



LPSS Matters

Official Alumni Newsletter of Lorne Park Secondary School

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www.LPSSMatters.com

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Next Edition— Feb 10

Please email your news, thoughts, ideas, etc:

editor@lpssmatters.com

Dear Grads,

We hope this newsletter finds you well.

I wanted to say thanks for your interest and for all the news that has been submitted. It has been great to read about your accomplishments and to share in your life milestones.

To those who sent us information about other grads, thank you!

It is through your interest and willingness to update us that we have the material we need to put all of this together. So please keep it coming, but for now enjoy Volume 9, Issue 3 of your newsletter!

Lastly, a big thanks to the staff at LPSS Matters for the good work you do and to our friends at Maknet who make all of this possible.

Warm regards,

Editor
editor@lpssmatters.com





The Lighter Side of Stress

We feel it, we say it, we live it, we affirm it and we teach it...life is stressful, right?

We're so busy running on life's treadmill, worried about our kids, work, finances, world issues, our health and relationships. Rushing in the morning to work to meetings and more meetings to home...tag teaming or single handily carting our kids off to lessons, arenas and rehearsals - barely catching our breath- living forever under the loud tick tock of not enough time...Hurry Hurry...we're going to be late! being an all too familiar phrase that comes out of our mouths and then...back home for the routine of homework, showers, lunches and we flop into bed still wearing our stress suit which makes it easier to get going in the morning because we won't have to change! Wait a minute, did we eat?

Ahhh....the stressed out life!

Oh, and just a friendly reminder, we have the holiday seasons coming up soon, which some say are the most stressful times of the year...ready to scream yet? Well that's probably not a bad idea, quite healthy in fact, as long as it isn't at someone!

I'm giggling as I enjoy the funny, playful side of myself today, despite the dreary dark weather that is happening outside my window as I write. I remember when my days were just like this and the stress I created accompanying my frustrations. I finally realized that I only had control over my behaviours and reactions to others and circumstances in my life and no matter how mad I got, how much I blamed, complained, judged or tried to motivate it, I could not "make" the sun come out on a dark rainy day!

As a recovering control freak, I can now admit that it was hard to accept, let alone fathom, that the only thing in my life that I was in complete control over was me!

I was so busy trying to "make" everyone and everything outside of me, behave, do and be exactly the way I wanted or thought they should be in order for me to be happy or to feel good. I didn't see how out of control I was with the very thing that I had complete control over!

Okay are you with me so far? Some of you may be laughing as you have identified your control freak tendencies already and those of you who may still be in the closet, denial or aren't sure where you stand on the control scale, if you're ready to hear it, just ask someone!

I now humbly admit as a parent, by trying to "make" my children do anything I not only created my own stress, but also robbed them of finding the way to take responsibility for themselves...an issue that many parents and teachers share with me that they struggle with.

I can laugh now, although it wasn't funny then, as I conjure up the image of me on one side of the bathroom door and my son on the other during one of our shower power struggles... or the battle on the homework front and the cycle of rewards and punishments for expected grades to make me proud....or when my disappointment in my kids was evidenced by a condition that I didn't realize I suffered from called IROTOS (Involuntary Rolling Of The Eyes Syndrome).

I realized that the angrier and louder I got the less they listened and heard...the more I nagged, the deeper they dug in their heels and I finally got that I couldn't flip the "take responsibility" switch to the on position...that was their job. So as hard as it was...I let go...let go of control!

So if your treadmill and stress level is anything like mine was and you would like some relief, here are just few tips. Let go of the things you can't control and control the things you can (you!). Have a good laugh at and with yourself as you notice the urge to comment to your daughter, "You're not wearing that, are you?" or insist that your son get his hair cut because you don't like it or are worried about what others may think, maybe find yourself slipping into the sergeant major role of barking orders and catch yourself before you say, "Because I said so!" or get frustrated having to wake your kids up after their alarm goes off... I'll let you in on a little secret...they don't have to get up because they know you'll come in

and wake them, but once they know you won't, guess what...they get up on their own! This letting go stuff is amazing!

We have many areas in our life where we create our own stress and even if you don't have kids, I hope you join me on the recovering control freak side of life...it's a lot more fun and a lot less stressful for yourself and others in your life. You may even have the chance to feel the benefits on the way home from work tonight as you sit in your car laughing at the traffic jam that you used to think you could control!

Ahhh...the lighter side of stress!

Bio:

As a personal trainer for emotional fitness, author, speaker and awareness coach, Jo-Anne Cutler is passionately committed to inspiring and empowering others to find more peace and happiness in their lives by becoming emotionally fit and in her role as a child advocate, empowering others to be the conscious connected parents, teachers and role models our children need them to be. She has created an audio program called Breaking the Cycle, is in the process of writing her own book, is a certified coach using The Inner Workout™* and is also the agent/manager for Colleen Hoffman Smith who created this transformational emotional fitness program. Jo-Anne is the author of several published articles, co-author of 101 Great Ways to Improve Your Life, Vol. 2. and 101 Top Child Development and Parenting Articles. She offers private/virtual/phone coaching and consultations as well as a free monthly e-newsletter. Please visit www.jcconnections.ca www.twitter.com/awarenconnected/





Q. My dad's retirement home has just informed us that his care needs are too heavy for them to manage, and we'll have to look for a nursing home. I'm aware of the waiting list procedures, but what are the things to look for in a nursing home?

A. Nursing homes have changed in the past 10-15 years. Today, people have more options, from retirement communities to assisted living facilities to full-care nursing homes. Adult children and their parents are much more savvy and demanding consumers, so they are asking questions and evaluating their options, not just accepting whatever they are offered.

Here are his top 5 tips to help you start your search for a good fit:

Get your terminology straight. "The terminology used for congregant living facilities is inconsistent across Canada," says Dr. Gordon. "Each province will have their own set of terms — such as long-term care facility, home for the aged, retirement home or assisted-care facility — and regulations." To know about the options available in your community, [contact your provincial ministry of health](#).

