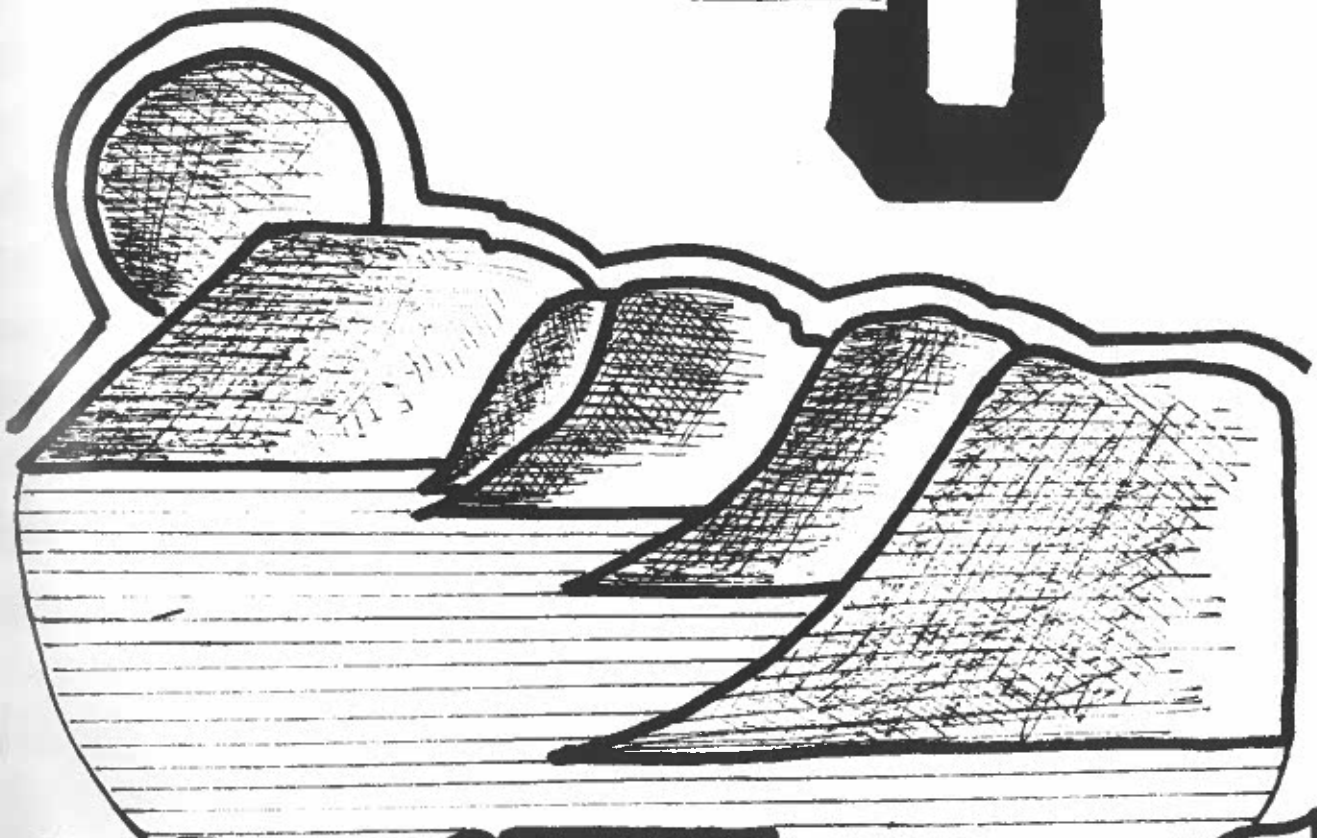


LAKEHEAD UNIVERSITY

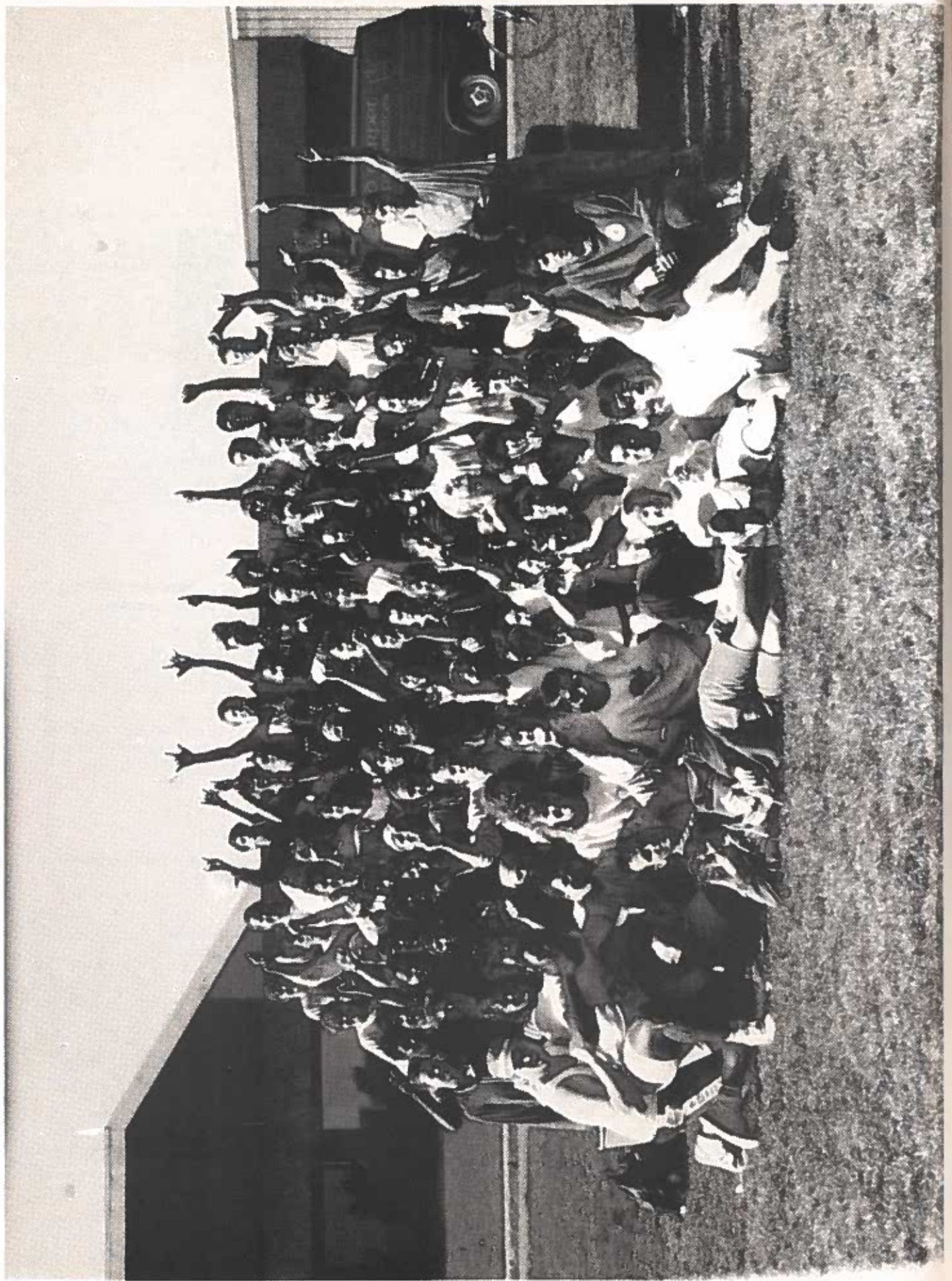
Hor' Westers

P. E.
89 - 90
YEARBOOK

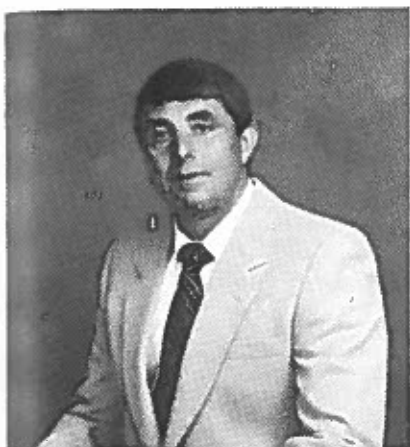
P.E.
89-90



NOR'WESTERS



Message from Norman LaVoie



PROFESSOR & DIRECTOR
OF PHYSICAL EDUCATION

Dr. N.F. Lavoie

The 1989-90 school year was an historic and exciting year insofar as we celebrated Lakehead University's Silver Jubilee. In our first twenty-five years the University has developed programs that are second to none both in the Province of Ontario and in Canada. But most important we are extremely proud of our students and student-athletes who have graduated from our physical education program and/or another program in the University. Our graduates are scattered nationally and in many cases internationally and hold key positions in society.

All of my faculty, staff and coaches would like to extend congratulations and best wishes to those students who are graduating and at the same time welcome back all of our other students and student-athletes next September.

Message from Jane Crossman

The 1989-90 academic year has been an exceptionally positive one for the School of Physical Education and Athletics. Approximately 80 first year students were enrolled in the program in the fall, bringing our full-time student undergraduate enrollment to 204 students.

Our graduate program in the Theory of Coaching is flourishing as well with 13 full-time students enrolled. Many of our undergraduate students had the opportunity to get to know our graduate students through their association in practicums and labs.

P.E.A.L. was a visible force in the Fieldhouse this past year. Thanks largely to the efforts of your student leaders, students now wear stylish, professional looking uniforms to practicums.

During my 10 years as a faculty member at Lakehead it has become apparent that the School of Physical Education and Athletics enjoys a very good reputation across Canada. This reputation has largely been built by a quality undergraduate program where faculty members take personal interest in their students.

The ambassadors of our program are indeed our graduates who make meaningful contributions to the communities in which they live as professional physical educators.

I hope when you reflect upon the experiences you had as a university student, you will remember the School of Physical Education and Athletics with a sense of pride and accomplishment. Relaying this sense of pride and accomplishment to others makes the future of the School into the 1990's look all the more optimistic and filled with promise.



ASSOCIATE PROFESSOR
AND CHAIRMAN
OF PHYSICAL EDUCATION

Dr. J.E. Crossman

Message from Clyde Tuyl



ATHLETIC CO-ORDINATOR

Mr. Clyde Tuyl

I would like to take this opportunity to thank the PEAL members who have taken an active role in the development of the School of Physical Education and Athletics. This yearbook is a significant example of your efforts at creating a real "team" by including our varsity athletic program in this edition. Congratulations and continued success to those of you who are graduating this year and don't hesitate to come back and catch the action in the years to come!

Message from Jamie Carlson

My first year in the land of the Norwesters has been an experience to say the least. There has been a wide variety of athletic types trundle through the clinic this year. At times you would think it was Club Med with all of the bodies in the whirlpools, except for the day the "Total Package" occupied the entire cold pool.

This year the Varsity programs have gone through a renaissance of sorts, with Lou Pero playing Da Vinci. The men's basketball team was more than a team, it was a family. Stu Julius and Mike MacKay still need to learn how to relax with a twenty point lead in the last two minutes of a game. Claude Lapres' volleyball squad is truly unique with their ability to smile after three hours of fun on Sunday mornings. Francis Clayton and his warriors always added some excitement to the clinic when they came to visit but if Mike and Eddie wrestled as big as they talked they'd both be World Champions! The Rugby Club brought back some old memories with my cameo appearance in Minneapolis.

Thanks for a great year everyone, hopefully it will get better before it's over. Let the "Tundra Dome" rock! Hey Seanski, how many days till the Orange Bowl?



