

# **The Perfect Life!**

Third Edition.

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## **Table of contents:**

### **Contents**

<b>THE PERFECT LIFE! .....</b>	<b>1</b>
<b>TABLE OF CONTENTS: .....</b>	<b>1</b>
<b>PREFACE: .....</b>	<b>7</b>
<b>CHAPTER ONE GIVING VS. RECEIVING:.....</b>	<b>20</b>
<b>Positive Actions Required Overcoming Any Negatives of Giving From Your Heart and Loving Your Neighbor as Yourself: .....</b>	<b>36</b>
<b>Volunteering: .....</b>	<b>38</b>
<b>CHAPTER TWO THE POWER OF THE SUBCONSCIOUS:.....</b>	<b>39</b>
<b>CHAPTER THREE THE PERFECT LIFE:.....</b>	<b>44</b>
<b>Love: .....</b>	<b>51</b>
<b>Perfect Sexual Intercourse: .....</b>	<b>55</b>

<b>Chapter Four Overcoming the Greatest Human Fear: .....</b>	<b>56</b>
<b>CHAPTER FIVE THE NEGATIVES OF HUMANKIND'S DECEPTION TO A SELF-IMPOSED DEATH SENTENCE: .....</b>	<b>57</b>
<b>CHAPTER SIX POSITIVELY A NEAR PERFECT WORLD: .....</b>	<b>61</b>
<b>Work: .....</b>	<b>64</b>
<b>Benefits: .....</b>	<b>66</b>
<b>Education: .....</b>	<b>69</b>
<b>Communication: .....</b>	<b>70</b>
<b>Transportation: .....</b>	<b>75</b>
<b>Love justice system:.....</b>	<b>76</b>
<b>Recreation: .....</b>	<b>81</b>
<b>CHAPTER SEVEN HANDLING CHANGE: .....</b>	<b>82</b>
<b>Ignorance is Bliss:.....</b>	<b>85</b>
<b>Managing Expectations: .....</b>	<b>122</b>
<b>Anger:.....</b>	<b>143</b>
<b>Expected Future Changes: .....</b>	<b>144</b>
<b>CHAPTER EIGHT THE POSITIVES OF BEING THANKFUL: .....</b>	<b>148</b>
<b>CHAPTER NINE THE POSITIVES OF BAWLING UNCONTROLLABLY: .....</b>	<b>174</b>
<b>CHAPTER TEN THE VALUE OF COMPLAINING: .....</b>	<b>176</b>

<b>CHAPTER ELEVEN NEGATIVES OF PERSONAL POSSESSIONS:</b> .....	<b>182</b>
<b>CHAPTER TWELVE POSITIVE PERSONAL POSSESSIONS:</b> .....	<b>183</b>
<b>CHAPTER THIRTEEN COMPLETE POSITIVE:</b> .....	<b>184</b>
<b>CHAPTER FOURTEEN THE END OF THE AGE:</b> .....	<b>189</b>
<b>ABOUT THE AUTHOR:</b> .....	<b>196</b>
<b>MY FIRST LIFE MY SINFUL, LEWD, WANTON LIFE.....</b>	<b>198</b>
<b>FROM THE BEGINNING...SO YOU AND I WILL KNOW WHOM I WAS!</b> .....	<b>198</b>
<b>PREFACE:</b> .....	<b>199</b>
<b>TABLE OF CONTENTS:</b> .....	<b>200</b>
<b>MY FIRST LIFE MY SINFUL, LEWD, WANTON LIFE.....</b>	<b>207</b>
<b>FROM THE BEGINNING...SO YOU AND I WILL KNOW WHO I WAS!</b> .....	<b>207</b>
<b>PREFACE:</b> .....	<b>208</b>
<b>TABLE OF CONTENTS:</b> .....	<b>209</b>
<b>Chapter One Birth Details:</b> .....	<b>213</b>
<b>Chapter Two My Position in Family:</b> .....	<b>214</b>
<b>Chapter Three My Earliest Childhood Memory:</b> .....	<b>215</b>
<b>Chapter Four My Second Childhood Memory:</b> .....	<b>217</b>