Enlist your ministry's help. Your ministry of health will likely have a department that is dedicated to helping citizens find government-regulated long-term care facilities such as nursing homes and homes for the aged. "Generally, government-subsidized or funded facilities operate as either for-profit or not-for-profit and follow strict government regulations," explains Dr. Gordon. "Your provincial government will be able to assist you in finding options in your area — or ones that bring you closer to family — that suit your needs, lifestyle and so on." Depending on where you live, you may be faced with a lot of options to understand, so enlisting the help of a dedicated consultant or knowledgeable health or social services professional is a good idea.

See if a private facility is an option. Privately owned non-regulated facilities — sometimes called retirement or assisted-living communities — offer a range of services (including medical) but you pay for the services when you want or need them. "These can be quite expensive," says Dr. Gordon, "especially the high-end luxury ones. Also, because these places are generally not regulated by the government, you must be very careful about what services they offer and the quality of these services." Again, you'll want to completely understand the fee structure, contract and the financial implications should money become limited.

Look beyond services. Many government-regulated and private facilities cater to specific ethnic, cultural or religious groups — and that can make a big difference when looking for the right one. "Some places have staff and residents that speak a language other than English or French, offer ethnic cuisine and observe holidays from your country of origin," explains Dr. Gordon. "Others attract people of a particular religious affiliation and have religious services on site; and others still cater to a certain lifestyle, such as to those who love pets or enjoy being outdoors." Places that cater to a specific group is a good way for older people to meet new likeminded friends, have options for day trips or crafts that they enjoy and to feel like they're part of a community.

Ask the right questions. "It's very important to visit a few facilities and 'take a test drive'," advises Dr. Gordon. "Take a formal tour but also visit on your own." While you're there, get a feel for the atmosphere and décor, and see how people spend their time. You'll also want to ask questions to staff, residents, visitors and family members of those living in the facility.

What medical and non-medical services are offered?

What social and recreational services are available on-site?

What happens if in the future I need extended services or services that are not offered here?

Can modifications be made to my room if needed for personal medical reasons?

What happens if after a period of time I don't like it here?

What are the short-term and long-term financial implications of agreeing to live in the facility?

Can my entire family visit, or just adults?

Are the days very structured or are residents free to eat or sleep when they like?

Asking the right questions NOW can prevent issues later, and give you and your parents the assurance that you did everything possible to ensure the best outcome.

LPSS Grads Making News— It's a Family Affair!

1978 Grad Phyllis Ellis:

Nominated for 2 Gemini Awards

Phyllis Ellis

Best Comedy Program or Series:

Three Chords from the Truth

Henry Less, Steve Cochrane, Phyllis Ellis, Sissy Federer-Less, Adriana Maggs
(Henry Less Productions)

Best Ensemble Performance in a Comedy Program or Series:

Three Chords from the Truth

Steve Cochrane, Kevin Ellis, Phyllis Ellis, George Komorowski, Adriana Maggs, Jordan McCloskey, Steven Morana, Paul Snepsts, Joel Stewart (Henry Less Productions)

1983 Grad Kevin Ellis

Nominated for Gemini Award

Best Ensemble in a Comedy

"Former LPSS Fillmore East wanna be rockstar continues his musical dreams. But this time he's caught the attention of the Gemini award committee. Kevin Ellis, bass player in the legendary Fillmore East band has been playing the role of LA music label mogul Dan James in Corus Entertainments Three Chords From The Truth and has been nominated along with his fellow cast members for Best Ensemble in a Comedy."



LPSS Grads Making News— LP'er Medals at World Cup!



Team Canada beat Puerto Rico to win the Bronze medal at the World Cup of Baseball in Grosseto Italy on Sept 26, 2009. This was Canada's highest placing in this tournament!

Matt Kniginyzky (LP grad 2000) represented Team Canada very well. Over 18 innings (3 starts), Matt went 2 and 0 with a 0.00 ERA, good enough to bring home the Lowest ERA award for the tournament. 20 countries competed over 3 weeks in Sweden, Germany, Netherlands and Italy in the bi-annual tournament. Team USA won Gold and Team Cuba won Silver.



Well done Matt and Team Canada!

GPS Texting Cell phones Did you know?

A couple of weeks ago I learned of a story about some sports fans who had their vehicle broken in to while they were taking in a game at a stadium complex. Their car was parked adjacent to the facility in an area allocated for fans of this sport.

Things stolen from the car included a garage door remote control, some money and a GPS which had been prominently mounted on the dashboard. When the victims got home, they found that their house had been ransacked and just about everything worth anything had been stolen. The thieves had used the GPS to guide them to the house. They then used the garage remote control to open the garage door and gain entry to the house. The thieves knew the owners were at the game, they knew what time the game was scheduled to finish and so they knew how much time they had to clean out the house. It would appear that they had brought a truck to empty the house of its contents.

Something to consider if you have a GPS - don't put your home address in it. Put a nearby address (like a store or gas station) so you can still find your way home if you need to, but no one else would know where you live if your GPS were stolen.

Cell Phones — Another lady has now changed her habit of how she lists her names on her mobile phone after her handbag was stolen. Her handbag, which contained her cell phone, credit card, wallet... Etc...was stolen. Twenty minutes later when she called her hubby, from a pay phone telling him what had happened, hubby says 'I received your text asking about our Pin number and I've replied a little while ago. 'When they rushed down to the bank, the bank staff told them all the money was already withdrawn. The thief had actually used the stolen cell phone to text 'hubby' in the contact list and got hold of the pin number. Within 20 minutes he had withdrawn all the money from their bank account.

Moral of the lesson: Do not disclose the relationship between you and the people in your contact list.