ATHLETIC THERAPIST

Mr. Jamie Carlson

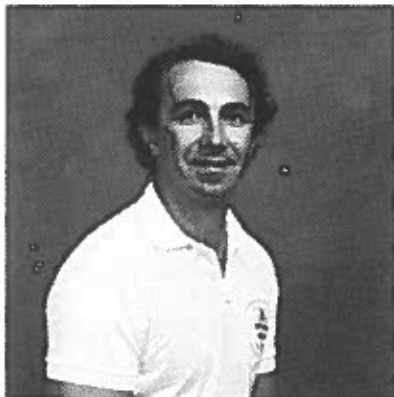




**L.U. FACULTY
&
STAFF**



FACULTY



Dr. Tony Bauer
Associate Professor



Ms. Janice Causgrove
Practical Director



Dr. Peter Crocker
Assistant Professor



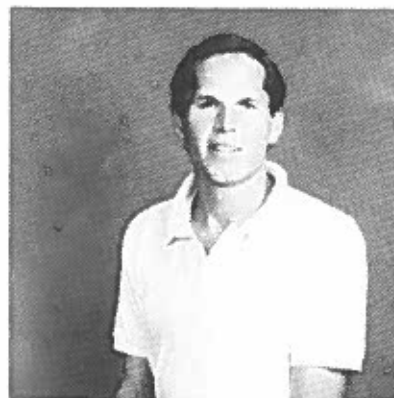
Dr. L. Facey-Crowther
Adjunct Professor



Dr. Ron Lappage
Associate Professor



Dr. Moira McPherson
Assistant Professor



Dr. Ian Newhouse
Assistant Professor



Dr. John Porter
Head Physician



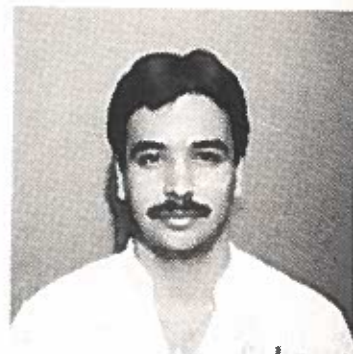
Dr. Tom Song
Professor



Dr. Bob Thayer
Associate Professor



Dr. Dan Weeks
Assistant Professor



Mr. Carlos Zerpa
Lab Technician

How can we describe our Prof's,
being honest and sincere,
We can't complain or ridicule,
strictly out of fear.

The things we learn are stored for life,
our steel traps won't forget,
The heros, rolemodels, and most of all friends,
to them we owe great debt!!

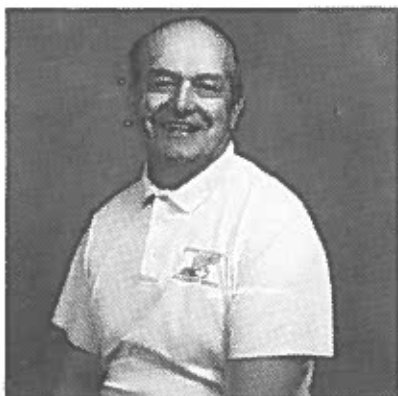


In Phys. Ed. we have some Profs
who keep us in shape,
from our minds to our socks.
From swimming to squash and badminton too,
there's so much they offer,
and so much they do.

Take a walk on the wild side,
and meet our staff,
never fear,
just give them a laugh.

Incredible knowledge,
is there at the door,
this just goes to show,
Phys. Ed.'s never a bore!!

STAFF



Mr. Peter Ditka
Pool Supervisor



Mr. Bill Keeler
Facilities Manager



Ms. Sharon Kozak
Secretary



Mrs. Chris Wreszczak
Secretary



Ms. Darlene Yakimoski
Ass. Pool Supervisor





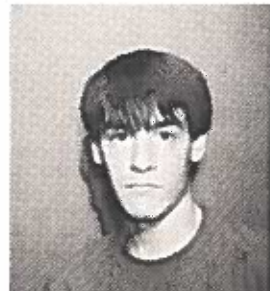
Andy Aitken
Dan Armstrong
Jeff Bartlett
Darlah Belange



Steve Boyd
Paul Brandon
Kelly Breutigam
Chris Bully



Tracey Burrows
Laura Carolan
Mike Carter
Dawn Coulson



Lyle Cross
Louise
Dalingwater
Paul Danku
Randy Desserre



Len Dunkley-
Popovitch
Carl Embro
Carlo Fanti
Jen Fellows



Kelly Fettes
Rob Forrest
Kerry Gabriel
Michelle Gehl



Eric Haapa-aho
Ken Hamblin
Tammy Heaney
Penny Henderson



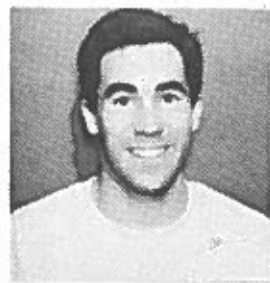
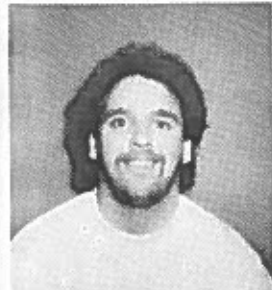
Phil Hunter
Alison Irvine
(squid)
Angela Kane
Kathryn Keyes



Mike Krasey
Rob Kupec
Julie Leedham
Pete Lessard



Tania Mash
Brenda McDermid
Kristin McGill
Mike McGrath



Dwayne McRae
Warren Nieckarz
Mike Oades
Pete Oyler

This could
be your
picture
had you
made it to
the
sessions
HA-HA-HA

Kevin Paradis
Gary Parcels
Alan Phyllis





Dave Pineau
Chris Pizziol
Angel Poirier
Mike Poling



Jen Reid
Tony Rupnik
Bobby June
Santary
Jeff Saunders



Alison
Sokoloski
Jeff Stiles
Janet Stoddart
Tara Thompson



Brennan Thompson
Cheryl Weldon
Jeff Wilkins
Susan Williams



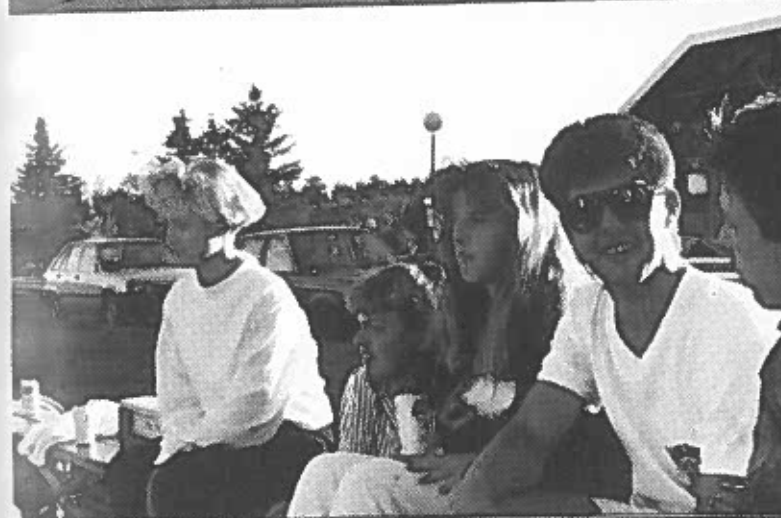
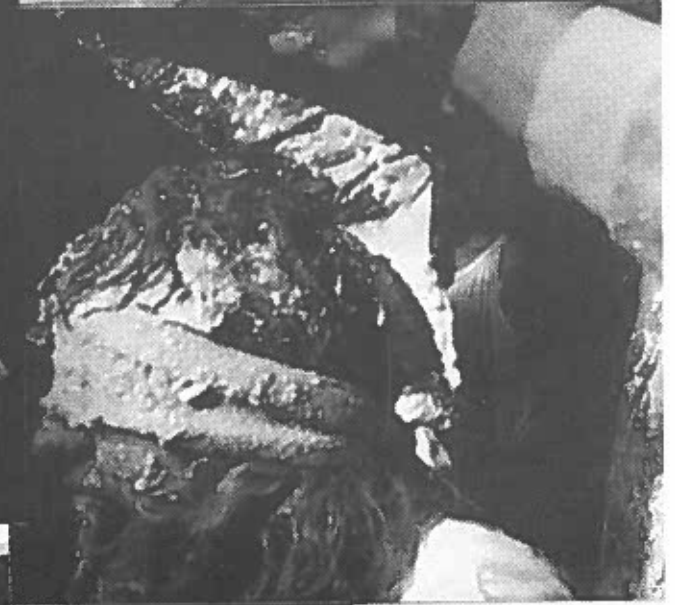
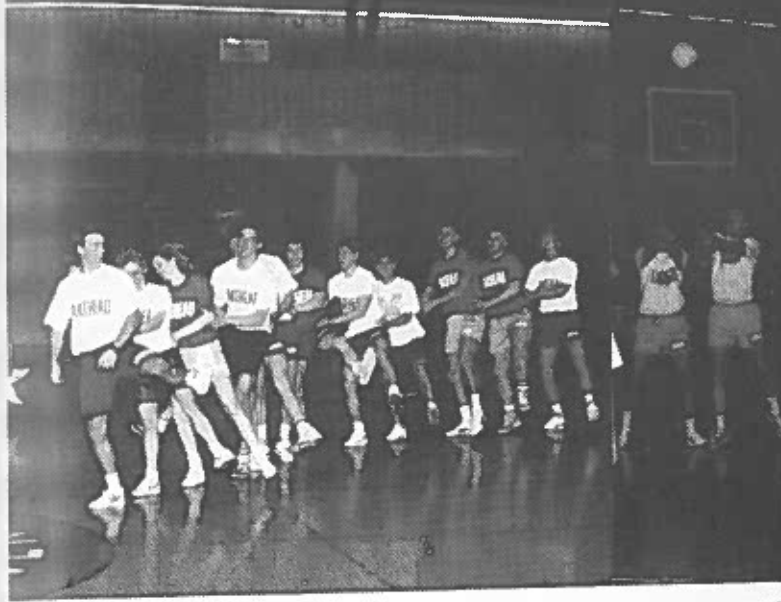
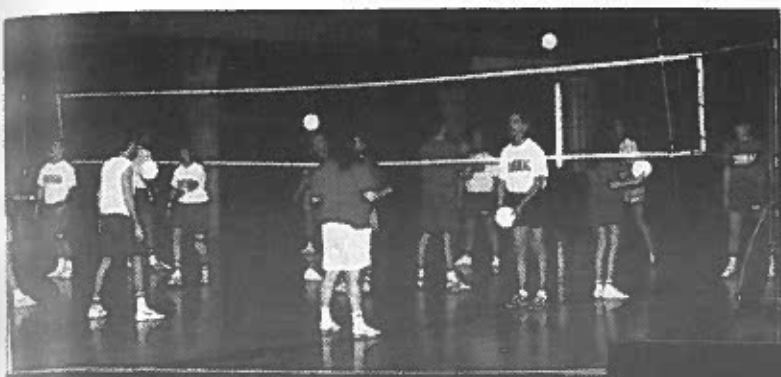
ABSENT WITHOUT LEAVE

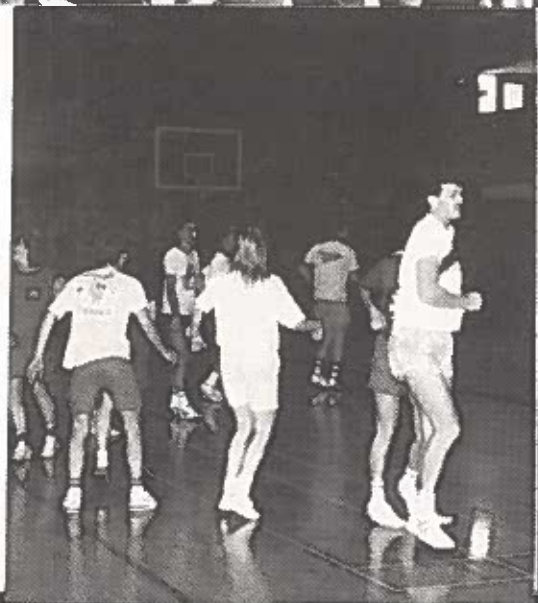
Suzy Angus	Steve Mitton
Mike Baranyk	Nancy Niemi
Jeff Brown	Wayne Sitch
Mike Csets	Brad White
Pam Hupalo	Chris
Mike Martin	Williamson
Lorraine Galloti	

Ray Woit
Sue Woosnam



Being in first year phys. ed. is a blast
Just like in baseball when First Years kicked ass
Second Years left with their heads hanging low
losing to First Years was quite a big blow
First year was a party
with Molsons and Bacardi
But second year will be a bummer
For those on probation who were a little dumber
But never the less we had a great time
Partied together and spent our last dime.





