing the way to Clarkson on my first day there. God that was such a long time ago; some memories I cherish and some embarrassing enough to forget. Phil from home.

Floor Hockey comments by **Louis Silcox ('65)** - Our floor hockey was challenging because of the grate in the floor just where the hallway from the boys' change room came in. I remember someone running there. The stick got caught in the grate and the player was pole vaulted out of the gym. What were more amazing were the noon-hour pushball games. It was like hand soccer with a volleyball. All you had to was run along with the ball under control as it rolled by your feet. I think boarding and charging were frowned upon. I'm surprised it never became an Olympic sport! Comments by **Doug Edward ('64)** Freddy: I also remember riding a bike without a helmet, and the great feeling of the wind rippling through the hair, playing hockey on a pond without equipment, organized hockey with no helmets, shooting hoops against a ply-

Spartan Stuff

1957—1964—(cont.)

wood backboard on a 4" x 4" post stuck in the ground, playing golf with 3 clubs on the three hole golf course we set up at Whiteoaks park and riding a motorcycle without a helmet with that same feeling of total freedom. I remember when all we really needed to have a good time was a football, or a few hockey sticks and a tennis ball to hold the Stanley Cup play-offs on the driveway. Try any of that stuff now and you'll get arrested for endangering someone's life, sued because someone got injured or else no one will play because the equipment isn't good enough.

Geoff Hobbs ('60) has found us. Lives in Gananoque, ON

Biff Hawke ('65) (see also 1965-1969) left LPSS in Oct 1963 during my second crack at Grade 11. They wouldn't let me play football because I was repeating, but little did they know, I was only there for the football, so I dropped out and joined the Navy. I spent 25 years in the Navy with 16 of those attached to ships. Saw a fair amount of the world through a porthole. In 1970 I was married to a girl from Dartmouth N.S. and over the years we had four children. I retired from the forces in 1988 and went to work in the Defence industry in Montreal and then Ottawa. My civilian job was much like my Navy job - Anti Submarine Warfare specialist. I quit the defence industry and went to India in 1996. There I found a two new loves - the country and Linda Brady. I married the latter in 1996. Linda had just opened a publishing company called L.B. Associates Ltd before we married and I joined her in the business. She's CEO and I'm Managing Director. I also do a lot of travel, writing, and photography. I'll most likely continue living in India for the rest of my live. Grandchildren: Yes. I have two, both living in Halifax. One boy 14 years old and the other 2½ years old. One each from two daughters. A third daughter was the first female to serve in the Canadian Infantry. Until Brenda demanded equal rights, females were in the Army, but only served as admin, medics and supply etc - third line support. She's a corporal on the pointy end of the forces and has served in Kosovo and Bosnia. I also have a son -Wayne - who's 23 and has just joined the Navy. Two of my brothers live in Oakville, so I do come to the vicinity of Clarkson on my visits to Canada. Mom's still alive, remarried (at age 80) and lives in Orillia. William (Biff) Hawke is writing a book on his life after the Canadian Navy. The book will be completed before the end of 2004 and will be released in Halifax, NS, & New Delhi. For information go to <http://www.diplomatist.com/page/william1.htm> would love to get together with you and John on my next visit to the Clarkson area. Editors comment: That is fantastic story about you and your family. My hat is off to you and other family members for joining our armed forces. More people should do this but quite often they are not supported or urged to join. One of the guys who I played hockey with about 29 years old joined with his girlfriend. I am not saying you were a 'Loose Cannon' but he was when he was on the ice and for all intents and purposes, I think he knew he needed some help. They made \$30,000 plus a year, got career training and saw the world. What more could you ask?

Memories by **Sandra Lindsay ('65)** of **Susan Meredith ('65)** - Can you please pass on my greetings to Susan Meredith. She played my daughter in The Skin of Our Teeth in the school year 1962-63 (also Peter Harvison as my husband and Michael Ellis as my son). I had to slap her (Susan's) face at one point and they wanted it to look real. I did such a good job that I caused her to have a nose bleed in one rehearsal and was so mortified that I was afraid to touch her after that. We had a great time together other than that.

Reflections of a fellow student of one of the PREMIER TEACHERS I am so pleased to have been able to connect with you after so many years. I can't tell you how many times you have come to mind and how much your guidance and hard taught lessons have been reflected in what I have done. I can count on the fingers of one hand the men who have had a positive influence on my life; my Dad, my husband, my colleague and professional mentor Dr. Keon, and you. You taught me so much other than just the curriculum. You shared the importance of integrity and compassion even though I am sure they were not the lessons of the day. You impressed on me the importance of being passionate about whatever I did and to give it my best. Even when my best was average you insisted as long as it was my best then I should be proud of it. You developed my love of Shakespeare so that on my 21st birthday I asked my parents for the complete works of his writing, a volume much thumbed and still a favourite. Your directions in drama class were put to good use when I spoke publicly or did media interviews in for the Heart Institute where I worked for 27 years. I even have gone back to painting watercolours after all these years. I know as students we all probably had our own who helped us over the rough spots in high school. I just wanted to say "thank you" and let you know what a positive impact your dedication and love of teaching had on at least one student.



