

PANORAMA



A MAGAZINE FOR ALUMNI AND FRIENDS
OF BATHURST TEACHERS' COLLEGE
CHARLES STURT UNIVERSITY

Issue No. 38 WINTER 2020

FROM THE PRESIDENT

Dear Panorama Readers,

What a lot has happened in our world since our last Panorama Issue No. 37 in the early Summer of 2019!

I hope you are all keeping well and safe in these uncertain times.

Our most successful 2020 AGM / Luncheon was held on Saturday February 15 at the Castlereagh Boutique Hotel. I am delighted to have been elected President again. I would like to thank all the Committee members for their hard work over the last year and I am pleased to report that all of them wish to remain in their positions for the 2020 year.

Our annual BTCAA luncheon this year was held in the elegant, heritage listed Cellos Grand Dining Room. Our excellent guest speaker was Tony Robinson, B.A.Dip.Ed.M.Ed. NSW TPAA who gave a highly informative and interesting talk, the title being "Eat Well, Live Strong" (an e-book).

At our AGM, goals for 2020 were discussed and these included:

1) Planning for a Reunion in Nov. 2021 at CSU Bathurst to mark the 70th Anniversary of the official opening of BTC by The Hon. R.J. Heffron, Minister for Education NSW and the 20th Anniversary of the establishment of BTCAA. The BTCAA was started by Helen Egan, who for many years was President and is now one of our Vice Presidents and a vital Committee member.

2) Increasing our Scholarship Fund (more about this further inside 'Panorama'). We will be very interested to hear your thoughts on this exciting project. Your generous financial support is greatly appreciated, both with the Scholarship



Fund and the BTC Alumni Fund which pays for the printing and postage of 'Panorama', as well as the low running costs of the Association.

3) Encouraging members to submit items and stories of interest to Panorama. Our magazine is our lifeline to you. We would love to hear from you and share your stories of college life, teaching tales or any areas you feel may be of interest. (These can be emailed to our editor ... see over).

4) Advertising and attending, where possible, Reunions and Scholarship Presentations, subject to the lifting of restrictions later in the year.

5) Planning for our 2021 AGM to be held on February 20, at the Castlereagh Boutique Hotel.

Also at this year's AGM, **Life Membership of our Association was given to Helen Egan and Gail Metcalfe.** Congratulations to you both.

Since this AGM in February many of our plans for 2020 have had to be postponed. In particular, the Pioneers Reunion, originally planned for March 10-12 and the 60/61 Reunion (my year), originally planned for March 28. Hopefully both these Reunions will be able to be held later in the year. **(Further updates are included inside. Ed).**

I hope you enjoy our magazine and we look forward to hearing from you. Stay safe and well.

Carole Sharp

Inside

AGM and Luncheon 2020	2
Alumni Contacts 2020	2
BTCAA Scholarship Winner	2-3
CSU Report / Update	3
Reunion Reports 2020	3-4
Reunion Notices 2020 - 2021	4
BTCAA Recognition / Vale Notice	5
Personal Reflection	5-6
BTCAA AGM Report 2020	6
Scholarship and Association Appeals	7
Postage Address (Printed version)	8
Extra Pics from Magazine (Email version)	8

2020 AGM and LUNCHEON SATURDAY 15 FEBRUARY

This year's annual AGM and Luncheon was again held at the Castlereagh Boutique Hotel in Castlereagh Street Sydney. The AGM Meeting covered all the usual reports of the Association from the President, the Treasurer, the Panorama editor, from CSU and these were followed by general business. Much of this has already been summarised in the President's Report.

Afterwards a relatively small group of 20 attendees joined in sharing fellowship and good food to hear a very interesting address from Anthony Robinson (as distinct from his famous English namesake Tony Robinson). Anthony left



school in 3rd year (Yr 9) and worked at various jobs while doing his Leaving Certificate at night. Success here led to the award of a scholarship at BTC to do teaching as an older student (1960-61). His two years at BTC was followed by an appointment to Cabramatta Public

School. This was followed by Liverpool and Como West primary schools.

He then transferred to a new secondary school in Green Valley. Here he found that many students could not read the textbooks, so began investigating new methods for teaching reading to GA students. This led to a starting a BA degree at the University of New England (UNE) "that taught me what I didn't know about reading. Parallel to this study came a great interest in a "new phenomena called computers". He began using a Mac computer to prepare and store reading lessons. So strong was his belief in this form of preparation that it led to Tony becoming the first teacher in Australia to be the owner of a Macintosh computer (then worth \$3000!!).