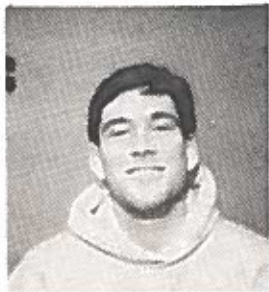




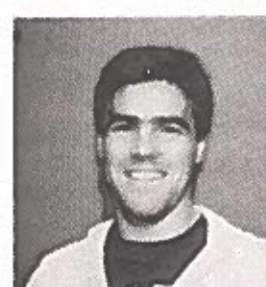
Paul Alexander
Brenda Ashford
Kathryn Bartlett
Craig Bradshaw



Frank Carpino
Marlene Cole
Dan Curtis
Dave Deberg



Leesa Dowell
Dez Forget
Ray Foster
Francois Gagnon



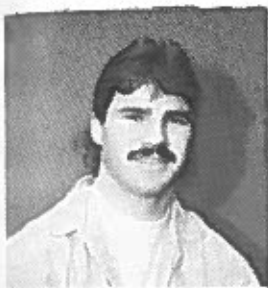
Sean Goforth
Gwen Goodman
Wendy Green
Rory Hygaard



Sue Jenkins
Renee Johnstone
Kim Kennedy
Mike Kirlew



Cliff Konrad
Dave Krawchuk
Roxanne Kyle
Herb Lamba



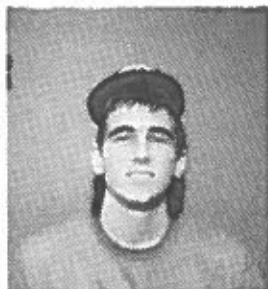
Brian Leger
Derek Little
Steve Mangoff
James Marrinan



Scott Marshall
Sandy Martin
Steve Mc Kague
Nicole Medwechuk



Mike Miller
Lisa Negus
Kelly Papich
Allen Parkes



Linda Pittarelli
Jason Price
Dino Pugliese
John Pulcina



Julie Rae
Megan Reid
Tom Reynolds
John Rissanen



Tracy Sainsbury
Marty Short
Darlene Stevens
Steffi Tinneberg



Jim Trotta
Laura Vermett
Kelly William
Eddie Zinger

Daryl Goodman
Al Ramsay
Rhonda Sawick
Len Untinen

Who are these people??

Second year Phys. Ed. the group with the class
We even let frosh believe they kicked ass

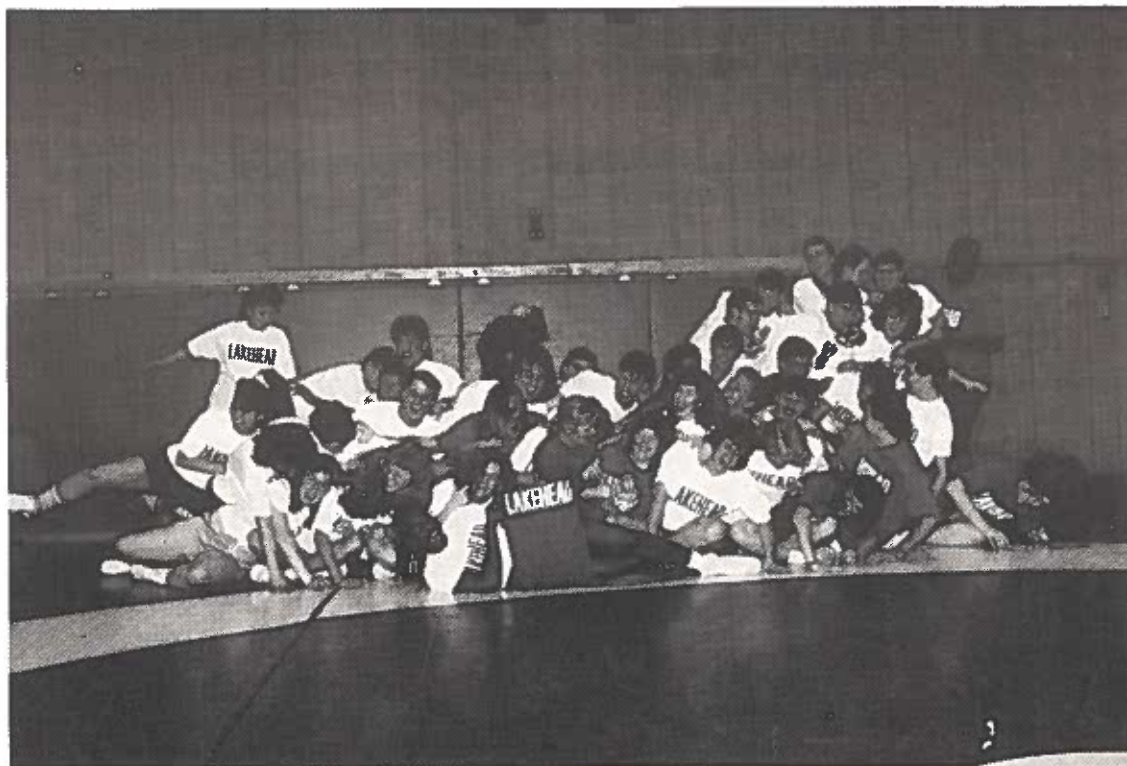
We made it to second year the frosh never will
We finished tests and assignments with time to kill

Thoughts and memories like on a postcard
We pity the frosh for they partied too hard

We're a unit, we're one, just look what we've done
We made the grade twice and we're still having fun

As we move on to third year we're halfway through
We've seen and done lots still lots more to do

We remember the good times with much more to come
We'll work and party hard till the day we're done









Cathy Boyle



Jennifer Burns

Troy Cordingley



Micheal Dela-Cruz



Shelia Doney



Donna Gallagher



Louise Hyatt

Royston Kempton



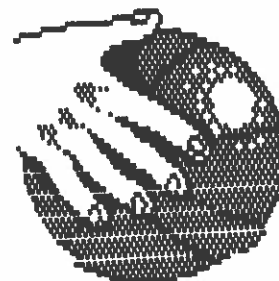
Sarah Kirton



Pam Leitch



Cheryl Mathieu

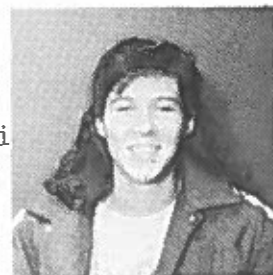




John McGarr



Max McKay



Charlene Myllari



Jamie Oltsher



Jennifer Remus



Jamie Sumi



Barb Thomson



Bruce Thomson



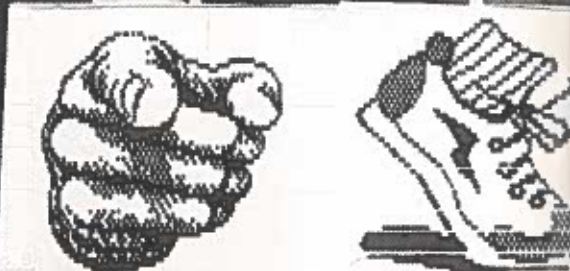
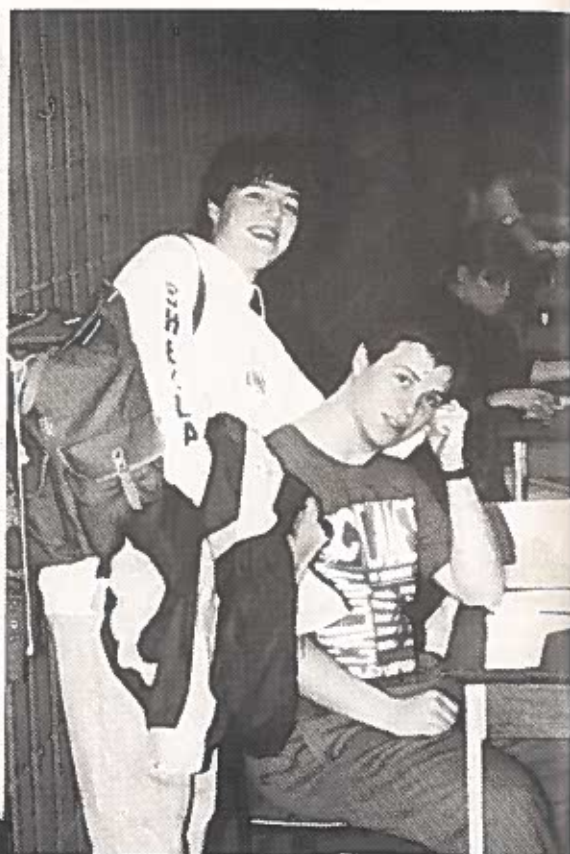
Lori Vidotto

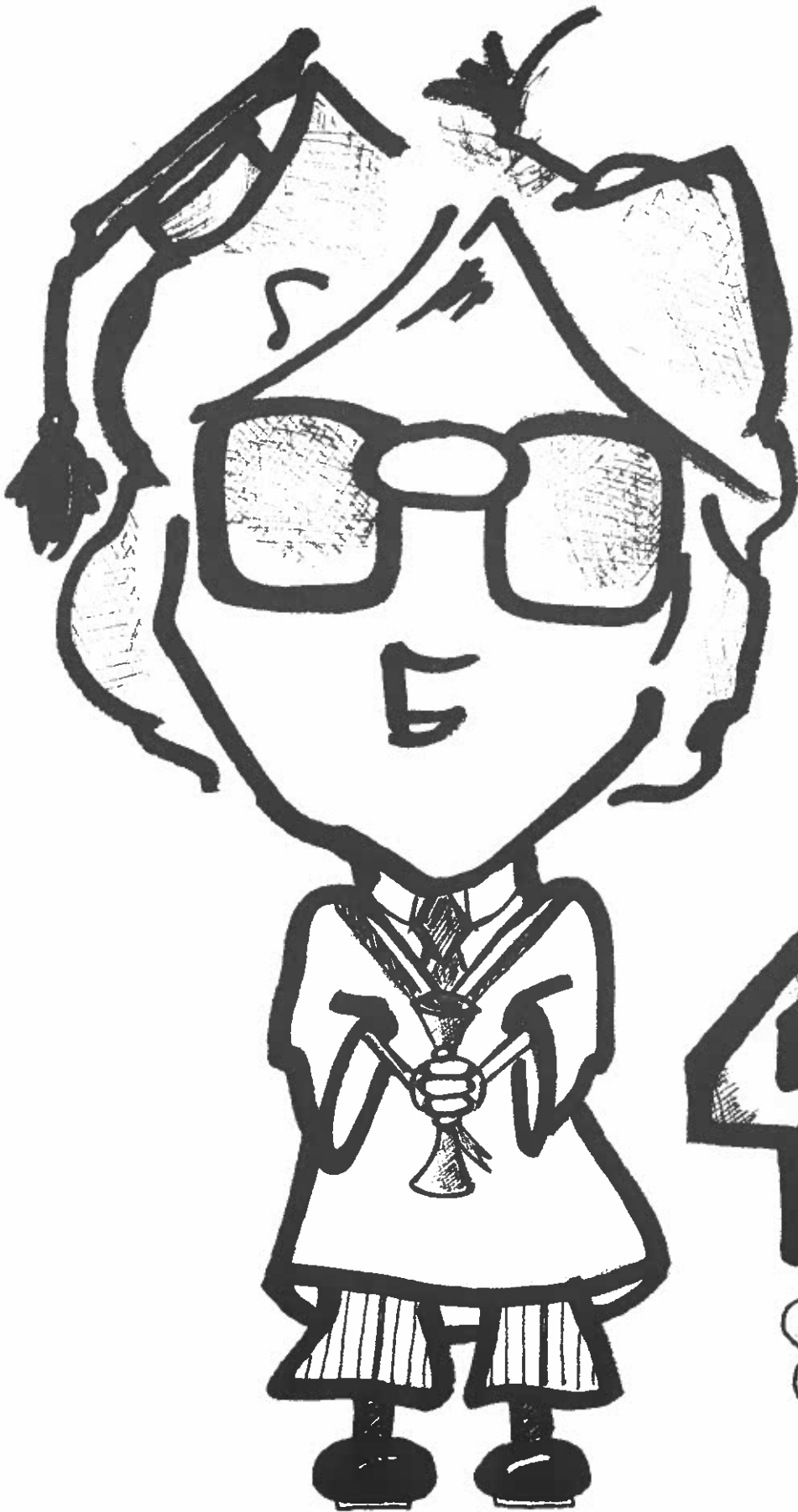


Dave Woods

The third year class has had their days,
and more are yet to come,
with most of these spent in a haze,
due to excess rye and rum.

To think that we are almost through,
we must pick up the pieces,
just one more year and that is it,
oh shit, damn, f*#@ my thesis!!