Spartan Stuff

1957—1964—(cont.)

Owenwood Public School will celebrate its 50th birthday on April 24th, 2004 from 1:00pm to 4:30pm at the Owenwood Public School, 930 Owenwood Dr. Comments by **Doug Edward ('64)** Thanks for the heads up. I went to Owenwood from 1954 to 1957 (grades 3, 4, 5 and 6 - 3 and 4 were done in '54-'55) and lived at 964 Owenwood Drive. It seemed like a lot longer than that, maybe because of all the trouble we managed to get into in those years. Got the strap (remember that?) from Mr. MacLean in '56-'57 for sending a note to Paul Grant right after MacLean told us that anyone caught talking or passing notes would be in big trouble - the note said that what MacLean just said was "bullshit" - it didn't go over too well with him, obviously. I remember the crazy September afternoon in '55 that dumped about 2 inches of snow all over everything, and Joey Ogden and I walking to school throwing snowballs at each other and everyone else. Yea, we got in trouble for that too. I also remember the Saturday afternoon Court Chapple came over (he lived on the other side of the vacant lot to the north of us) and we decided to have our own barbecue on that vacant lot - we met every one of the local firemen who were on duty that day, but they didn't seem all that happy to meet us! My folks weren't too convivial either. Then there was the time we were unhappy that the forest between our area and Lorne Park Estates was finally being developed, and they bulldozed our very elaborate "fort" we'd built over a couple of years. I really don't want to say exactly what we did to exact retribution, so I won't. However, I sure remember the aftermath of it all, and it was decidedly unpleasant for all of us. I could go on and on, but I am afraid that the RCMP and Peel Regional might intercept the e-mail, and I don't need the grief! Pete Burton's Dad Freddie used to make a pretty good hockey rink on the corner of Owenwood and Parkland, and since I was the little kid, I got to play goal all the time (yea, right). Came home one day after trying to impress the big kids, with knees and shins completely black and blue, and that was the day my Father went out and bought me my first pair of shin pads - wood dowels sewn into some weird heavy vinyl material, and a fibre-board type knee cap, with heavy duty felt backing - man, I thought I'd make the NHL wearing those things! They weighed in at about 5x the weight of the full size ones I wear now! (Come to think of it, maybe that's the reason I am so slow on the blades now, not advanced age, lack of conditioning, too much beer and wine, etc. - yea, that's the ticket!) Doug: The LPSS Alumni wish you and your family a better health year in 2004.

Ole Kahl ('65), memories of our teacher **Gordon Macfarlane LPSS** (1958 to at least 1965) Hi Fred: It was great meeting you the other day and reminiscing about our Lorne Park days. As I said to you at the time, I would be glad to share some of my thoughts on paper about the teachers at Lorne Park. There were many good teachers at the school. One that really stood out was Gordon Mcfarlane. I was fortunate to have him as an English teacher. Having arrived from Denmark 5 years earlier, English was difficult for me. He had the chore of making sense out of Shakespeare and preparing me for the dreaded grade thirteen final exams, the departmentals. I remember him using his art knowledge to make the subject relevant and interesting. His classes were never boring. He constantly used his humour to keep the students involved. I know that he worked very late sometimes at the school with the drama club. That did not stop him from going home afterwards to mark volumes of English essays. They were usually marked by the next day after a long night at the school. Later, when I became a teacher with the Peel Board of Education and eventually a principal, our paths would cross again. He had been appointed art co-ordinator for the Peel Board. I often had a chance to attend his workshops and observe the many interesting and practical ideas that he gave teachers. They, in turn, embraced and used these ideas in their classrooms. He had a great influence on art education in Peel. As you go through your school career, you are very lucky to have a few teachers who really stand out. Gord Mcfarlane was without question one of these teachers. Ole retired from the education system as a school principal.

Diane Radke ('64) - Happy New Year. Sorry I didn't get back to you-have had lots of family concerns and illness this holiday season. Carol Collette (Burge) spent Christmas and New Year's with the family in Ontario for the first time in about 11 years-I'm sure she will have seen Roger, Lois, Marilyn, etc. Just talked to J.D. Gamble and heard all about his visit. He likes to keep up the friendships and does a good job! Hope to see him this week at his parents' place out in White Rock. Hope 2004 finds us a lot more contacts and perhaps even old/new friendships rekindled.

From **Suzie Reed ('62)** Ginny & Suzie Reed's mother, Virginia Reed lives on the Bruce Peninsula and still keeps in touch with Art the 2nd Luker senior (Art 2nd operated the Texaco gas station on Lorne Park Road), who has resided in Bracebridge for several years. Art the 3rd Luker's eldest son, Arty Luker, is retired from the teaching profession in Bracebridge and keeps busy building docks and doing other carpentry work in the Muskoka area. Linda Luker married Norm Parsons; and they are presently in the midst of moving to the Cayman Islands. Bobby Luker has been living in Turks & Caicos for some time. All are doing well!