Avoid using names like Home, Honey, Hubby, Sweetheart, Dad, Mom, etc....

And very importantly, when sensitive info is being asked through texts, **CONFIRM** by calling back.

Also, when you're being texted by friends or family to meet them somewhere, be sure to call back to confirm that the message came from them. If you don't reach them, be very careful about going places to meet 'family and friends' who text you. *PLEASE PASS THIS ON* I never thought about the above! As of now, I no longer have 'home' listed on my cell phone.



From a LPSS Matters reader

We Remember...

Paul Spalding ('67)

Elliott Joseph Kadar ('72)

James "Goff" Martin ('74)

Steven Hawkes ('77)

John McKnight ('81)

Cheryl Evans ('85)

"Did you ever know that you're my hero,
and everything I would like to be?
I can fly higher than an eagle,
'cause you are the wind beneath my wings."

Rest in peace



Upcoming Events—Spartan Pub Night!

FRIENDS OF SPARTAN FOOTBALL COMMITTEE

Presents.....

Spartan Pub Night

Wednesday, October 14, 2009
Rain date: Thursday, October 15, 2009
TIME: 6:30 PM—11:00 PM

Join us at The Clarkson Pump (on the Patio) for a relaxed evening of mingling with the coaches, families and friends of Spartans.

Hosted by our local Clarkson Pump and the Spartan Booster Club, this is a great evening for adults to set aside their hectic daily routines of running from work, moving kids from practice to practice, getting the laundry done, and ensuring dinner is on the table. Mingle with fellow parents over some wings and spirits, share a story and have a laugh.

The Booster Club has put together a variety of door prizes and silent auction items which include and are not limited to Leafs tickets, Argos tickets and much more.

This is an open invitation to family, and friends of Spartans to come support our boys in their passion in the game of football. The success depends on the support of our families, neighbours and friends. This is a great chance to get together, meet all the other parents and get better connected within our football community!



Lorne Park Spartans

Friends of Spartan Football Committee:

\$20 per ticket—includes wings,
veggies and garlic bread

To purchase tickets and confirm
your attendance, contact:

Wendy Musselman at 905-822-5056

Wendy Musselman
Kelly Hudson
Tammy Kovacevic
Danielle Bedard
Brenda Yeomans
Janet & Lauren Gauer
Mary-Jane and Grant Lippert
Janet and Mike Butler
Jan Lewis
April Hamilton

The Clarkson Pump & Patio
(on the patio)

1744 Lakeshore Road West
Mississauga, Ontario



Upcoming Events— LPSS Football Teams Hit the Grid

Saturday Afternoon Football at Lorne Park vs Father Goetz Gators, **Saturday October 17**. Junior Kick-off at 11:00 am with the Senior game to follow around 1:00 pm. There will be a Kids Fun Zone before the game and bar-b-q and Spartan gear available during the game. Tickets \$5 (available at the door) and kids 10 and under are free.

See you all there!

John Musselman

Senior Football Coach



Upcoming Events— Alumni Reunion Grads 77—81

Hello Again Fellow Lorne Parkers!

Well, in October it will be 2 years since our last great LP Alumni Bash so it's definitely time to have another one!

Date: **Saturday, October 24 at 8:00 p.m.**

Where: **Fogo Tapas Bar & Lounge**
Great new place!
905-287-7761
1140 Winston Churchill Blvd.
(just north of Royal Windsor Drive)

Who: LP Alumni ' 77-' 81 (but everyone welcome!)

*****Cash Bar *** No Cover Charge *** Lots of Free Parking*** Great Music *****

Please **R.S.V.P.** to me by **Saturday, October 10th** so that the owners can staff the club appropriately. Feel free to forward this invite to friends I may have missed - just make sure they R.S.V.P.!

Cheers!

Liz McElheran
lmcelheran@cogeco.ca

Editor Note: Great job Liz organizing this event for your fellow grads! Please take lots of pic's and send them our way!



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



Memories of the Premiere Class Era 1957 to 1964 - Fred Hilditch 1963
September - 2009 – Twenty-Sixth Edition

HMS Pinafore – When I did the article on the Pinafore, I connected with Bill Cook, Clarkson Music Theatre Archivist who just happened to work for one business associate in 1981. Small world!



Linda Fletcher LP '61 - Brenda Berry is in the 3rd row, 2nd from the left. Brenda & David (Cronin) live in Tsawwassen, (Delta) B.C. Brenda & I went through public school together. She started LPSS, went to Albert College, graduated from McGill University. Her Dad was manager of the former Clarkson BA refinery for a few yrs. **Don Mac Lennan LP' 59** - I'm in back row, 4th from right (in beard, before mast). My sister Margaret (Dyne) was kind enough to forward a copy of the photo, cast list, and related e-mail to me a few days ago. Brings back pleasant memories. **Pat Moore LP' 64** - I'm third from the right (beside Lynn Irwin) in the middle row with the ears sticking out (I had them operated on when I was 20 and out of school). I can give you a couple of the names, as well, now that I have a few minutes to do this (finally!!) 2nd Row up on the left side is Sharon (Christie) Tosswill [You saw her last fall when I was out], and next to her is Gail Leach, who I've been trying to find forever! Hope this all helps you. We sure had fun doing these and I had such a crush on Geoff Taylor at the time and was so shy! **Nancy Bird LP' 60** - Could Barbara Berry be the pony-tailed person in the third row, second from the left? (Yep!) The strong eyebrow and the hair, slightly puffed with a clear forehead and a curl to one side suggest to me that Sandi Croft, partly hidden, is behind the right shoulder of the woman in the front row with the dark corsage on her white dress!!!! Ellen Hambly, a year older than us '60 characters, was an extremely keen Gilbert and Sullivan fan: she lived further along Meadow-Wood Road from us in the wooded area opposite Borgstrom's house. I wonder if she's in the Pinafore picture somewhere. (ELLA-JEAN HAMLY is in the play –don't know where.) Now to down in the rec room and Lawrie Hignell's '64 photo: Diane Harvison '60 is a dead ringer for Betty Swain in the back row, and the year could be a bit late for this to be Diane. Great fun, thanks so much. Joan, I loved Orange Crush in those wrinkly brown bottles! **Lynda Cole LP' 62** - Elisabeth sent me a copy of the Newsletter last night. I remember going to the production of the Pirates of Penzance at the old United Church where I use to sing in the choir. That was a long time ago. I now live in West Vancouver. **Marilyn Bouchier LP' 61** - Just catching up on the e-mail and I think the girl in the third row on the left with dark hair and dark clothing is Brenda Berry '60. (Seems like a lot of agreement – I like that). **Sheri Syme LP' 60** - Sandy Croft is 6th from the left in the second row hiding behind the lady in the sailor suit. (Seems like a lot of agreement – I like that 2). **Susan Penberthy LP' 62** - Good day all. I thought I had replied but obviously had a blonde moment. I am in the 2nd last row below the 3rd sailor from the right. I sang in the chorus of Pirates, Mikado and Pinafore.