4th
YEAR



Chris Booth
Lorna Braaksma
Gudrun Brune
Mary-Beth Burrows

Dave Cho-Chu
Tony Colistro
Joe Collins
Tony Curkovic



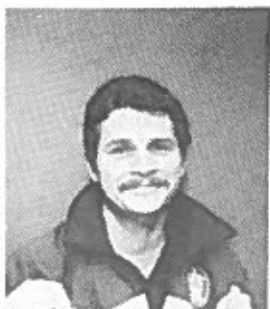
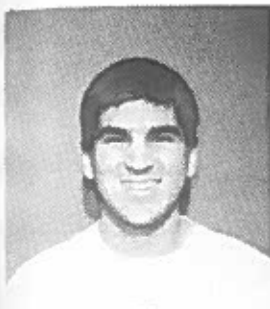
Joe Dolcetti
Allison Dueck
Don Ferguson
Tom Gardner



Deanne Geisler
Jim Gowanlock
Barry Hancharuk
Judy Harris



Doug Hoad
Paula Hyslop
Mark Johnson
Louise Kairns

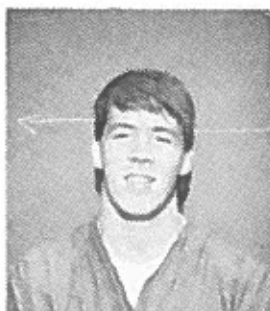
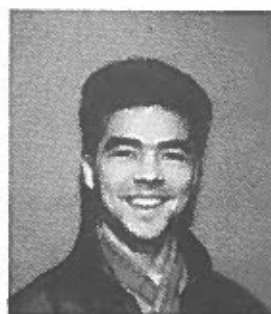
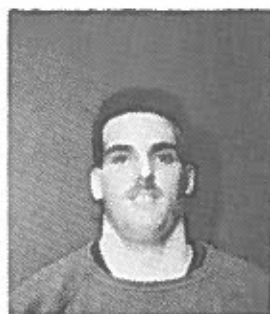
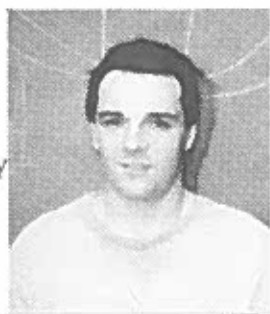


Dave Leclerc
Allison Marsh
Bill Marsh
Daryle Martin

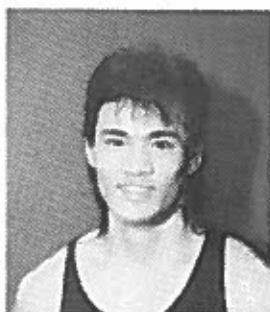


Kim Newman
Todd Norris
Anna Popadopoulos
Trevor Paziuk

Mike Plesh
Paul Rauhala
Steve Roslinsky
Sejjo Saito



Hans Schultz
Malcolm Sutherland
Albert Tremonti



Jim Veltman
Inge Vollebregt
Jack Wong
Greg Zeleny

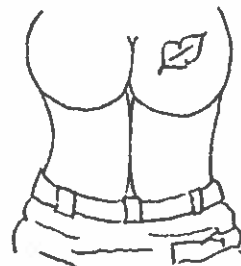
Personal "One-liners" Fourth Year Veterans

Lorna Braasksma: "Think Lorna, Think."
Gudrun Brune: "Ahhh, My body aches."
Mary-Beth Burrows: "Two double ryes and Cokes, please."
Dave Cho-Chu: "Scarborough is not Toronto."
Tony Colistro: "Next it's the C.S.L. for me."
Joe Collins: "Let me tell you...I have a friend..."
Tony Curkovic: "That chick's a thumbs up, man."
Joe Dolcetti: "Let me tell you about Stanozinol."
Allison Dueck: "You're awesome."
Don Ferguson: "I'll do it if Doug does it."
Tom Gardner: "I don't F6#&%*g know."
Deanne Geisler: "Don't tell Claude."
Jim Gowanlock: "I sink like a rock."
Barry Hancharuk: "Boy, have I made a lot of friends throughout
the years, and years, and..."
Judy Harris: "Has anybody seen my kids?"
Doug Hoad: "I will if Don does."
Paula Hyslop: "Aaaauugghhhh."
Mark Johnson: "What do you mean there's an Anatomy midterm
today?"
Louise Kairns: "I'm not doing that, no way man."
Dave Leclerc: "Lefthanders have the advantage."
Alison Marsh: "You guys seen Kim?"
William Marsh: "Geraldo protégé."
Daryle Martin: "We can't do that, I have a test that day."
Kim Newman: "##&\$ you man. No way."
Todd Norris: "I ain't got no time and ain't got no money."
Anna Popadopoulos: "A woman can do anything a man can."
Trevor Paziuk: "Late? Oh, I had to have a smoke."
Steve Roslinsky: "Forget it. Smoke my Harley."
Mike Plesh: "I'm massive."
Seijo Saito: "I guess I am a farmer."
Hans Schulz: "Anyone for a bike ride?"
Albert Tremonti: "Man, I was driving to school and saw..."
Jim Veltman: "You mean we're not on Dutch time."
Inge Vollebregt: "Sorry, Dr. Crocker, I just don't know."
Jackie Wong: "Jack who??"
Greg Zeleny: "It's not cool to be on time."

The fourth year's. Friendly, social, exciting, and most of all under a lot of pressure. Everyone is working hard putting the extra hours in to attain those oh so vital marks that are needed for Teacher's College. Ya Sure.

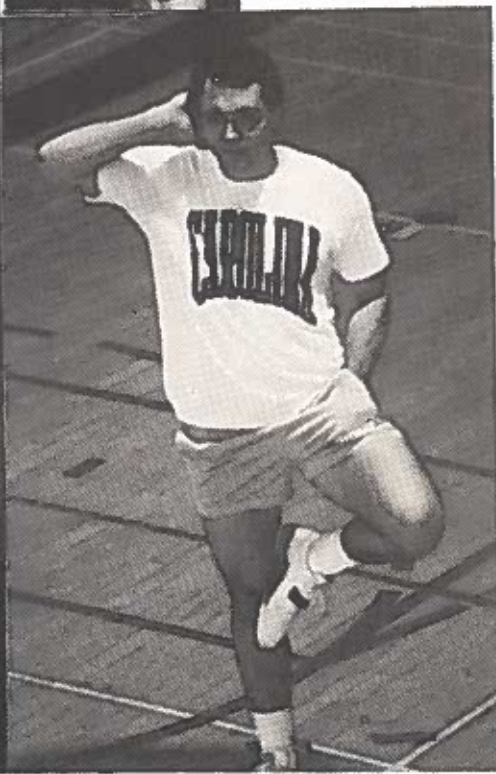
On the other hand some of the social extroverts are extending the pleasure of being at school by prolonging the four year course into a real long five.

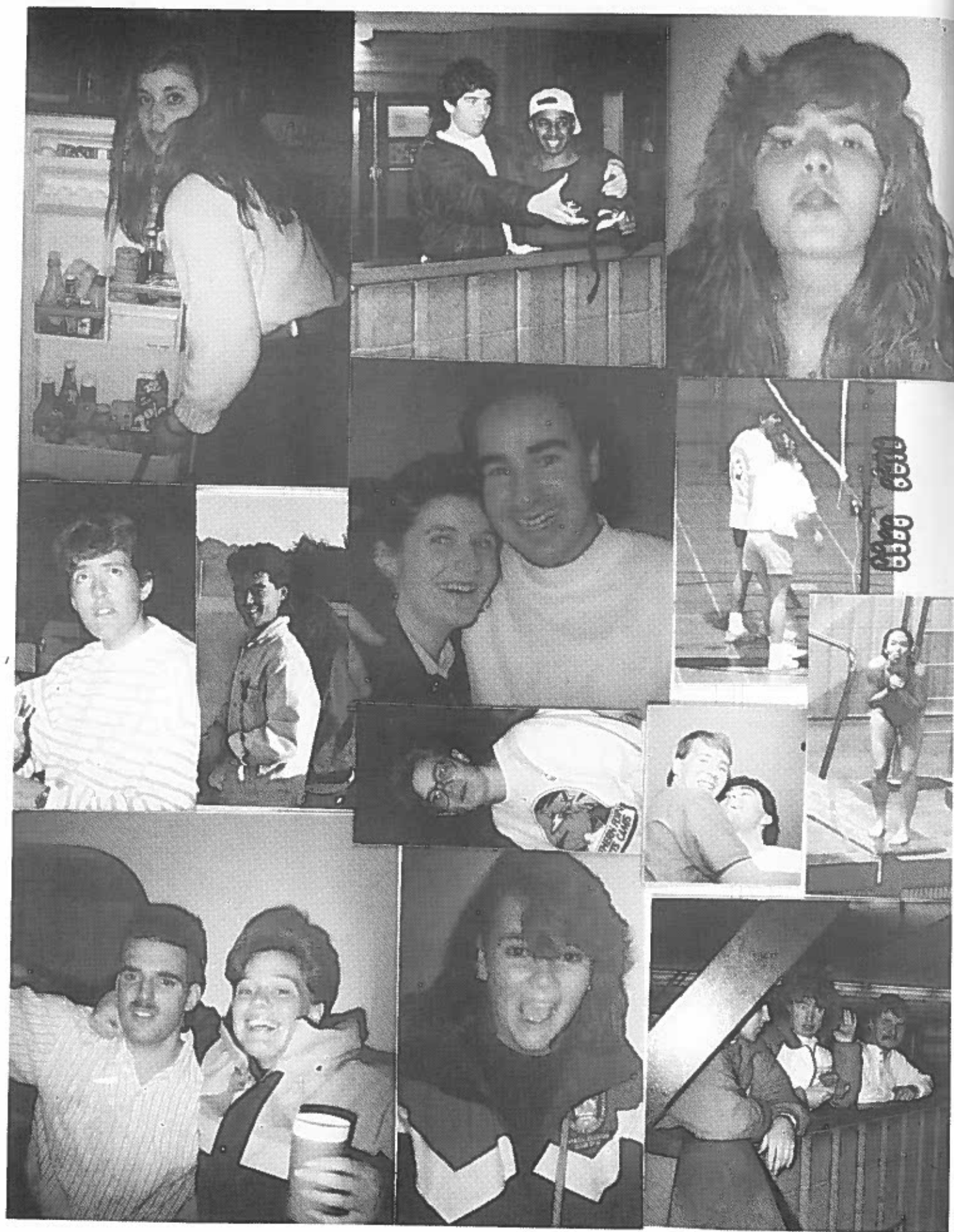
The fourth years express plenty of friendship an feeling, communication and laughter; in the end showing goodwill first and competition second. To sum up, they are quite a group whom will undoubtedly miss this place which has been their home for the past four years. Those that will be leaving us anyway.