This strong interest led to Tony being appointed to Newtown Boys HS and also starting to teach computers to teachers. Tony was also very involved with tennis and became very good at it after school and at night. Eventually this technology interest led him into the IT commercial world with companies such as IBM, ADI, Telstra, Optus, QANTAS and NBN ... all the while still playing competitive tennis.

After 25 years teaching and 27 years in IT Tony



then retired to concentrate on tennis and writing. He became a professional tennis coach and also began researching how to get and keep fit for tennis. This led to an e-book "Eat Well and Live Strong" that provides much

very well researched information on looking after physical condition (body) and eating well (nutrition). Tony uses this information to be a healthy and fit tennis player and professional tennis coach (still). He has also started writing a series of children's books called "Through The Standing Stones Sagas", 6 books in all.

WOW! What a varied career! Ken Shadbolt very ably proposed the vote of thanks to Tony.

BTCAA SCHOLARSHIP WINNER

Hot off the press!

This year's BTCAA Scholarship winner is **Iain Wood**, a mature age student preparing for a second career as a teacher. Iain lives in Bathurst, and is starting a Bachelor of Education K-12 course at CSU Bathurst. Further information is included in the CSU Report on the next page of this publication.

Thanks go to the local selection committee (Alan Smith, Rod Allen and Wayne Bensley) who screened the eligible applications and chose the quite excellent winning applicant.

ALUMNI CONTACTS 2020

President: Carole Sharp (1960-61) – email talial7@ozemail.com.au

Secretary: Val Woodward (1966-67) – email vwoodwardbbps@yahoo.com.au

Treasurer: Tony Koop (1960-61) – email tkoop7@gmail.com

Panorama Editor: Wayne Bensley (1964-65) - email: wrbensley@hotmail.com

Database: Mike Creenaune (1960-61) – email: mikecree@iprimus.com.au



2020 BTCAA Scholarship

The 2020 BTCAA Scholarship received a number of excellent applicants this year. The BTCAA selection panel decided on **Iain Wood**. Iain is a mature age student, having previously been a NSW Police Senior Constable.

Iain is commencing his first year in Bachelor of Education (K-12), studying on the Bathurst campus. Iain's father, of the same namesake, was a Primary Teacher for 35 years having graduated from Bathurst Teachers College in 1970. Iain hopes to follow in his father's footsteps, helping students to gain the skills they need to overcome life's hurdles and pursue their goals.

Unfortunately, due to the current social circumstances, the upcoming scholarship ceremony where Iain would have received his award, has had to be postponed. This will hopefully take place later in the year.

News from the University

COVID-19 Update

Charles Sturt University is actively responding to the developing COVID-19 situation and has put in place a range of changes to support social distancing. Last month, on campus classes were moved to an online basis and staff of Charles Sturt University, where possible, were asked to work from home. With social distancing requirements to remain in place for the foreseeable future. On campus classes will remain through online delivery into Session 2, starting Monday 13 July.

With remote learning and working, comes new territory of online technology and meeting platforms. One such platform that the University has embraced is ZOOM.

ZOOM is a cloud-based video conferencing tool where you can host calls and virtually meet with others. Users can open chat rooms and can have up to 500 attendees all sharing the feed from their webcams or telephones, thus giving the illusion of a typical meeting.

New Executive Dean appointed to Faculty of Arts and Education

Professor John McDonald was appointed as Executive Dean of Faculty of Arts and Education, in March. A Professor of Sociology, Professor McDonald has more than 20 years'

experience in regional universities and leadership roles.

The Faculty of Arts and Education at Charles Sturt offers a range of online and on-campus degrees in teacher education, the creative arts, communication, library and information studies, theology, social work, sociology, literature, philosophy, history, Indigenous Australian studies, and Islamic studies.

Professor McDonald will work closely with the University's communities to expand the engagement and impact of the Faculty, as he is passionate about the power of teacher education and the humanities, arts, and social sciences to transform people's lives.

The University and Alumni Office wish all our Bathurst Teachers College Alumni well and that you and your families stay safe during this difficult time. We look forward to hearing of your reunions and other events when life resumes to 'normal'.