Here I am many years later, singing again, in the church choir and the Haliburton festival singers. Never in the front row, but always having a good time. Many good memories from all those G&S musicals. Enjoy your summer.

Linda Fletcher LP '61 - I have the book on history of Clarkson & Christ Church - glance through it periodically - interesting to read about my grandparents, Clarkson families and history. - heard today the Royal York Hotel is celebrating 80 yrs. Dad used deliver produce to the Royal York and when the Queen visited Canada many yrs. ago my Dad was asked to provide asparagus for a certain dinner. He had to hand sort it since each stick of asparagus was to be the same size. The same thing when she came as a princess - they ordered tomatoes which again had to be sorted so each tomato was exactly the same size - so picky!!! - Dad was quite honoured he had been asked.

From: **Pat Moore LP' 64** – Clarkson Public School 1955ish - Mrs. Bowan, Mrs. Jacks, Miss Speck, Miss Spears, Kindergarten Teacher?, Mr. Don Harrison, Mrs. Annie Hall, Nurse, Miss Ferguson & Mr. Lethbridge. The ones that taught Pat are marked with a red 'X'. **Sandra Lindsay LP '64** - I believe that I had Mr. Harrison in his first year at the school which was 1955-56 so it has to be at least 1955. I also had a teacher who is not in this photo in 1953-54. I think maybe Miss Spears took her place which would definitely put it after 1954. I also had a teacher who split Gr. 7 & 8 with Miss Hall and he is not there. That might mean that this is before 1957 but it might just mean that he wasn't in the photo.

65 CHEVY COMMERCIAL – Fred Meth LP' 61 - Ah, for the days when GM ruled the roost. Certainly seems like a sunset industry these days, at least as far as the North American Big Three are concerned. **Gary Box LP' 64** - The good days for GM! Some old time stars here, some of them witches.

Lawrie Hignell LP' 64 - I still have fond memories of us going to the slough (that's what they call a small body of water that is not fed by any stream, out here in the West) across the railway tracks from your Balsam Ave home, with you and your brother John (can't remember who else joined us) to play shinny in the winter. Also remember us shooting pucks in your basement, and getting up REALLY early for hockey practice with you as we met our coach (forgotten his name--I think his name was Ross Herridge but he was in his mid twenties I believe) at the old stone Motel at the corner of Lakeshore Hwy and 5th Line (now called Southdown Road, or Erin Mills Parkway further north ?). I saw (when I was in Mississauga during Feb and March) that the old stone buildings at that corner are all fenced off-any idea what is going to happen to that building? Lawrie from Edmonton, will be in Southern Ontario in October. I hope to have a coffee with him.

June Heximer LP' '71 – While driving patients I ran into Mr. Art Heximer whose children went LPSS. His daughter, June recently sent me the following note to LPSS Editor: I would like to have Fred Hilditch's email address. My daughter, Jane and his daughter, Brooke played rugby in Alberta this month (July) and I have some pics of Brooke to send on to him. They played for Ontario in the National Ladies Rugby Championship. He and my Dad know each other as they live in Lorne Park Estates. Small World 2!

Fred – July 2, 2009 - Today I used a washer and dryer for the first time. My mother & wife looked after me for almost 65 years.

HIGH SCHOOL IN 1959 vs. 2009

Scenario 1: Jack goes quail hunting before school and then pulls into the school parking lot with his shotgun in his truck's gun rack. **1959** - Vice Principal comes over, looks at Jack's shotgun, goes to his car and gets his shotgun to show Jack. **2009** - School goes into lock down, FBI called, Jack hauled off to jail and never sees his truck or gun again.. Counselors called in for traumatized students and teachers.

Scenario 2: Johnny and Mark get into a fist fight after school. **1959** - Crowd gathers. Mark wins. Johnny and Mark shake hands and end up buddies. **2009** - Police called and SWAT team arrives -- they arrest both Johnny and Mark. They are both charged them with assault and both expelled even though Johnny started it.

Scenario 3: Jeffrey will not be still in class, he disrupts other students. **1959** - Jeffrey sent to the Principal's office and given a good paddling by the Principal He then returns to class, sits still and does not disrupt class again. **2009** - Jeffrey is given huge doses of Ritalin. He becomes a zombie. He is then tested for ADD. The school gets extra money from the state because Jeffrey has a disability.

Scenario 4: Billy breaks a window in his neighbor's car and his Dad gives him a whipping with his belt.. **1959** - Billy is more careful next time, grows up normal, goes to college and becomes a successful businessman. **2009** - Billy's dad is arrested for child abuse. Billy is removed to foster care and joins a gang. The state psychologist is told by Billy's sister that she remembers being abused herself and their dad goes to prison. Billy's mom has an affair with the psychologist.