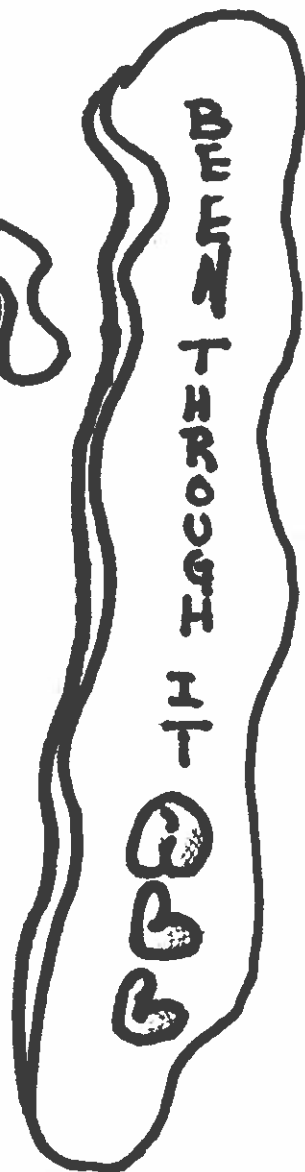
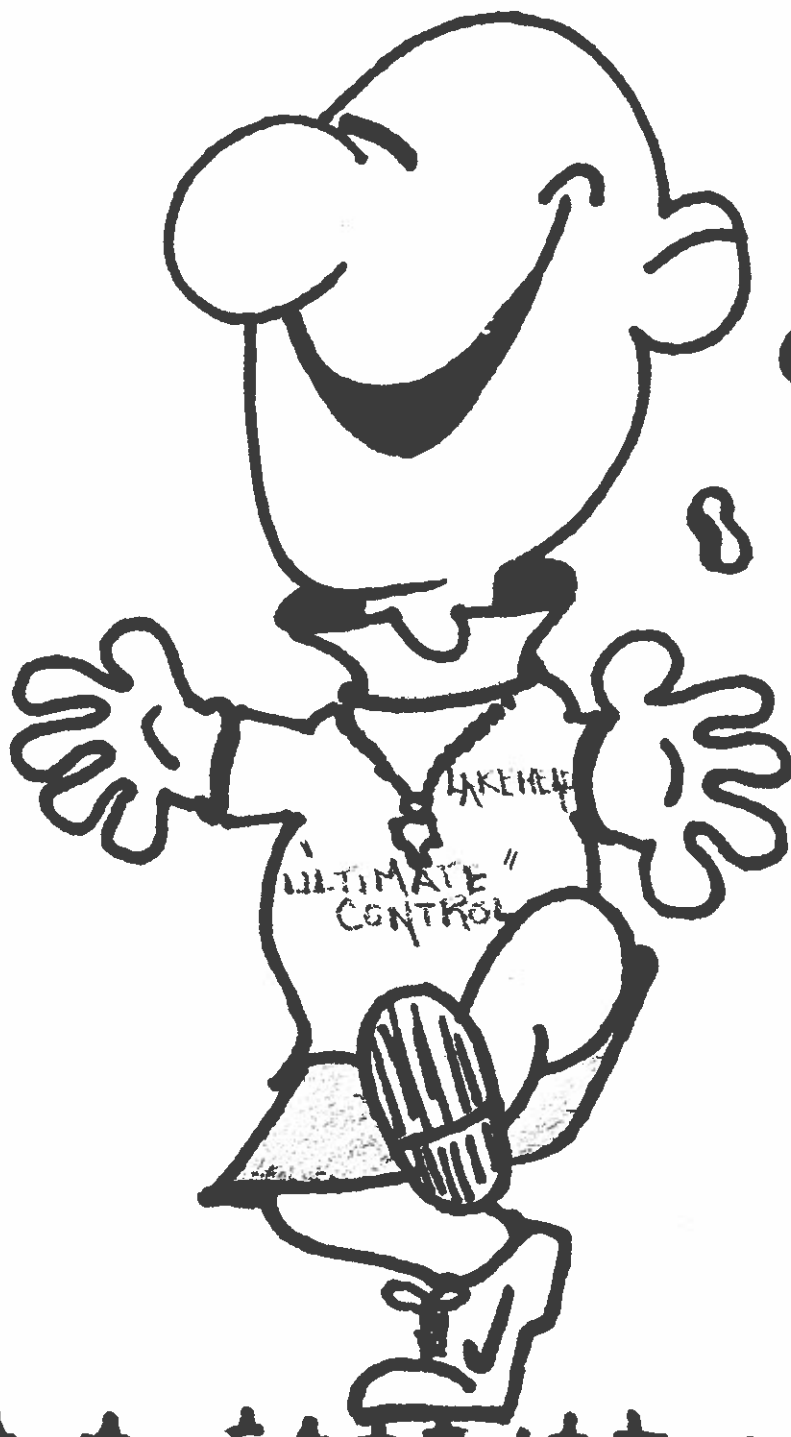
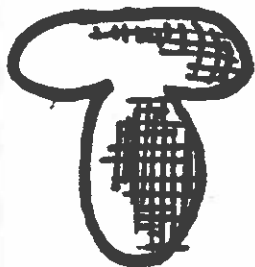
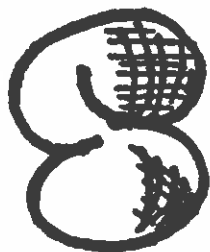




**THIS
COULD
BE YOU!**



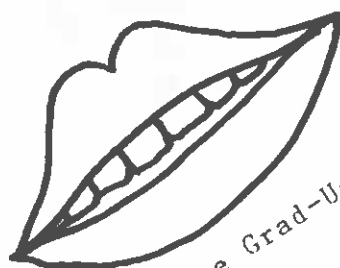




STUPID



Mike Bellcamino
Sandy Brundell
Kim Williams

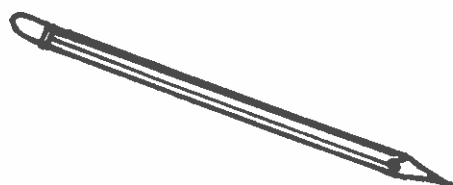


The Grad-U-Ates

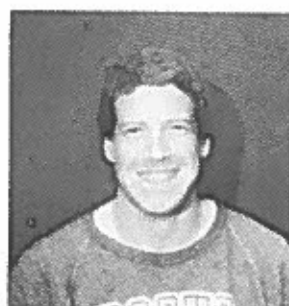
Greg Gagnon
Donna Allan



Monica Daily
Bart Guthrie
Carl Goodwin



Gus Liadis
Kim Isaak



Bill Humby
Jeff Burke
Mike Mackay

We came all the way here for this ??????



F Y
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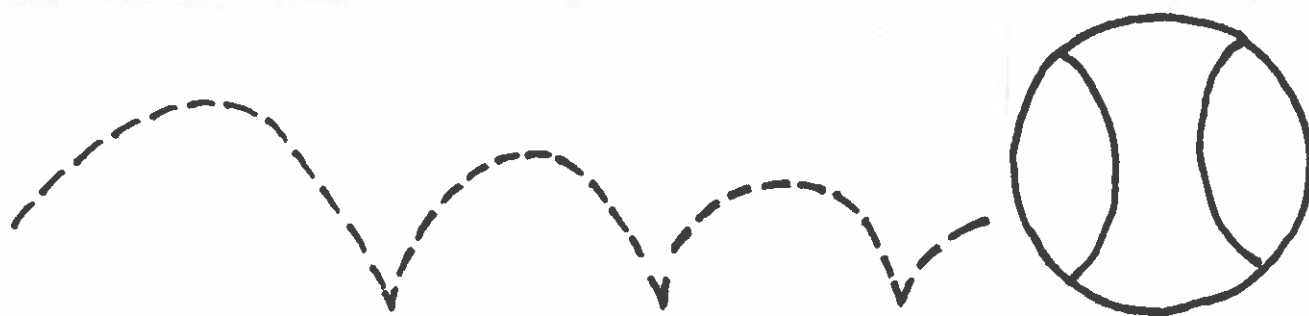
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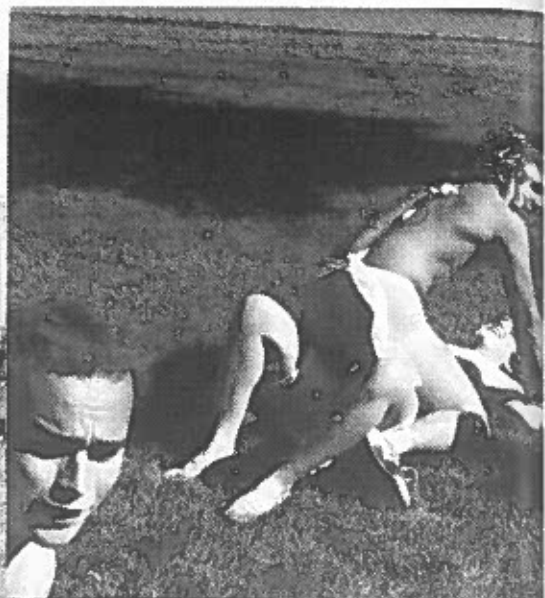
THIRD
YEAR



FOURTH
YEAR









In Memoriam

GORDON T. GARVIE, B.Sc. (1969), M.Sc. (1970), Ph.D. (1980)

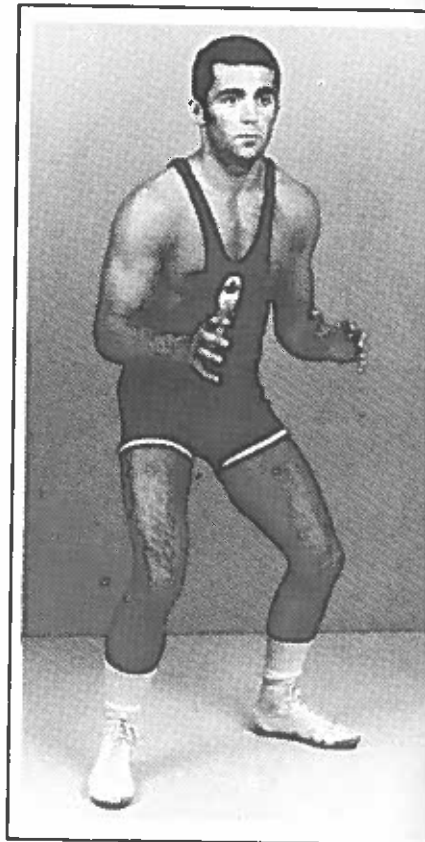
Gord Garvie passed away on August 6, 1988, after suffering from a lengthy illness. It was no doubt extremely difficult for such a strong willed person and athletic devotee to be asked to carry such a heavy burden at his early age.

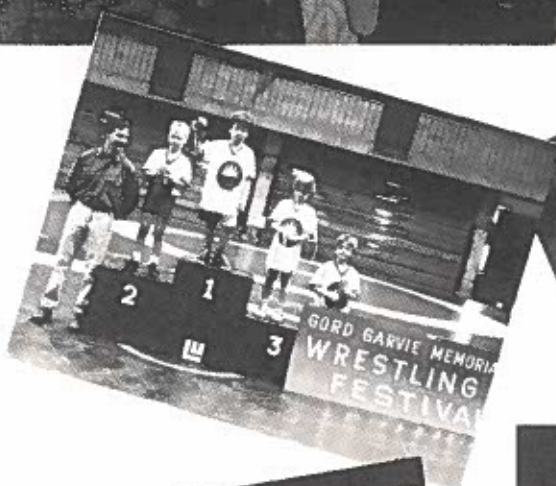
Called "the most outstanding athlete ever to attend the University of Saskatchewan," Gord Garvie was WCIAA Wrestling Champion four consecutive years, from 1967 through 1970, CIAU champion in 1969 and 1980, and Canadian Olympic Wrestling Team member in Mexico City in 1968. He was an all-round athlete. Playing all-star football and hockey at the University of Saskatchewan, he was named all-star WCIAA halfback for three consecutive seasons and the league's most valuable player in 1967. Gord was also drafted by the Saskatchewan Roughriders. At the University of Saskatchewan, he was a student, coach and faculty member - a well-known and well-respected athlete throughout the world of athletics.

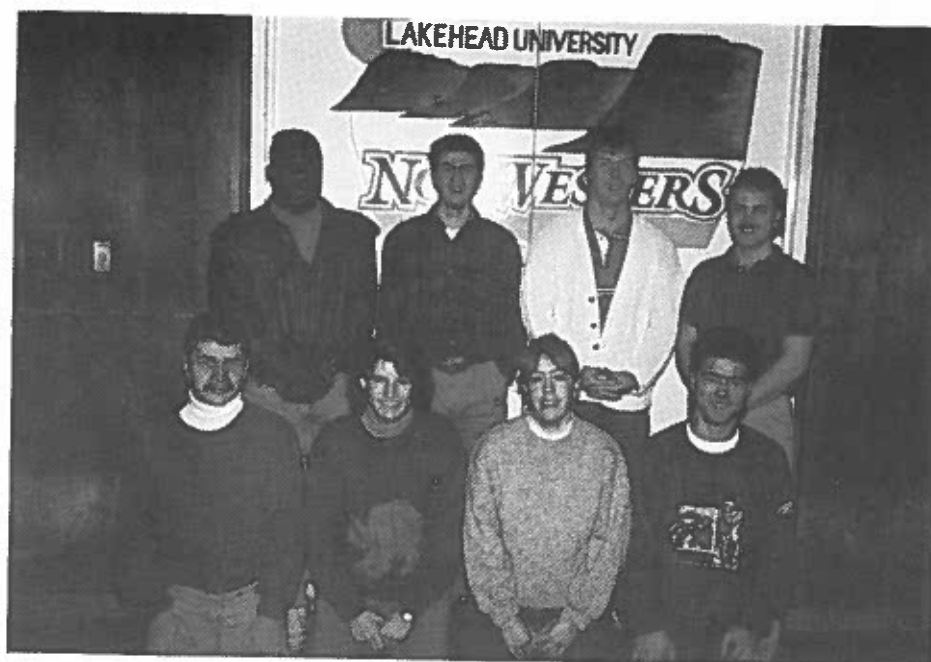
From 1970 to 1977, Gord became a wrestling coach at Lakehead University, coaching Canada's National Team in the 1976 Olympics. Throughout the 1970's, he was the driving force behind Senior and Junior Wrestling in Thunder Bay, and indeed throughout Canada. He developed excellent competitors. One of Lakehead University's most successful coaches, he brought wrestling to heights never achieved in the sport. Still active in football, he was the player coach of the Thunder Bay Mustang Senior Football Team. As a National Team Wrestling Coach, Gord gave Thunder Bay a National Training Centre. During the 1975-76 season, many of Canada's top wrestlers came to Thunder Bay to train for the Montreal Olympic Games.

After returning to Edmonton, Gord received his doctorate at the University of Saskatchewan in 1980 and became an Associate Professor in Sports Psychology and in Graduate Studies until his untimely death.

His exceptional leadership, wit, experience and dedication, along with his wisdom and fierce competitive drive gave Gord Garvie the ability to bring wrestling to such outstanding heights.