Stacey Fish

Development Officer– Advancement Office,
Charles Sturt University
Panorama Avenue, Bqthurst NSW 2795
Email: sfish@csu.edu.au

REUNION REPORTS 2020

-- Wayne Bensley (Panorama Editor)

Unfortunately there are NO Reunion Reports for this issue of 'Panorama'. The COVID19/ coronavirus situation and its allied restrictions has meant that many hosting places are temporarily (hopefully) closed, travel prohibitions are in place at this point in time, and social distancing rules means that gatherings must necessarily be small. It has effectively meant reunions haven't happened and may continue to not happen for the next few months. It's uncertain and unfortunate but it's also reality. It will make the next round of reunions particularly attractive and joyful events. To give some idea of what has happened, the following summary highlights the impact of coronavirus on our BTC alumni. The great part though is that, to my knowledge, there has been no coronavirus sickness among the groups.

- There has been NO reunion for the Pioneers this year ... it was to have been in Leura in March. It was then postponed to later in the year (Oct??) but because of uncertainty has now been cancelled altogether. So no reunion at all for them this year.

- A 'new' Pioneers reunion is now planned for March 2021 at Rydges in Bathurst. Details are currently being investigated and will be communicated later (see next issue of 'Panorama' later this year).
- The 1960-61 group reunion set for 28th March at the Grace Hotel in Sydney was cancelled.
- The planned reunion for the 1968-69-70 crossover group (BTC/MCAE) set for September has been postponed until next year. This is because of concerns about social distancing rules and possible restrictions on interstate travel. Details will be advised as the new date is confirmed. (see next 'Panorama' issue later in the year).
- The 1965-66 annual get together at NSW Parliament House set for 9th October is still a possibility. For more details contact the organisers (see advert following).
- The 1961-62 annual get-together at The Kirribilli Club is also going ahead. The latest 'road map' for the easing of restrictions outline seems to make this very possible. For more details see following advert.
- The 1959-60 BTC group planned reunion in November this year is still planned to go ahead at this stage. It will be their 60th anniversary. The dates for this are 6th-7th-8th November 2020. A special advert box follows this section. Any changes will be advised by the organisers.
- The annual Southern Region Get-together (initially advised for 29th July in Queanbeyan) is on hold. I am awaiting advice about this one. Please contact Bill Thomson (02)44214780 or George Windsor (02)44078332 for details.

REUNION NOTICES for 2020-21

BTC 1965-66 2020

The annual luncheon for the 1965-66 BTC group is still planned to be held at Parliament House in Sydney on Friday 9th October.
For further details contact:

- Greg Woods at woods.greg@yahoo.com.au or
- Dave Simmons at dwsimmons47@gmail.com

BTC 1961-62 2020

The annual get together/reunion will be held as usual at The Kirribilli Club on the second Monday in November ... 9th November 2020 ... from 11am onwards for a 12.30pm luncheon.

For details contact Les Scarborough by email at lesjmark@tpg.com.au

BTC 1959-60 ... 60th Anniversary in Bathurst 6-7-8 November 2020

- + **Friday 6th**: Meet and Greet (from 6pm) at the Knickerbocker Hotel
- + **Saturday 7th** (10am): Morning Tea followed by Campus tour
- + **Saturday 7th** (2pm): Conducted scenic bus tour around Bathurst
- + **Saturday 7th** (7pm): Reunion Dinner at Panorama Room at Panthers Club
- + **Sunday 8th** (from 9am): Meet for Breakfast and farewells

Contacts for more Information:

- Pat DEWEY (McCallum) -- 02 9980-6329
- Alex MORTENSEN – M: 0434 286 311
- Val CANT (Winston) and Neil CANT - 02 4577 7297
- Gillian BARTON (Taylor) - 02 9451-8566
- Richard MORRIS – 02 9872-3341
- Dale FOTHERINGHAM - 02 4384-3695
- Ken LINFOOT – M: 0407 929 073
- Ralph SHEENS – M: 0428 608 981

NB: IT IS VERY WISE TO CHECK AND BOOK YOUR ACCOMMODATION EARLY

Registration Details will be forwarded to everyone shortly

- **Two (2) groups are planning a very special anniversary celebration in November next year (7/8/9 Nov. 2021) at Rydges in Bathurst.**
- The anniversaries are the 20th anniversary for the BTCAA group (started by Helen Egan) and the 70th anniversary of the official opening of BTC in 1951. **This event will be open to all year groups** and hopefully some of the Pioneers too (although this may mean 2 get-togethers in the same year for the Pioneer members),.

NOTE TO READERS OF MAILED EDITION:

Enjoy the pictures in your '**Panorama**' in colour! This can be done by going online to www.alumni.csu.edu.au/publications

and then click on the Publications box and then BTCAA Panorama Newsletters.