Scenario 5: Mark gets a headache and takes some aspirin to school. **1959** - Mark shares his aspirin with the Principal

out on the smoking dock. **2009** - The police are called and Mark is expelled from school for drug violations. His car is then searched for drugs and weapons.

Scenario 6: Pedro fails high school English. **1959** - Pedro goes to summer school, passes English and goes to college. **2009** - Pedro's cause is taken up by state. Newspaper articles appear nationally explaining that teaching English as a requirement for graduation is racist. ACLU files class action lawsuit against the state school system and Pedro's English teacher. English is then banned from core curriculum. Pedro is given his diploma anyway but ends up mowing lawns for a living because he cannot speak English.

Scenario 7: Johnny takes apart leftover firecrackers from the Fourth of July, puts them in a model airplane paint bottle and blows up a red ant bed. **1959** - Ants die. **2009** - ATF, Homeland Security and the FBI are all called. Johnny is charged with domestic terrorism. The FBI investigates his parents -- and all siblings are removed from their home and all computers are confiscated. Johnny's dad is placed on a terror watch list and is never allowed to fly again.

Scenario 8: Johnny falls while running during recess and scrapes his knee. He is found crying by his teacher, Mary. Mary hugs him to comfort him. **1959** - In a short time, Johnny feels better and goes on playing. **2009** - Mary is accused of being a sexual predator and loses her job. She faces 3 years in State Prison. Johnny undergoes 5 years of therapy.

Comments: Gary: Oh how true it is! Don: Weren't we lucky! Jane: That is a sad commentary - how much we've changed in 50 years. Sue (I don't know who how she got this, but she is from the Yukon) Thank you. I have about 25 Star Members coming for Pot Luck Honour Night tonight and this will be a good pass around. I'm sure this crowd will all relate.

Thanks to: Pat x2, Sandra, Lawrie, Linda, Don, Lynda, Marilyn, Nancy, Sheri, Susan, June, Fred, Gary, Linda

The 1965-1969 REPORT



Jane and Bob Connely '66 enjoying Pub Night at Cuda's in Lorne Park



Jane Christie '66, Lydia (Jakubowski) Sharpe '68, Jim Dobbin '66, Rolf Kielman '66



Jane (Smith) Connely '66 - jbconnely@hotmail.com



Elaine (Ostrander) George '66 - elainegeorge71@hotmail.com



This is our third issue as correspondents for the LPSS 1965-69 Report. We hope you are still enjoying the latest news about our group. Keep those emails coming. We like getting feedback from as many of you as possible. You know that we rely on your input, so please keep sending us information about your lunches, trips, and get-togethers. Send lots of pictures too - everyone likes to see friends from the past. If you have old pictures from our high school days, send them as well. Make sure you include names and dates - if you're not sure who's in the photos, tell us that and we'll ask our readers for help.

Summer has come and gone with its usual swiftness. Did any of the old crowd get together? Were there cottage visits or shared trips. Let's keep this report current, so that grads from these years can have a way of keeping in touch. Fill us in on your fall activities.



Once again, here is how the format works. Use any or all of the categories below. Other ideas are welcome.

1. Profiles - suggest a classmate or teacher that you would like to see interviewed.
2. Travel snaps - send us 1 or 2 pics of your recent travels with a short descriptive caption.
3. Remember when - send us an old picture or tell us about a funny school incident or event that you've never forgotten.
4. Who's where, doing what? - brief updates about yourself or high school friend (who agrees to this being in the newsletter).
5. Let's do lunch - describe your get-togethers over lunch or coffee.
6. Eye spy - send us any other photos of interest with friends, family, cottages.
7. Finding Nemo - tell us about a classmate you might like to find and who may want to reconnect through the newsletter.



April 7, 2009

We're composing this email on our laptop while sitting at our kitchen table here at our assigned site in the small community of Robins Bay, Jamaica. The town is located in St. Mary Parish and lies just about due north of Kingston on the island's north shore. There are about 1500 residents in town—or maybe it's 2500, estimates vary—and the principle occupations are fishing and farming. Robins Bay has the good fortune to be situated in one of the more unspoiled portions of the island. Although the people here are poor, they really seem to appreciate the natural assets that they have and want to ensure that they can pass them along to their children.

So the weeks of waiting and wondering about our assignment are over, and we can't adequately convey how lucky we feel. We've talked to some of our fellow Peace Corps trainees and it's clear that we really scored. To give you a quick snapshot... We have our own little house, tucked behind the home of our hosts, an older couple who lived in the States for many

WHO'S WHERE, DOING WHAT?

ADRIENNE (GILBERT) WOLF-LOCKETT '66

Here's the second installment of Adrienne's adventures with the Peace Corps in Jamaica, with her husband Bob (they both volunteered after they retired in Portland, Oregon).



years but have moved back to Jamaica for their retirement. They live on about an acre, and the backyard is mown grass dotted with mango, orange, lime, aki, breadfruit, and other trees. Our cement-block house consists of a bedroom, bathroom, and living room/kitchen complete with refrigerator and gas stove, kitchen table with two chairs, a couch with coffee table, a new bed, bureau, and an armoire. We don't have hot water, but that's not a problem: the city water is pumped through two 800 gallon black plastic rooftop holding tanks, so it isn't really very cold. Showers have actually been refreshing. We definitely don't need the Solar Shower we brought with us!

We've spent early mornings and evenings sitting in lawn chairs at the edge of the property. The land slopes steeply down to a narrow valley, on the other side of which is a tree-covered hill. In the near distance we can see a broad swath of blue—the Caribbean—and a bit of shoreline. To our right, over the wooded hillside, loom the Blue Mountains. Always, from not far away, come the sounds of barking dogs, bleating goats, chickens and



music. Jamaicans love their music—we've never seen so many large outdoor speakers. On Saturday and Sunday, church music and gospel singing ("Praise the Lord!") are added to the mix.

