

Time	Description
0:15	Introduction; last name (explanation)
2:19	Growing up in Canada; military (navy); travel (South America/Caribbean)
6:00	Education (correspondence – Grade 12); Dalhousie (B.A. Sociology); early career (banking); career in manufacturing; human resources management (Centennial College); B.A. in Psychology at Trent University
9:25	Working in Vaughan; family (father & brother); Palestine Police
13:25	Long distance running; marathons (Toronto/Boston/New York/Ottawa); military travels & stories; HMCS Saguenay
19:44	Social changes; changes in technology; changes in entertainment
22:48	Life in Nova Scotia (compared to Vaughan); car racing
29:00	Life in Vaughan; cultural diversity; whitewater canoeing
34:45	Value of military training; firefighting; concluding remarks