BTC ACHIEVEMENT: 2019

MARGARET ANNE ALLEN

In the last edition of 'Panorama' the award of an OAM to Justice Carolyn Simpson was recognised. There is also another award that deserves similar recognition. This award from the 2019 Queen's Birthday Honours list is to Margaret Allen. Many of us will remember this lady as Margaret Learmonth (PE Department at BTC), and later as the wife of BTC Headmaster Lionel Allen.



Congratulations go to Margaret for her OAM award, with the citation reading "for service to the community of the Blue Mountains". This citation refers to long term service with the Australian Red Cross Springwood, the Blue Mountains Family Historical Society, and

particularly to the Winmalee High School Parents and Citizens Association. She has also researched and produced a book of an early ancestor of the Learmonth family, "William Dean: A Colourful Colonial Character" in 1999. **This is marvellous recognition for dedicated service.**

VALE NOTICE

REG HALLIBURTON (1952-53): Reg passed away on 26 March after a short stay in hospital and respite care. Reg had been suffering with prostate cancer for some time. As his wife Jan said "his body just gave in - he was nearly 86 ... he is no longer in pain he is now in a better place." He had a restricted funeral on 7th April. Our condolences go to wife Jan and their 5 children and families.

(Reg was a long time organiser of the Southern Highlands alumni group that have had annual get-togethers over many years. He was an exuberant fellow and has been a great supporter of the BTCAA. It's a sad passing. ... Ed.)

BTCAA RECOGNITION -- 2019

Last year's Scholarship Presentation ceremony was the first under the newly rebranded CSU. The Vice Chancellor Andrew Vann made a big point of recognising sponsors of scholarships for CSU students, and to highlight the importance of this sponsorship, sponsors were each presented with a small medallion. BTCAA was one of these recipients.

So to all those alumni who have been involved in fund raising, for those who have donated to the scholarship appeals for the BTCAA scholarship over the years, your efforts are now officially recognised. The photo of the presented medallion below is a big "Thank You" to you all.



A PERSONAL REFLECTION

Since the last edition of "Panorama" we have all, to varying degrees, experienced a great variety, and intensity, of weather conditions. There have been massive dust clouds and storms across western NSW, there have been very smoky days related to destructive bushfires, there have been the incredible bushfires in various regions of NSW (and in other states as well). These unusual conditions have come on top of extended and severe drought conditions in many areas.

And now, with the easing of these above conditions, we have been hit with a pandemic that is the COVID 19 / coronavirus. This has brought most places to a virtual standstill and significantly restricted movement, interactions, travel and business activity. Where will it all end?



We can readily see the impact that all of this has had on our usual activities of reunions and get togethers. This comes on top of personal restrictions for most of us. There have however also been some incredible stories related to pre-COVID19 experiences that have been faced by members of our BTC colleagues.

One of these stories comes from Gail Metcalfe (1960-61 cohort).

THE SUMMER OF FIRES - MY TRIPLE WHAMMY

Who would have thought that in November 2019 that fire would become a major tragedy in Australia, with fires burning out of control through to March 2020? The very scale of this event has been hard to comprehend. My experience of this devastating time has three stages to it.

Stage 1

The news that fires were burning out of control on the mid north coast reached us on the 8th November. This prompted my son, grandson and me to travel to our property in the Crowdy Bay National Park on the mid north coast. Our progress was thwarted at Nabiac where the Pacific Highway was closed. Having been diverted to Forster at midnight we spent an uncomfortable five hours sleeping in the car. At dawn we were permitted to continue our journey by travelling on the back roads, by-passing Taree. All went well until we reached the road into the National Park.

Fallen trees and debris blocked our way. Clearing was being carried out by National Park employees. The entire bush was still smouldering, and many big trees were still alight. However, because we were property owners, we were permitted to continue our travel, not sure of what we would find. When we reached our property, miraculously, although most of the forest was burnt the house, a 1909 slab timber hut was safe. Our wonderful neighbours and the RFS helped save the house. All four neighbouring houses were saved also. Because of the drought, everyone's dams were empty or critically low, so there was little access to water. This fire had started at Harrington, moved northward to the Park to join up with a fire in the State Forest and then burnt in a southerly direction to surround the 5 properties. The only damage sustained was burnt fences and one owner lost a machinery shed and a huge water tank. Like true country people the very relieved neighbours got together for a debriefing and celebration, grateful to have survived such an ordeal. Unfortunately, another slab hut known as Kylies Hut and built by old Uncle Ernie Metcalfe for Kylie Tennant (acclaimed Australian author, poet and play writer) was burnt beyond repair. It is hoped that it will be rebuilt because of its historical significance. Upon returning to the Blue Mountains another threat emerged.