As volunteers, we will attempt to help the community and the Center determine which environmental issues are most pressing and can be addressed in the next couple of years. There is no shortage of issues: watershed degradation, slash-and-burn agriculture, declining fisheries, hurricane-damaged beaches, trash, silting of coral reefs, indiscriminate pesticide and herbicide use...and, we're sure, many more that we have yet to learn of. The trick will be to find ways to address some of these issues through education and civic activism. As we've been reminded, it's not our job to solve problems, but rather to assist community members to find their own solutions.

Another message from Steve Stirling:

I connected with Elaine last year and LPSS, after far too many years separated. LPSS Matters has made the difference and helped me re-connect, and I am grateful for that. My life in coaching hockey continues in a new country and I am thoroughly enjoying every minute of my newest experience in Italy. As I slowly but surely wind down my coaching career I am having a blast traveling around the world. Last year Germany and now Italy. Although my wife and I have been fortunate enough to travel extensively through Italy, we are for the first time, getting an extended stay in a small village, Canazei, nestled up north in the mountains, not far from Munich, Germany and Innsbruck, Austria. The views are spectacular, the food and wine everything and more that you have heard.

Go Spartans.
Steve Stirling

News Flash from the Spoon & Fork in Clarkson!!

On Thursday evening Sept. 24, a small group of mainly LPSS '68 grads met at the Spoon & Fork Restaurant for dinner and a fun-filled evening. Bruce McLeod from Vancouver joined us. Lots of laughs were had by all. We were also all very proud of Lindsay's athletic accomplishments. She won three gold medals in the World's Dragon Boat Championships in Prague (in August). CONGRATS LINDSAY . . . YOU ARE A CHAMP!!! (Correspondents' note - see Eye Spy page for more details and pics of Lindsay's golden achievement)

The group (as seen on the right) are: Back Row (L to Rt) Barb McLeod, (Bruce's sister '70), Joey (nee Green), Sue (nee Weichman), Bruce McLeod, Donna (nee Eby), Lindsay (nee Ostrander)

Front Row: Brenda (nee Bonham) & Maria (nee Enseleit).

Since we had such a good time we agreed to get together again sooner rather than later. Great seeing everyone!!!

Sue (Weichman) Talmage

(L to R) - Brenda Stewart(Bonham), Sue Talmage (Weichman), Joey Simons (Green)



Travel Snaps

Here are the latest travel pics for your enjoyment.

Check through your photo collection, and send us one good one with your short caption.



Lyndell (Kerr) McNabb ('66)

Collingwood to Bahamas, August 2008 - June 2009

"To celebrate retirement, Wayne and I retraced our voyage of 1987-88 from Collingwood to the Bahamas...five thousand miles (at an average of five knots!) aboard our CS33 sailboat, Solveig II. Lots of wind, adventure and kindred spirits! A highlight was a visit from former crew, sons Kirk and Ben, at Green Turtle Cay, Abaco. It was here that we wintered together twenty-one years ago when they were eight and five. Thawed out now from the trip north, with many fond memories remaining!"

Ray Riddell ('66)

** For the whole story of Ray's mugging, scroll down*

Buenos Aires, Argentina, March 2009

"The soccer lady just happens to be the most famous Argentinian ever...Maradona. He is more famous than Evita and Juan Peron and is a god in Argentina. He started his career with Boca Juniors just two blocks north of this statue where I was accosted by a soccer fan with a knife. He is dressed in Boca uniform and is presently the coach of Argentina's national team. He is still famous in England for punching a ball into the net in a world cup game. He later went off into a life of drug abuse and is presently in rehab. He grew up in this neighbourhood so he is tough as nails, fast, sneaky and a tad? dishonest.



"Having just arrived by taxi I was about to explore the neighbourhood and perhaps dance the tango with one of the local street dancers who frequent the cafes. My passion for soccer, however, took me a few blocks north where we were accosted by the knife wielding, stoned youth. In retrospect I should have gone dancing."

Ray's Mugging in Buenos Aires

My wife Jan and I were in Buenos Aires and one of the sights recommended to us was El Caminito, an area near the docks which used to be a slum. Years ago poor residents "scrounged" cans of paint and painted the corrugated tin siding with bright vivid colours and the area attracts many tourists to see the tango artists, cafes, handicrafts and artworks. It is now recognized as Argentina's only open air museum.

We were advised to take a cab there for safety reasons but once there we were surrounded by busloads of tourists and locals enjoying the Sunday morning sunshine and street vendors. There were also dozens of police. The guidebook recommended that following our stroll through El Caminito we walk two blocks north to the famous soccer stadium La Bombonera , home to Boca Juniors, and take a tour of this famous stadium where Maradona started his career.

We were walking along a quiet residential street with no vehicle traffic and some pedestrians, toward the stadium when a man stepped out of a doorway and approached me with his arm outstretched . At first I thought he was another vendor offering me a pamphlet for his restaurant so I put my hand out and said non gracias. When I looked down he had a large knife in his hand and I stopped dead in my tracks. The knife point was about 18 inches from my outstretched hand and he just looked at me. His eyes were quite glassy as if he was on some kind of drug and he said nothing. Jan had been walking some distance behind me and was walking down the middle of the street taking photos with a really tiny Avril Lavigne digital camera. She could not see my predicament because of some large trees. When she got closer, the would-be robber pointed the knife at her and said "camera". Jan was about 3 feet from him.

She gave him a look , the veins in her neck stood out , she put her hands on her hips and screamed at him "No!!!!". She then turned around and stormed off back to El Caminito leaving this thug and me face to face. He was taken aback by her reaction, knew that he could not follow her and deal with me at the same time so he started to take small steps backwards away from me. I took larger steps backward and when it was safe to do so, I turned and headed for Jan who was now walking to where we had seen our last policeman.

