

THE POST VISION, LINDSAY, ONTARIO

Helam and his fiddle,

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to play, and they still seem to like it today."

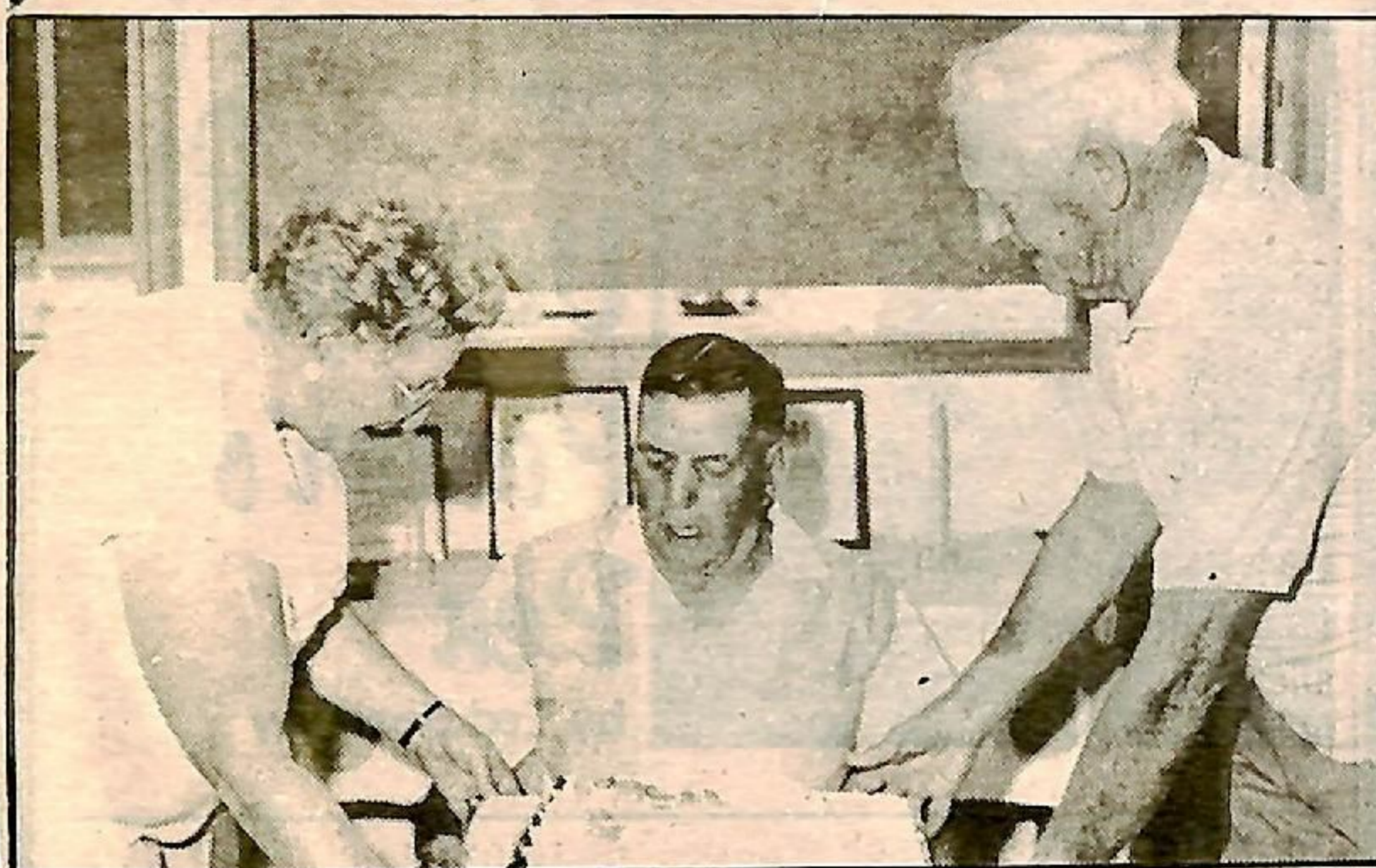
Playing with Gorrill for the past 50 years has been Ross Thompson on guitar and for 30 years Doreen Acton on piano. Appearing with them today are Lloyd Bagshaw on spoons and Cliff Peshal on banjo, occasionally assisted by Mac Lambert.

This active group plays annually at the Academy Theatre for the Victoria County Country Music Association, still entertains at its fair share of local dances and parties and in spare moments visits a number of the local nursing homes and seniors' homes. For his volunteer work entertaining seniors, Gorrill received a bicentennial award from Premier Davis and an award of merit from Caressant Care in Lindsay. When not playing, Gorrill still looks after 19 head of cattle and 20 ewes currently with 30 lambs. He's up at 6 a.m. everyday and "I still do a

bit of baling," he said.

Gorrill, who well remembers when he used to make 10 cents a piece for shearing sheep ("I could do 50 in a day") says he has little time for other hobbies. "There's no time left after farmin' and playin'" Despite his expertise on the fiddle, "the most I ever made was \$50 a night, the least was 50 cents."

Helam Gorrill describes himself as having "a satisfied mind. That phrase comes from an old song, and it's one of the lovely things to have. I'm happy with what I'm doing. Being able to play, that's the best thing I got. It's allowed me to meet a lot of people and I've enjoyed life — I made 80 anyway, and I'm going to hang on as long as I can."



Take a deep breath: Helam Gorrill blows the candles out on his birthday cake. His secret to a healthy life is having a satisfied mind.

Post VISION photo/Laurel J. Campbell