Spartan Stuff

1957—1964—(cont.)

Jane Barnett ('65) is back living in Mississauga with her daughter after a very long time below the 49th. Her mother and Dr. Howard Vernon are enjoying each other's company also in Mississauga. The doctor update includes Dr. Boland who is still working and living the same place with his wife and his doctor daughter is sharing his business. Dr. Gord Williams just retired last year. Doctor Denis retired quite some years ago.

Thanks to Diane, Doug x2, Susan x3, Louis, Biff, Phil, Leslie, Hilary, Debbie. Ole, Jane, Suzie, Sandra x2

1965—1969—David Crouse ('65) - david.crouse@utoronto.ca

Biff Hawke ('65) (see also 1957-196) Hi David. Nice hearing from you and seeing the LPSS Matters website. I didn't graduate from LPSS, but would have in 1965 had I stuck it out. I joined the (then) Royal Canadian Navy in Nov 1963. I bounced around the North and South Atlantic for 25 years, while serving on 8 different ships. I retired as a Chief Petty Officer in 1988 and worked in the Defense Industry for 8 years before packing up and moving to India. There, I fell in love twice – first with the country and then with Linda Brady, who I married. I'm now the Managing Director of an India based publishing house – L.B. Associates Ltd (www.lbassociates.com) and Managing Editor of Diplomatist Magazine (www.diplomatist.com). I have four children from my first marriage and two grandchildren. I visit Canada quite frequently and would love to hear from old friends (I had one or two) at hawkelba@satyam.net.in. Oh! I'm writing a book. Anyone can learn about it from the Diplomatist website mentioned above. Thanks, Good Bye.

1970—1974—Dana-Leigh Tisdale ('71) - dlt13@shaw.ca

My computer is down—this issue's submission will be combined with next issue's submission.

1975—1979—Michelle Oliphant (Nolan) ('77) - mnolan42@cogeco.ca

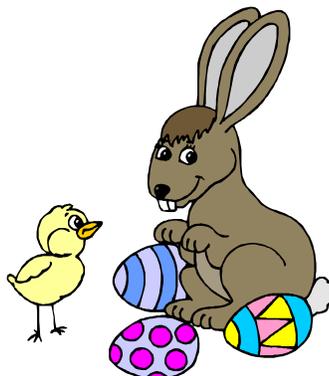
1980—1984—Clarissa Stevens-Guille ('83) - clarissa_sg@hotmail.com

1985—1989—Rob Boyce ('88) - rob.boyko@maketechnologies.com

1990—1994—Correspondent needed

1995—1999—Correspondent needed

2000—2004—Correspondent needed



"The fragrance always stays in the hand that gives the rose."

Hada Bejar

"Too much of a good thing is wonderful."

Mae West

Two Truck Drivers

There was an older more experienced truck driver who had been all over the country in his career.

One day, he had to train a new, much younger, inexperienced driver. The old one allowed the younger one to drive for a while. The young one drove the big 18-wheeler for about five hours and became very tired and asked the trainer to take over for a while.

The trainer drove for 10 hours and was not even tired as he had done this for years. The young man was flabbergasted and asked the old man how he could drive for hours and not get tired.

The old man asked him, "What do you do in the morning just before you leave your house?" The young man replied, "I kiss my wife good-bye and tell her I



am going to work."

The old one said, "That is your problem."

The young man asked, "What do you mean, problem?"

The old man said, "When I leave in the morning, I kiss my wife good-bye, but I don't tell her I am going to work, I tell her I am going for a drive in the country."

Everything is a matter of attitude.

(taken from Mountain Wings)

and finally...



MATH LESSONS FOR LIFE!

From a strictly mathematical viewpoint: What makes 100%? What does it mean to give MORE than 100%? Ever wonder about those people who say they are giving more than 100%? We have all been to those meetings where someone wants you to give over 100%. How about achieving 103%?

Here's a little mathematical formula that might help you answer these questions: If A B C D E F G H I J K L M N O P Q R S T U V W X Y Z is represented as:
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26,

Then H-A-R-D-W-O-R-K $8+1+18+4+23+15+18+11 = 98\%$
And, K-N-O-W-L-E-D-G-E $11+14+15+23+12+5+4+7+5 = 96\%$.
But, A-T-T-I-T-U-D-E $1+20+20+9+20+21+4+5 = 100\%$.
And, B-U-L-L-S-H-I-T $21+12+12+19+8+9+20 = 103\%$
and, look how far ass kissing will take you: A-S-S--K-I-S-S-I-N-G
 $1+19+19+11+9+19+19+9+14+7 = 118\%$

So, one can then conclude with mathematical certainty that: While Hard work and Knowledge will get you close, and Attitude will get you there, Bullshit and Ass Kissing will put you over the top!

Submitted by Lynn Jenkins (Stevenson) ('71)

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