Back row L-R: Mike Kirlew, John McGill, Dave Woods, Dez Forget.
Front row L-R: Bill Marsh, Ruth McKay, Louise Kairns, Seijo Saito.

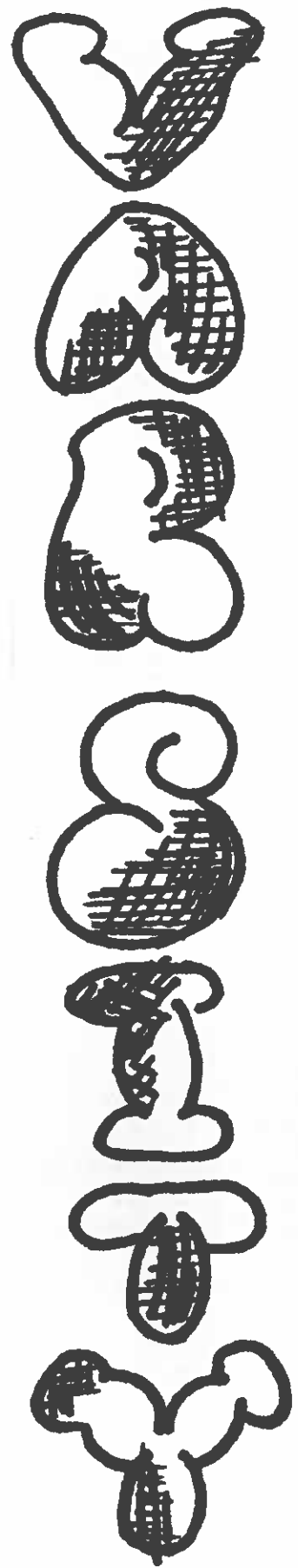
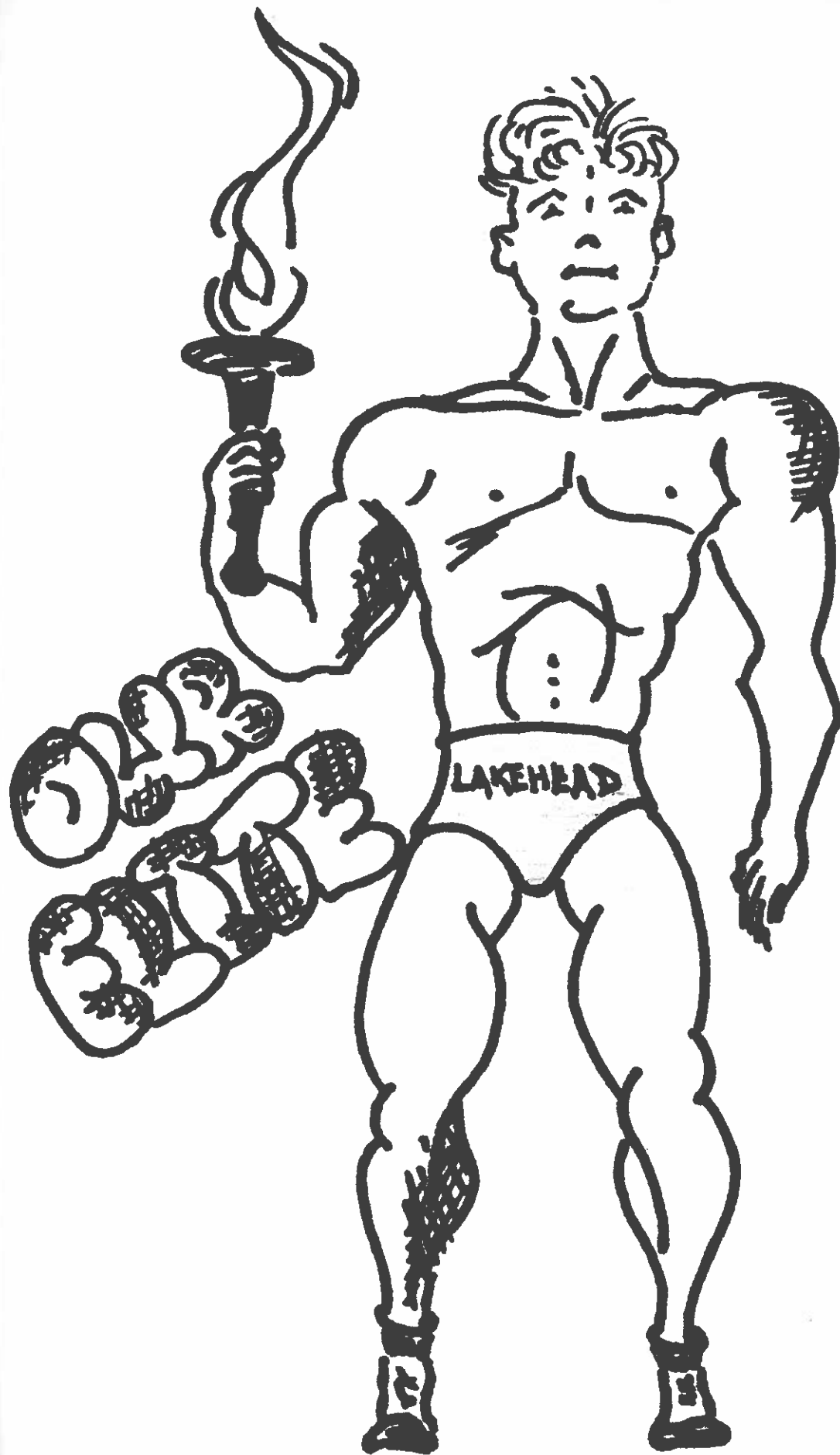


The 1989-90 P.E.A.L. Executive would like to thank all students for their support and enthusiasm over this past year. A special thanks goes to all class representatives, Sue W., Mike K., Cliff K., John M., Barb T., Bill M., Louise K., for their help in passing information to their respective classes. These positions are very important in order to keep a link between the students and their P.E.A.L. Executive.

Our faculty is continually growing and improving, it is our wish that all students can benefit from attending the Physical Education program at Lakehead University.

Best of luck to all graduates and all those returning students. We hope this year has been a memorable one.

P.E.A.L. Executive
89/90



Women's Basketball



Top L-R: Jenny "Whaler" Burgess, Lisa Mazur, ???, Barb Hill,
Lorna Braaksma, Kerry Gabriel, Therapist- Jamie Carlson
Bottom L-R: Ass. Coach- Mike MacKay, Leanne Yarish, Darlah
Belanger, Kathy Harrison, Kelly Fitzgerald, Pam Leitch,
Sharon Knowles, Head Coach- Stu Julius.

MESSAGE FROM THE COACH:



Head Coach
Stu Julius

This year's edition of the Lady Nor'Westers has been outstanding. At the beginning of the year Coach Julius stated "that we would finish at the top of the OWIAA West". As of mid February the Lady Nor'Westers were 9-1, in first place and headed for the OWIAA Championships.

Outstanding play by the guards Kathy Harrison and Sharon Knowles have made it possible. Freshman Jenny Burgess has been exciting in leading the fast break and also controlling the boards.

The key to the Nor'Wester's success has been the hiring of Mike MacKay as assistant coach. Mike has been invaluable to me and has done an outstanding job. I would also like to thank the support of the student body. Throughout the year they have been loud and supportive and without a doubt the thunder in the dome has been heard all the way south. The teams truly appreciate it.

Coach Stu Julius



MEN'S Basketball



MESSAGE FROM THE COACH:



After coaching high school basketball for the past 19 years, the move to university has been a challenging and exciting change for me. I would primarily like to thank the players for their dedication, the administration for their support and the student body for their enthusiasm towards varsity sports at Lakehead.

Upon reflection of the 1989-90 basketball season, it is one that has seen the Nor'Westers return to national prominence. The Men's Basketball team won the Iron Man Classic in Saskatoon and the Wesman Classic in Winnipeg. In addition, the Nor'Westers defeated the previously undefeated and #1 ranked University of Western Ontario Mustangs before a noisy and zany Lakehead crowd. The season also witnessed the rise of the team to the status of being nationally ranked. The Nor'Westers were ranked 7th and 10th during the season.

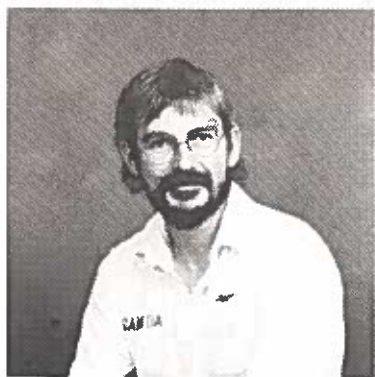
The Nor'Westers were led by the scoring of John Laplante and Jeff Byerley throughout the season. Couple this with the development of Ray Foster, Leslie Ragguette, Dave Pineau & Chris Grace, and the Nor'Westers had their first winning season in 7 years.

With the 1989-90 season as a strong base, the Nor'Westers look to a bright future in the 90's.

Coach Pero



Lady Nor'Wester Volleyball



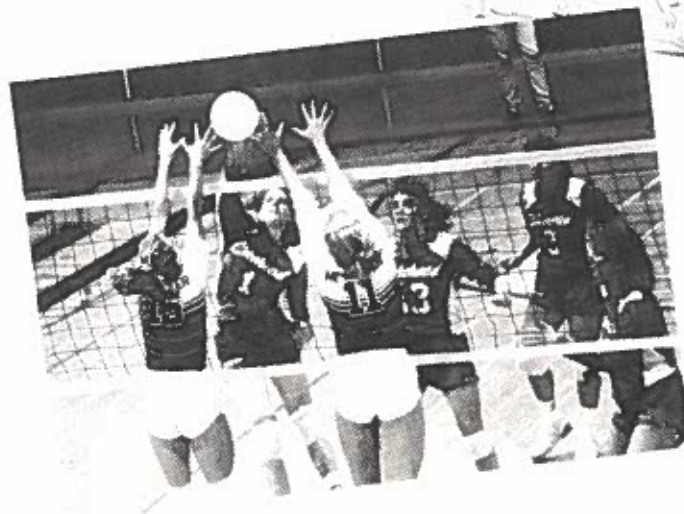
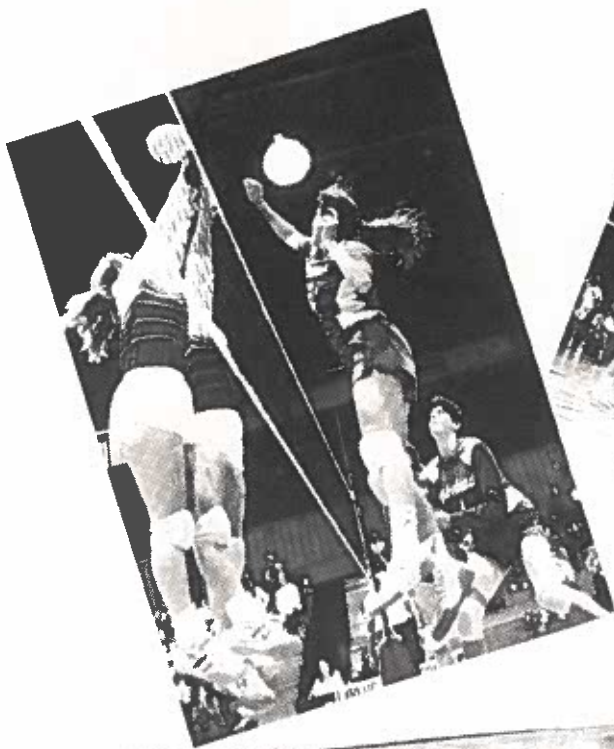
Coach
CLAUDE LAPRÉ