Stage 2

On a very hot and windy day in January, a frantic report from my grandson that a fire (started by an arsonist we later learned) was raging just some 500 metres away from my house on the Cliff Drive near Katoomba High School and heading towards my property. Huge plumes of smoke were rising creating an eerie atmosphere. We swung into action. Every available bucket and container were filled with water and all hoses checked and ready for use with a sprinkler being placed on the roof. With a strong wind fanning the fire towards us several fire trucks arrived on the scene and quickly attacked the roaring fire front, with great success I am pleased to say. Most impressive was the unexpected arrival of my nephew, in full firefighting mode, McLeod tool at hand. He was followed by two of my son's friends who came to help. With the fire being brought under control we stood and relived the episode, grateful for the successful outcome.

Stage 3

A few weeks later it was reported that there was a fire at the Ruined Castle. This fire continued to burn for weeks spreading to Narrow Neck before jumping into the Megalong Valley. At the same time the fire was travelling in an easterly direction towards Echo Point and Mt Solitary. Evacuation plans were initiated and assessed each day. Then the fire from Bell's Line of Road entered the Grose Valley destroying homes in Mt Victoria and Blackheath. At the same time the fire at Warragamba moved west and joined the Ruined Castle Fire. At this stage it was fires to the west of me, fires to the east of me, fires to the north of me and fires to the south of me. Checking the 'Fires Near Me' app became routine practice. The direction of the wind each day indicated the severity of the danger. Through the dense smoked filled valleys, the constant buzz of water bombing helicopters and planes could be heard from morning to night. How good they sounded! How were these infernos going to be tamed we asked? The answer came with welcome RAIN ...gentle soaking lifesaving rain. Finally, we were able to relax and count our blessings. Truly a summer to remember!!

XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX

BTCAA AGM REPORT ... 2020

At the last AGM it was suggested that it may be a good idea to continue to include some of the decisions and reports in '**Panorama**'. The main decisions this year related to 5 goals already mentioned in the President's Report on page 1. The main thrust of activity this and next year is to increase the BTC Scholarship Fund up to \$65 000.

This is being undertaken, with readers' support, to make the scholarship award a perpetual one, and hopefully lead to the award of a Centenary Scholarship in 2051. IMAGINE THAT ...!!!

DID YOU KNOW???

- + The Scholarship Fund was established in 2005 and the first award was made in 2008. To date 13 scholarships have been awarded.
- + \$3000 is currently awarded to the scholarship winner (who must have a family connection to a BTC graduate).
- + Scholarship Funds are pooled with the CSU Foundation to ensure a better return on funds.
- + Currently the return is 6% on our investment.
- + This year there was a shortfall of \$274 which was made up by the Foundation.
- + Current balance in the Fund is \$45423.
- + The Fund needs to be \$50000 to maintain viability to meet the commitment each year.
- + For scholarship to continue in the long term (and include occasional increases) the investment needs to be \$65000.



The Bathurst Teachers' College

Alumni Association Scholarship Appeal

KEEPING THE SPIRIT ALIVE TO SECURE THE FUTURE



BTC Alumni Association Fund

BTCAA and 'Panorama' rely on contributions from us as BTC graduates for their continuation. Please help by making an annual contribution to our Fund, your first \$25 covers your annual BTCAA Membership.

I wish to assist the financial viability of the BTCAA

My contribution of \$_____ includes my annual Membership fee of \$25. Any extra amount is considered a donation.

Please pay by Direct Bank Deposit to BTCAA Bank Account: BSB 062300 A/c No. 1013 3521

Please include your name and year when depositing

OR send your Cheque with your name and college year written on the back to:

BTCAA c/- Tony Koop

PO Box 5225 Greenwich NSW 2065

If any of your details have changed please email changes to mikecree@iprimus.com.au

OR complete and send the following to:

*BTCAA c/- Michael Creenaune,
7 Eden Street, Chatswood NSW 2067*

Date: _____

Surname: _____

Former Name: _____

Given Name: _____

Years at BTC: _____

Mailing Address: _____

_____ Postcode: _____

Phone : _____

Mobile: _____

Email: _____

I would like to receive Panorama by: (circle one):