When we found the policemen they accompanied us back to the street and it was decided to send me down the street again while the police hid around the corner. I was to be the bait!!! Alas, the thug had disappeared. The police were sympathetic and advised us not to walk in that area as contrary to the guidebook, it was one of the most dangerous areas in the city.

When you travel, you do develop a "street" sense and avoid "shady" areas and take advice from locals and, unfortunately, guidebooks. This was a sunny Sunday, at noon on a residential street with women and small children walking the sidewalk. There were at least 30 policemen one block away. We did not have any flashy jewellery or large cameras around our necks and we were dressed like locals. It was a really surprising incident and another reminder that you can never be too careful in strange cities.

I asked Jan if she caught this guy on her camera but alas there is no photo. As a result, the robber has become bigger and meaner and the knife gets longer and sharper at each telling:) I'll try to be more helpful like taking some pics next time I get attacked.





EYE SPY



Your faithful correspondents

Pub Night at Cuda's, Lorne Park

On August 20, several LPSS grads managed to drive through tornado conditions to meet at Cuda's for the scheduled pub night. And what a night it was! Thrills and chills - and that was just the weather!! It was a busy night at the pub in spite of the wild winds and rain. We hoped to see more of you but there is always next time, so here goes... (the eternal optimists are we!)

Plans are to meet on Tuesday, January 12 at 7:30 p.m. at The Pump in Clarkson (look for invitation info at the end of our section).

2009 Canadian Grand Master Dragon Boat Team



Lindsay(far right) and Canadian Grand Master gold medal Team



Lindsay (Ostrander) Sale '68 competed for Canada in **The 9th International World Dragon Boat Racing Championship**, held August 26 to 31 at the Račice Regatta Center, near Prague in the Czech Republic.

There were competing teams from Australia, USA, Russia, China, Czech Republic, Slovakia, Germany, Iran, Great Britain, Germany, Japan, Ukraine, Poland, Hungary, Italy, Singapore, South Africa, Hong Kong and Macau as well as Canada.

The team of men's, women's and mixed crew, was 11 for 11 in their heats and finals, winning gold medals in the 2,000 metres, the 500m and the 200m. It was a huge success for our Grand Dragon (over 50s) Canadian team. Well done, Lindsay and teammates!

Remember When ?

Here's a few of our favourite pictures!



Coming home from Whiteoaks Public School ...

From left to right: Carol (Cline) Brayman '66, Marna (Dent) Martin '66, Sue Russell '65, Pat (Raham) Carr '65, Gail Atkinson, Eugenie Stukas, Beth Windeler '67.



A bunch of the guys from the **1966 Senior Football Team**, gathered at the past reunion.

Top Row: Alex Topps, Paul Gianellia, Ken Watts, Ken Will, Ken Whelan

Bottom Row: Tom Fitzsimmons, Nigel Gough, Jack Richardson (LPSS coach), Rolf Kielman, Jim Dobbins

Thanks goes out to Alex Topps for sending us the names and picture. (Hope you are enjoying your new residence at Niagara-on-the-Lake.)

Invitations

Saturday Afternoon Football

at Lorne Park vs Father Goetz Gators, **Saturday October 17**. Junior Kick-off at 11:00 am with the Senior game to follow around 1:00 pm. There will be a Kids Fun Zone before the game and bar-b-q and Spartan gear available during the game. Tickets \$5 (available at the door) and kids 10 and under are free.

and

If you get the after-Christmas blahs,
come to the next Pub Night!

Don't forget... our third Pub Night

Tuesday, January 12th, 2010

at

7:30

"The Clarkson Pump"

1744 Lakeshore Road W.

905-855-9354



Well, that's all we have for now.
Hope to hear from you soon.

Jane and Elaine

1970—1979**Ross Murison ('73) - rmurison@sympatico.ca**

We received this lovely update from Deborah Parker ('74) plus several samples of the art she has been creating.

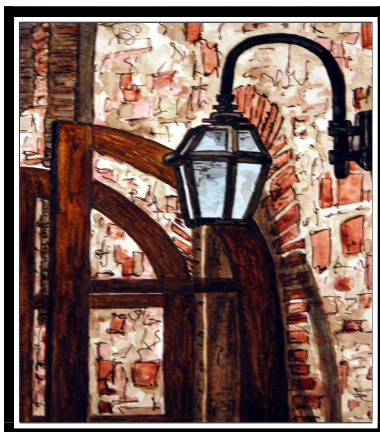


"well...I have been taking many watercolour painting courses the past few years- some in Tuscany, Greece, Sicily, Charlevoix Quebec, and others closer to home.

I had my first art show last November and another in my garden this year. Commissions come along from time to time as well! It is a great way to travel, meet new people and learn at the same time!

Here are a few of my recent paintings.....all for sale by the way!"