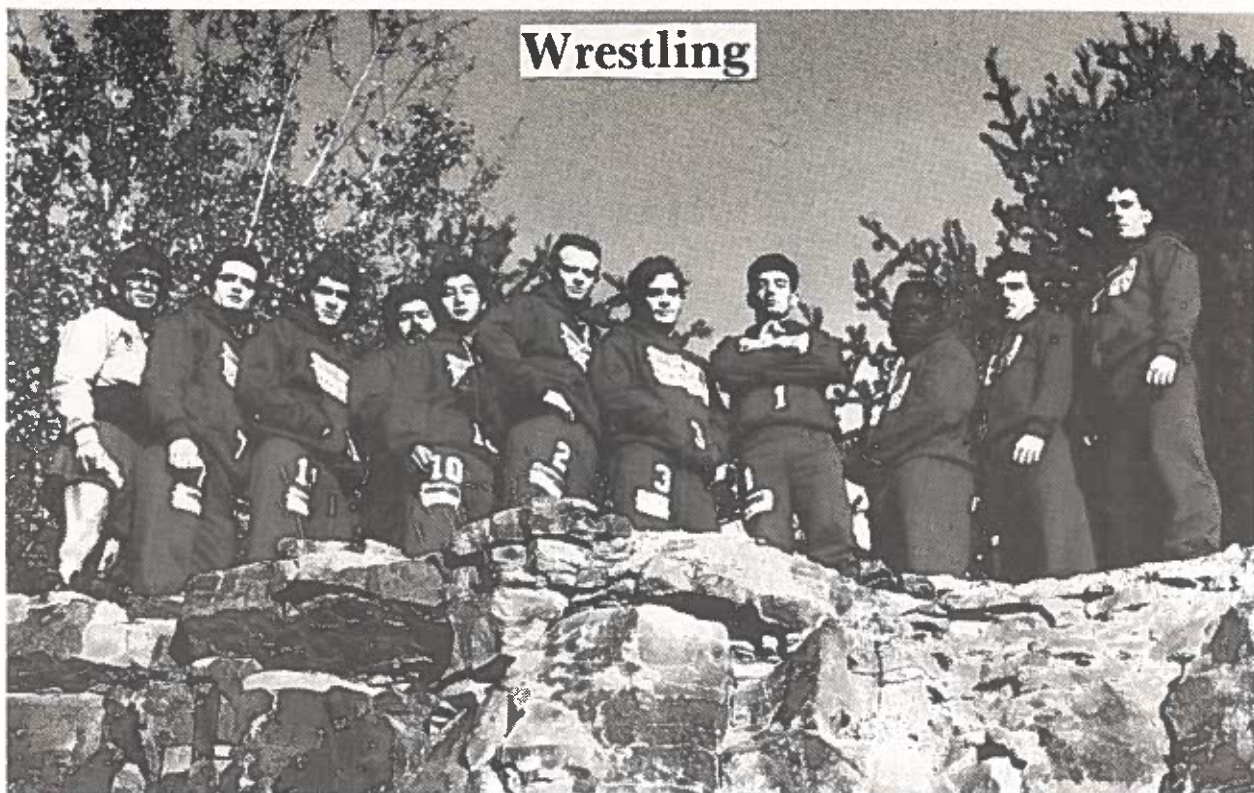
The 1989-90 Norwesters Volleyball Team was comprised of TOP L-R: Robyn Plett, Susan Craig, Kelly Breutigam, Jamie Carlson (therapist), Claude Lapre (coach), Tania Nash. FRONT L-R: Alexandria Aitken, Leslie Ballan, Corrine Kollman, Deanne Geisler, Jennifer Smith, Julie McKinnon, Kelly Williams, Allison Irvine.

MESSAGE FROM A COACH:

The Lady Nor'Westers finished league play with a 10 - 4 win loss record, and an exhibition record of 21 - 3, for a combined total of 31 wins and 7 losses. Their 10 and 4 record in league play gave them third place in the OWIAA West Division, and secured a play - off spot. Along with their 31 wins the Lady Nor'Westers have collected 4 tournament championships, and a 19 game winning streak.

Individual recognition goes to power hitter Kelly Breutigam, who was selected to the OWIAA West Division All Star Team, and won the League's Rookie of the Year award.





L-R: Coach- Francis Clayton, Ass. Coach Jim Gowanlock, Dale Harrison, Frank Morozzo, Kevin Cheong?, Eddie Zinger, Tony Gallo, Jim Trotta, Mike Kirlew, Steve Roslinsky, Mark "Words" Tarantini.

COACH'S MESSAGE:

The Lakehead Varsity Wrestling program was established in the 1970/71 season, and was coached by ex-Olympian and Olympic team coach Gordon T. Garvie. Over the years the program graduated a number of outstanding student-athletes including:

Egon Bieler - 3 time Olympian - Dentist
 Clive Llewelyn - Olympian - Lawyer, volunteer coach
 Harry Curtis - CIAU champion - High school teacher and coach
 Bob Walsh - Varsity team - High school teacher and coach
 Nick Cipriano - National team - University prof. and coach
 Reg Laroque - CIAU medalist - Full-time coach

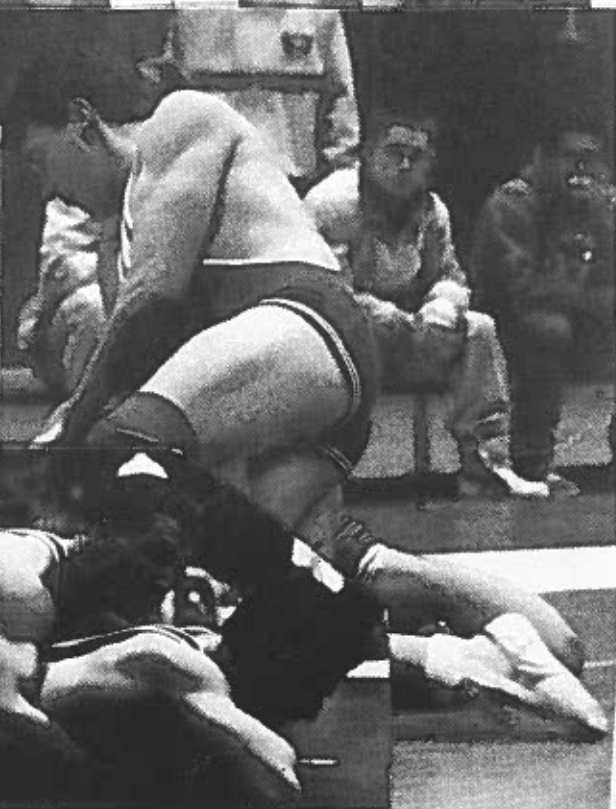
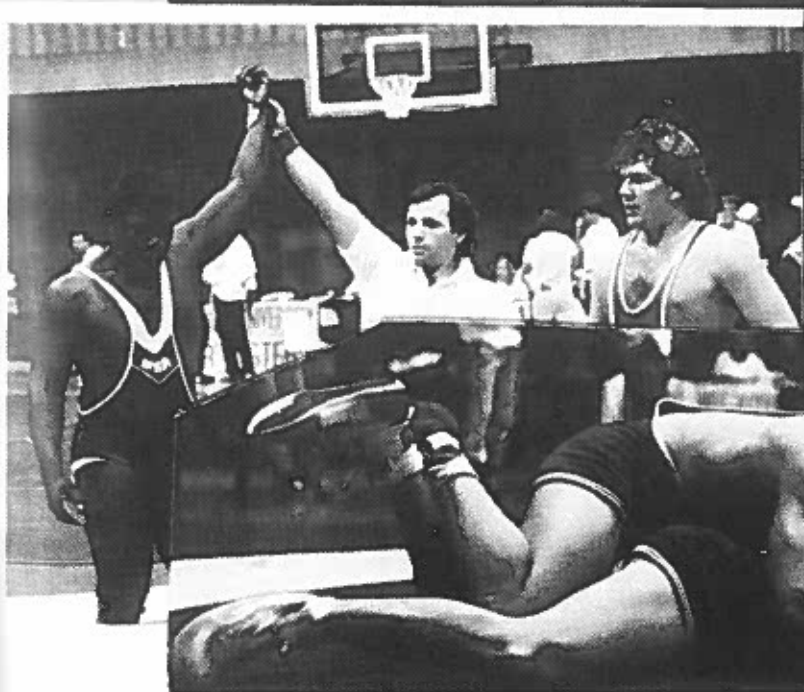
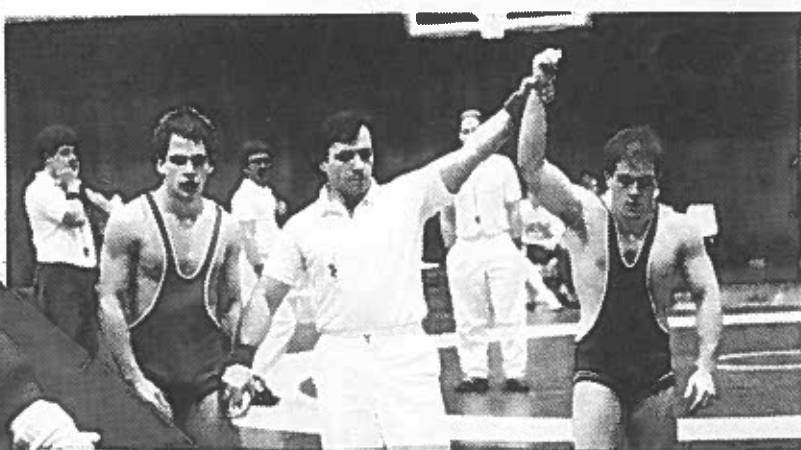
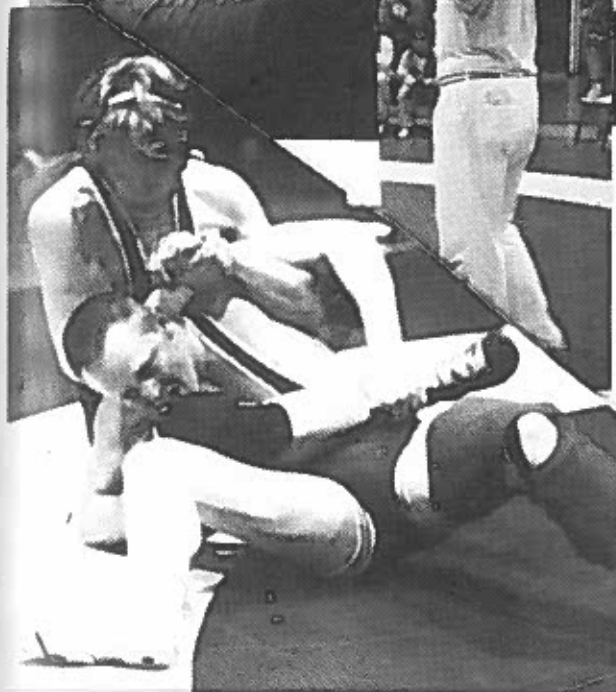
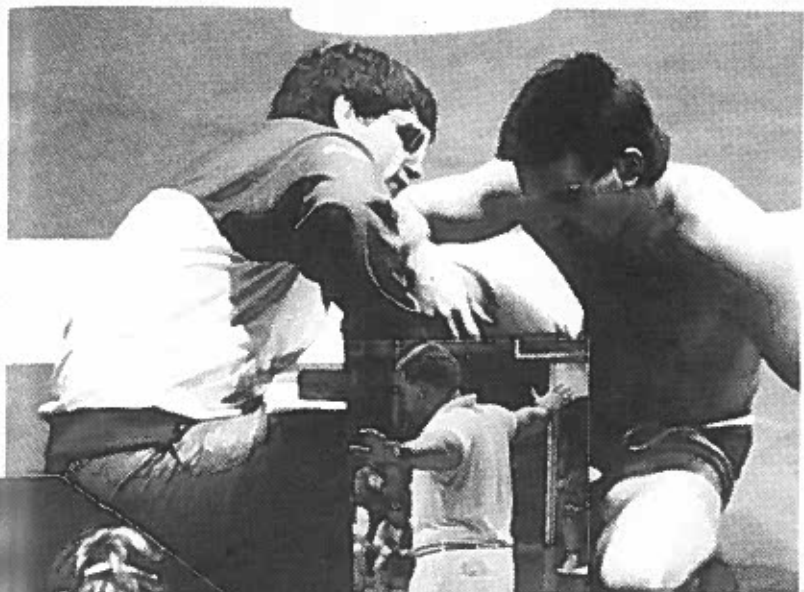