Email

Print

BTCAA Scholarship Fund

This scholarship, to assist study annually at any CSU campus, is available to a selected member of the BTC family – see criteria on how to apply on the CSU website. Currently this Scholarship Fund now stands at over \$45000. Our goal is for a fund of \$65000 by 01/11/21

I wish to support the BTCAA Scholarship Appeal

\$25 ☐ \$50 ☐ \$100 ☐ \$250 ☐ Other ☐

*Please send to: Charles Sturt Foundation Trust
Panorama Avenue, Bathurst NSW 2795*

My gift to the Scholarship Fund is: \$ _____

Fiind enclosed my cheque for \$ _____

OR

Debit my credit card for \$ _____

Card Type: Mastercard or VISA

(Please circle card above, provide numbers below)

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Name on Card: _____

Expiry Date on Card: _____

Signature of Cardholder: _____

Surname: _____

Given Name: _____

Year Group: _____

Address: _____

_____ Postcode: _____

Home Phone: _____

Mobile: _____

Email: _____

EXPLANATION:

Please note that in this quest to build the BTCAA Scholarship Fund to \$65 000 by the 1st of November 2021 there are two ways in which alumni can help. One is to complete the form above (RHS) and choose a donation amount then pay by either writing a cheque or using your credit card. A second way is to do it on-line direct by clicking on the hyperlink below and following the instructions there (can pay by EFT). <https://www.csu.edu.au/office/advancement/giving-to-csu/give-now> (Note: Both allow Tax Deductability).

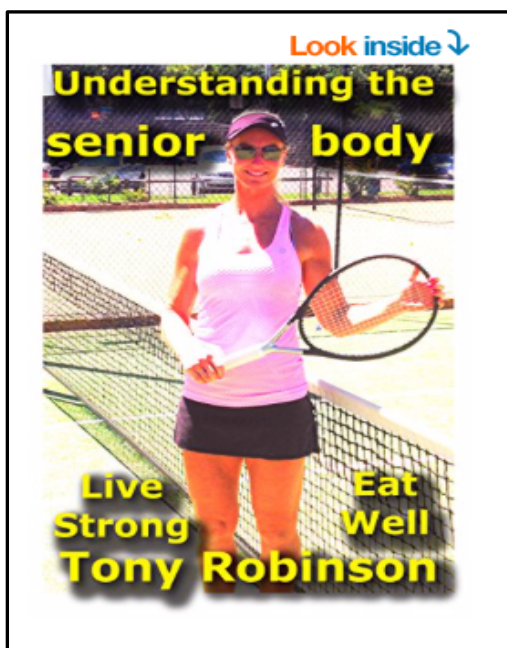


Table of Contents

Author Notes	6
Introduction	7
Why can't I get rid of that spare tyre?	8
Commercial interests and obesity	18
Foods to eat and foods to avoid	21
How can I maintain my body so that I don't get old and frail?	27
Where is the best information about senior's health to be found?	30
When is the right time to start reversing ageing?	31
The secret of countering aging	35
Who should I believe for advice about countering ageing?	37
What do I need to do to stay healthy mentally?	38
What exercises do I need to do to stay healthy?	39
Death by a Thousand Cuts	47
Looking after my body checklist	60

The secret of countering aging

Consensus amongst other scientist is: if you want to keep aging at bay you must do five things:

- Strengthening** *The exercises must use most or all body muscles and the result must be that you maintain your muscle mass.*
- Stretching** *The stretching needs to be the equivalent of Tai Chee and must include getting down on an exercise mat or doing stretches in bed.*
- Sensory Variety** *The use of your senses to create new neural pathways occurs when you do new and different activities.*
- Good sleep** *The brain needs deep sleep time to process input data and create new information with new neural pathways.*
- Fasting** *Under fasting conditions, the body creates new stem cells in the body's organs.*

You could summarise the above in a different way. The more you stimulate your body through strengthening, stretching, doing different things, getting a good night's sleep and fasting at least once a week, the more new stem cells have to be created, replicated and transformed. This in turn galvanises the body into creating the nutrients and improves the many systems linked to the body organs. And as younger stem cells are transformed into specialised body tissue, the better you will feel and that's what **Live Strong** feels like.

This e-book can be seen on

www.amazon.com.au

Search for "Eat Well Live Strong" by Anthony Robinson (can be purchased for a Kindle reader for \$5.24)

OR

Go to www.scribd.com

and search for "Eat Well Live Strong" by Anthony Robinson (read free on-line with a 30 day trial taken up).