Deborah Parker



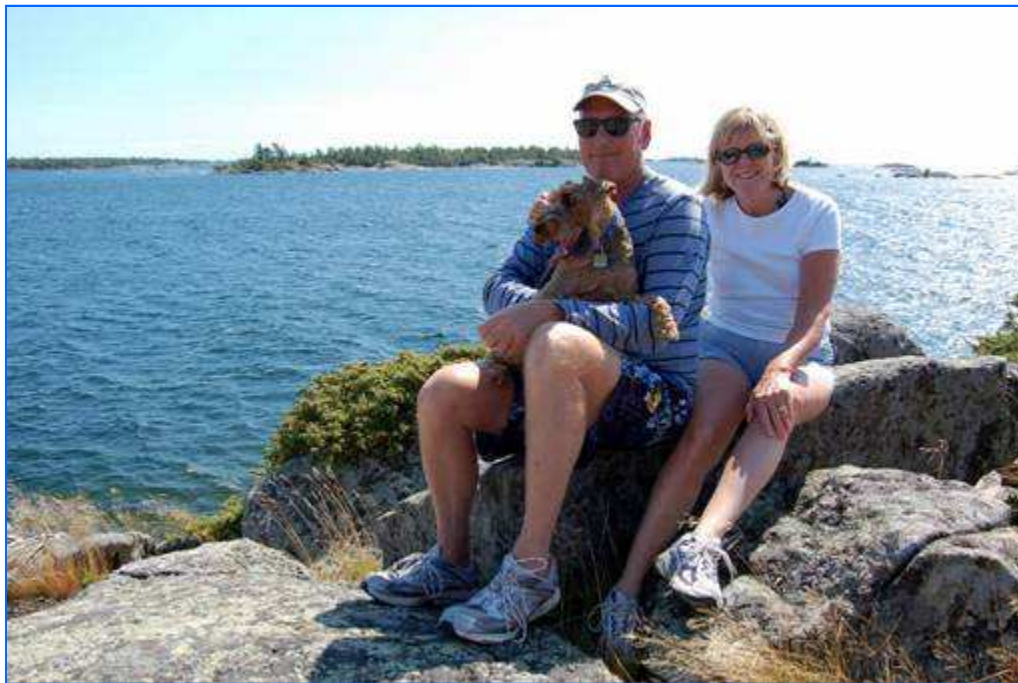
Hi:

This is an update for Ian Baines, who graduated in 1970. I live in south Burlington, ON with my wife of 34 years, Nancy. We have two children – Andy who is taking an MBA at Ivey and Katie who is taking her PhD in Nursing at UBC. So we are empty nesters and quite happy with this new status. Our one child at home, Angus is six years old and a dog.

Ian and Nancy work together as owners of several renewable energy companies. Ian has been doing this full time for twenty years, while Nancy joined me from the pharmaceutical industry. With a dozen projects on the go throughout Ontario and several more in BC and Wyoming – we are pretty constantly in motion. Some of our projects are well known, such as a small hydro plant in the Muskokas at Bala and the recently completed Wolfe Island Wind plant near Kingston. Others are more obscure such as off-shore wind projects in Lakes Ontario and Erie, wind projects in the far north and a soon be constructed hydro plant near Red Lake. We have added several hundred thousand acres of high ranch country in Wyoming to our stock of future wind ventures. I am one of the first wind developers in the province; having started my first project in 1993. Not bad for a self-employed engineer who started it all at Lorne Park and kind of guessed what to do next.

I also serve on a number of boards, including past Chair of the Ontario Waterpower Association, whose members produce a quarter of Ontario's electricity. I am most proud of my current role as Director of OnTrace, an industry led food safety company. Our goal is to track food borne emergencies, which have been making the news recently. My farming roots are not very deep, but I enjoy doing something that is so important for our farmers and everyone who eats locally.

Our summers are spent on an island in Georgian Bay which we purchased a decade ago. It has been a long labor of love to restore a century fishing camp to its former glory, but with modern plumbing. We are not far from Sarah's Cottage (a TV show) where similar things have been happening. We regularly trade the world of commerce and energy for a beat up aluminum work boat full of friends, wine and building material for the 8 km trip out to our island. Many of these friends do not realize that they are soon to be laborers and that Ian is in fact, a hardened overseer of construction projects. Some of these folks don't come back, but most seem to like the abuse, loons and dark skies of the bay.



Thanks for sharing what has happened with you since leaving
LPSS!
(what time do you want us to arrive at your island!!)

1980—1989

Hugh Murphy ('85) hugh.murphy@credoconsulting.ca

A happy update from Paul Rogers ('84) !

“Paul Rogers (class of '84) and his LPSS sweetheart Leslie Bolt (class of '85) celebrated 18 years of blissful marriage on Sept. 18”

Congrats from all of us and may the two of you enjoy many more blissful years together.



Send us your news!

1990—1994

Kelly Harris ('92) bharris1@cogeco.ca



Send us your news!

1995—1999 Lindsay Lepp (Williams) ('95) - lindsaywilliams2009@hotmail.com



Send us your news!

Spartan Stuff

2000— 2009

From: Danny Anas Kaysi ('04)

"I graduated in may from George Mason University with a BS in International Conflict and Resolution (Virginia, USA) and am now completing a one-year fellowship at the prestigious think-tank, the Carnegie Endowment for International Peace. As the Middle East department's Junior Fellow, I "provide research assistance to Associates working on the Carnegie Endowment's projects. You may learn more about our programs by visiting Carnegie's [homepage](#). Junior Fellows have the opportunity to conduct research for books, co-author journal articles and policy papers, participate in meetings with high-level officials, contribute to congressional testimony and organize briefings attended by scholars, journalists and government officials."

Hope all is going well in beautiful Mississauga!

Editor: Thanks Danny for letting us know what you have been up to!

From: Jessica Selzer ('01)

Hi, I graduated in 2001 and . . .

I will be in town on a book tour at a few universities!

October 6, 2009 (10am - 3pm)
Where in the World Fair
University of Toronto
International Student Centre (Cumberland House)
Jessica will be doing a reading from her book in the afternoon.

October 7, 2009 (10am - 2:30pm)
Work & Study Abroad Fair
McMaster University
McMaster University Student Centre Marketplace, 1st floor

From Diane Ulman:

I would like to share the great news regarding the recent marriage on August 8th of high school sweethearts
Renee Kulinski ('02) and Brandan McCann ('03)?

Cheers,
Diane

Spartan Stuff

2000— 2009

We are still looking for a grad writer for this era. If you are interested send \$1,000,000 and your contact details and we will go from there!

Okay, you can forget sending the cash!

and finally...



“There are good ships, and there are wood ships,
The ships that sail the sea.
But the best ships are friendships,
And may they always be.”



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