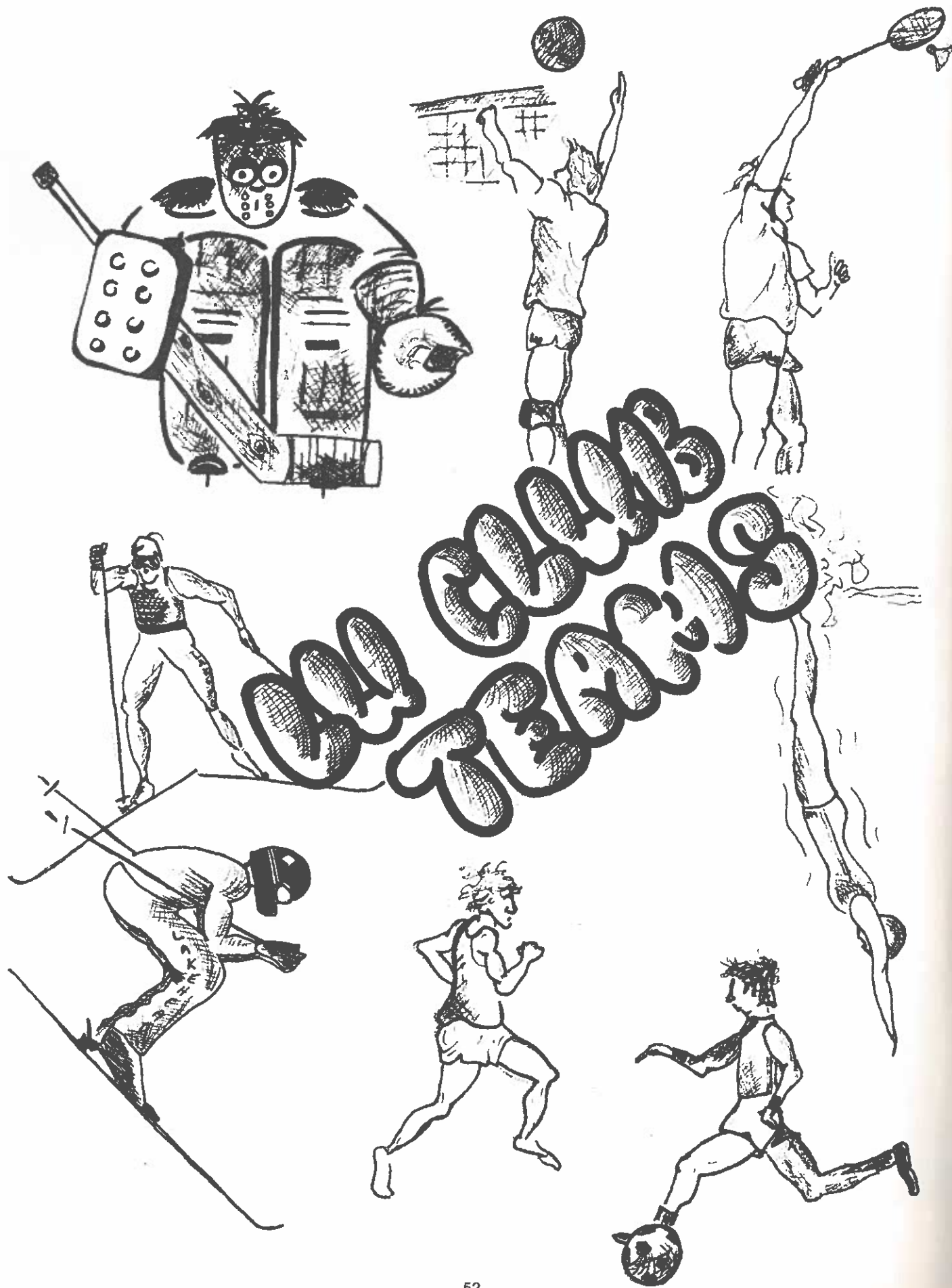
Sport plays an important and intricate part in our society, and their effect on our children can be very far reaching. Athletic experiences can help shape their self-esteem, and teach them the virtues of self-discipline, dedication and co-operation. (Spink, Kevin, S., Ph.D. Give Your Kids a Sporting Chance.)

When you mix athletics with academics, you have an unbeatable combination which challenges the body, mind, and spirit. It brings out the best in people.

Throughout the 70's and 80's, Lakehead was known for its fighting spirit. This strong tradition has now entered the 90's.

wrestling Coach
 FRANCIS CLAYTON

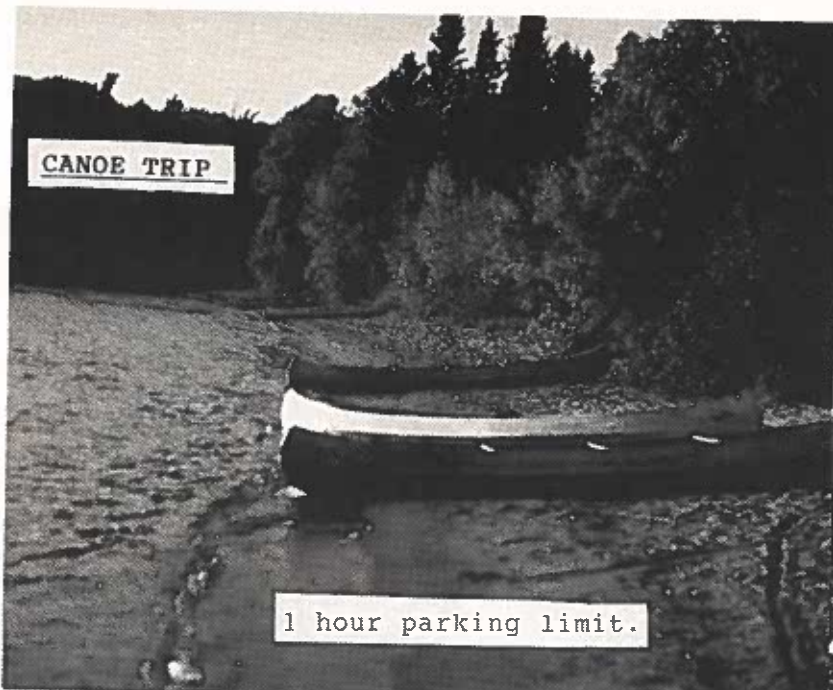






Skiing is fun !! 😊





CANOE TRIP

1 hour parking limit.



Where's the can?



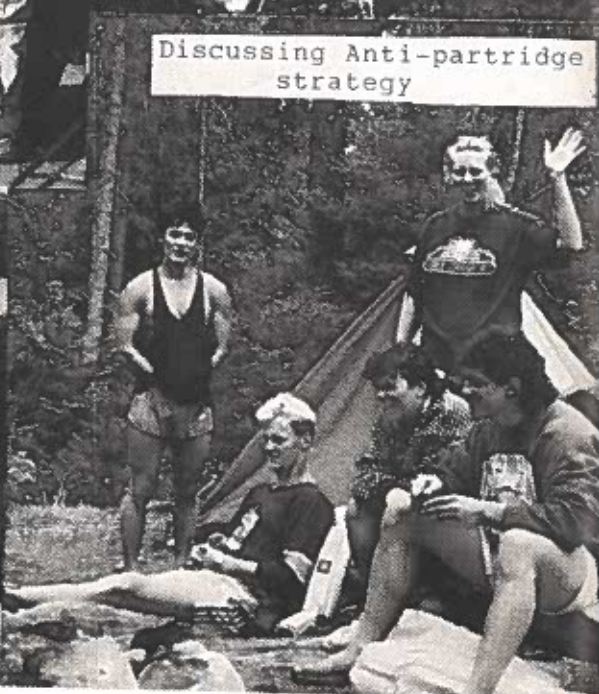
Let's just get on with it!



Chef Dolcetti. Yum. Yum!



Ya, like we want to be here!



Discussing Anti-partridge strategy



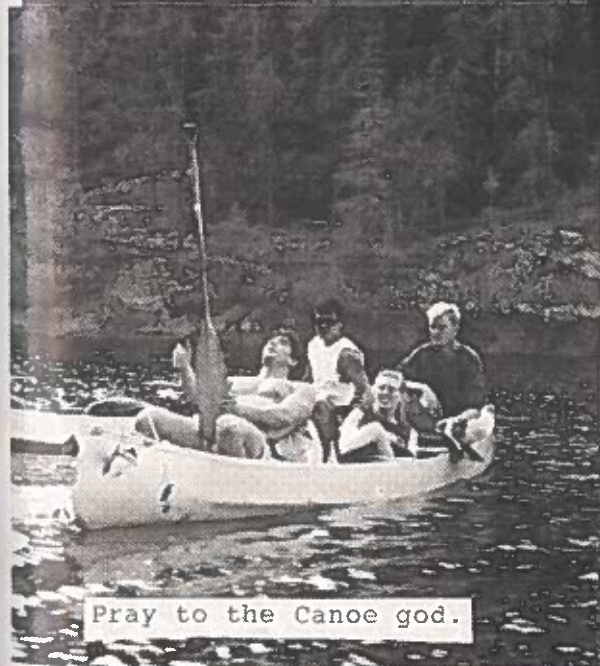
Portage after portage after portage.....



Windbound on Gunflint Lake.



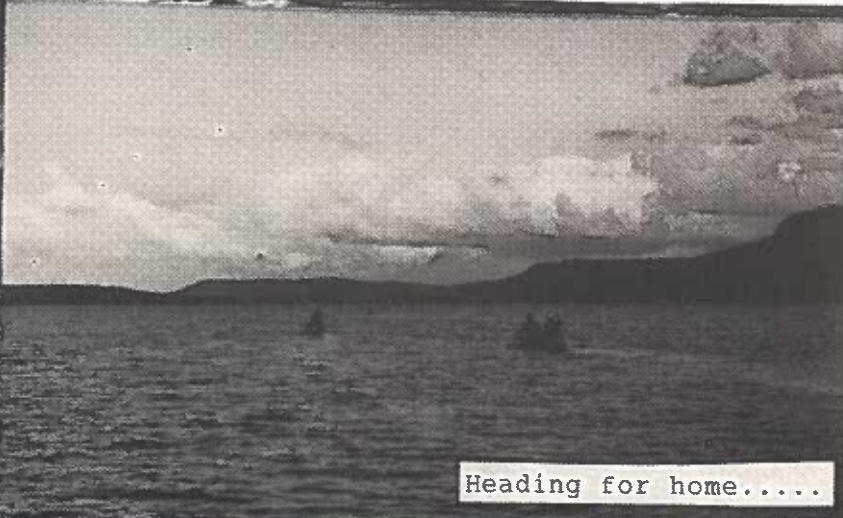
Quacks feeding the ducks



Pray to the Canoe god.



Our Indian guide using his Australian compass. We're lost.



Heading for home.....

EDITOR'S MESSAGE

This year, we, the yearbook committee have combined Physical Education and athletics to create a form of memorabilia for the 1989-90 season here at Lakehead University.

It is filled with pictures that represent friendships, competition, training, hours of study, and every unique individual who participates in the combined events of university life.

There is something inside for everyone to enjoy and for this I would like to extend a very special thank-you to those

who volunteered long hours of hard work and dedication to making this yearbook possible:
Sue Woosnam, Steve Roslinsky,
Scott Marshall, Kim Kennedy,
Jen Reid, Jim Gowanlock,
Francois Gagnon, Renee Johnstone,
Barbara Thompson, Eddie Zinger,
Julie Rae, Tom Gardiner,
Len Dunkley-Popovitch, Lisa Negus,
Phil Bondy



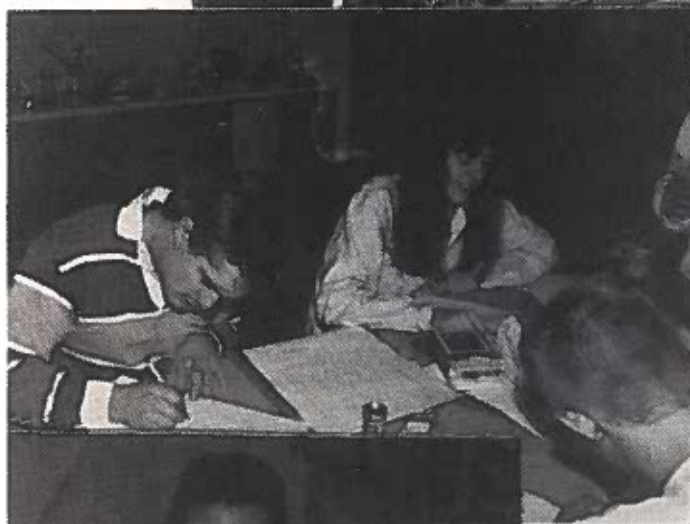
And lastly, to thank you, the students and staff for your support in making this all possible. I hope this second edition of the Lakehead Physical Education and Athletics Yearbook will be as successful as the first, and I hope to see everyone back next year.

yours truly,

Mike Kirlew, Editor



Y B
E O
A K
R K



Autographs

AN ATHLETE'S PRAYER

I thank you, O God, for giving me a body which is specially fit and strong, and for making me able to use it well.

In my training,
Help me never to shirk the discipline which
I know that I need and that I ought to accept.

In my leisure and in my pleasure,
Help me never to allow myself any indulgence
Which would make me less fit than I ought to be

When I compete with others
Help me, win or lose, to play fair.
When I win, keep me from boasting;
When I lose, keep me from making excuses
Keep me from being conceited when I succeed
And help me always with good will to
congratulate a better man who beat me.

Help me so to live that I will always have a healthy
body and a healthy mind.

This I ask for your love's sake.
Amen



