

Fun run to fund camp

Making Camp Oochigeas a reality for kids with cancer is the motive behind Mayfair Raquet Club's 4th Annual 10K Fun Run.

Starting 9 a.m. Saturday Sept. 12 at Mayfair Parkway Raquet Club, participants in the 10 kilometer run can raise money for this worthy cause through sponsors.

An entry fee of \$12 provides T-shirts, post-race activities, whirlpool, sauna, shower and locker facilities, and a free leg massage.

Sponsorship sheets for the fun run are available at Mayfair Parkway on 50 Steelcase Rd., Markham and all proceeds will be directed to Camp Oochigeas, located at Geneva Park, outside Orillia.

Blindness no handicap

Jeff Healey's a rising star

By JENNIFER DEMPSEY

"Is there a problem with the lights? I'm sorry, I didn't notice!" joked Toronto's own blues guitarist, Jeff Healey at the Nag's Head North last Saturday.

Although it feels natural to be in front of an audience, Jeff admits that there were times, when he first started his professional career three years ago, that he was affected by stage fright.

"One wouldn't notice that now. For a person who is blind, he sure isn't afraid to move around the stage and jam with bandmember Joe Rockman.

Probably the first thing you notice when Jeff gets on stage and begins to play is that he plays with his guitar face up, on his lap, "because it's easier for me," he explained.

"I have had no musical training, save a few years of theory, though I do dabble with other instruments. I can play the drums, bass and others," Jeff said.

As for learning new music, Jeff

responded, "Show me a band that doesn't learn their music by ear. If worst comes to worst, I can always read braille, going back to the theory."

"I chose the music or entertainment industry, because as far back as I can remember, that's all I ever wanted to do. I picked up the guitar at the age of four, and years later, I couldn't see making a lot of money, doing something that I didn't enjoy, so I chose the music."

He began to do a lot of jam sessions with line-ups that changed frequently, which Jeff said wasn't very good. At these jam sessions, he soon found two musicians who were willing to complete the line-up that we now know today — Jeff Healey, guitar, Joe Rockman, bass, guitar and Tom Stephen, drums.

The Jeff Healey Band has jammed with the likes of Stevie Ray Vaughan and Long John Baldry, to name a couple, in the last year and a half alone.



Right now, the band is attempting to work out a deal with Arista Records in New York. If a deal is made, Healey's band should be heading off to the recording studio with the next year. The band has no manager because "we feel that we are more interested in our own careers than any person who sits on the sidelines could ever be."

Aspirations for the future? Jeff would like to produce albums.

You can catch the Jeff Healey band at the Toronto Music Awards, Friday, Sept. 18 at Massey Hall, where they were nominated in three different categories. The nominations were for Toronto Rising Star, Guitarist, the Best Toronto Club Band and the Best Toronto Blues Group/Artist.

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Jeff Healey plays up a storm at the Nag's Head north during a recent gig there. He and his band hope to make a record and have been nominated for three major music awards. — Jennifer Dempsey

Library programs galore

Would you like to learn how to meditate, start a small business, or cope with teenagers?

The Markham Library is holding workshops on these and other varied subjects, beginning this month.

The Relaxation and Meditation Workshop, to be held Wednesday, Oct. 14th to 28th, from 7:30 to 9 p.m., teaches relaxation techniques and breathing exercises to be used to deal with daily tension.

"Mother's Guide to Starting a Home Business" is a four-part program held Thursday afternoons from 1:15 to 3:15 p.m. For more information, contact Marilyn Ashby at 475-0433.

Reserve Thursdays from 7 to 9 p.m. for "Living with Teens," an eight-part program intended to strengthen relationships through knowledge and understanding at this confusing time of life. For further information, call Marilyn Ashby at 475-0433.

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