<b>Chapter Five My Burnt Hand: .....</b>	<b>218</b>
<b>Chapter Six My Third Childhood Memory an ACE: .....</b>	<b>218</b>
<b>Chapter Seven My Starting to Skate: .....</b>	<b>220</b>
<b>Chapter Eight My childhood fascination: .....</b>	<b>223</b>
<b>Chapter Nine An experience with Fire: .....</b>	<b>225</b>
<b>Chapter Ten My Sexual Curiosity: .....</b>	<b>226</b>
<b>Chapter Eleven my desire to learn:.....</b>	<b>226</b>
<b>Chapter Twelve Youth Adventures:.....</b>	<b>227</b>
<b>CHAPTER THIRTEEN MY FIRST BIKE: .....</b>	<b>230</b>
<b>Chapter Fourteen living in the Old Teacherage:.....</b>	<b>232</b>
<b>Chapter Fifteen Being Bullied: .....</b>	<b>233</b>
<b>Chapter Sixteen My Crushes, Girlfriends and Sexual Escapades:</b>	<b>234</b>
<b>CHAPTER SEVENTEEN THE MOTTOS I SET TO LIVE MY LIFE BY: .....</b>	<b>246</b>
<b>Chapter Eighteen My School Years:.....</b>	<b>247</b>
<b>Chapter Nineteen Our own house: .....</b>	<b>250</b>
<b>Chapter Twenty Our Log Fort: .....</b>	<b>251</b>
<b>Chapter Twenty-One Stealing: .....</b>	<b>252</b>
<b>Chapter Twenty-Two Drinking: .....</b>	<b>257</b>
<b>Chapter Twenty-Three Skating Continued: .....</b>	<b>263</b>

<b>Chapter Twenty- Four Hockey:</b> .....	<b>264</b>
<b>Chapter Twenty- Five My One and Only Fistfight:</b> .....	<b>282</b>
<b>CHAPTER TWENTY- SIX MY YEARS IN HIGH SCHOOL:</b> .....	<b>285</b>
<b>CHAPTER TWENTY- SEVEN HUNTING AND TRAPPING:</b> ...	<b>287</b>
<b>CHAPTER TWENTY- EIGHT LEARNING TO SWIM:</b> .....	<b>289</b>
<b>CHAPTER TWENTY- NINE DRUGS:</b> .....	<b>291</b>
<b>CHAPTER THIRTY MY GRADUATION:</b> .....	<b>293</b>
<b>CHAPTER THIRTY-ONE MOVING OUT OF SPIRITWOOD:</b> ..	<b>295</b>
<b>CHAPTER THIRTY-TWO MY WORK EXPERIENCES:</b> .....	<b>295</b>
<b>Gulf Service Station</b> .....	<b>296</b>
<b>Spiritwood and District Co-op store:</b> .....	<b>297</b>
<b>KLM Party Platters:</b> .....	<b>298</b>
<b>Startco Engineering:</b> .....	<b>300</b>
<b>Manitoba Hydro:</b> .....	<b>350</b>
<b>CHAPTER THIRTY-THREE DRIVING:</b> .....	<b>361</b>
<b>CHAPTER THIRTY- FOUR MY BROKEN FINGER:</b> .....	<b>373</b>
<b>Chapter Thirty- Five Gunn Chieftain:</b> .....	<b>378</b>
<b>Chapter Thirty- Six, first time Laid Off:</b> .....	<b>380</b>
<b>Chapter Thirty- Seven, Keith's Photographs:</b> .....	<b>387</b>

<b>cChapter <i>Thirty- Eight</i> The House My Brother Mark and I built:</b>	<b>395</b>
<b>Chapter <i>Thirty- Nine</i>, Keith's photographs of a House Fire: .....</b>	<b>446</b>
<b>Chapter <i>Forty</i> Miscellaneous photos: .....</b>	<b>451</b>
<b>CHAPTER FORTY-ONE KEITH'S WILDLIFE PHOTOGRAPHS: .....</b>	<b>464</b>
<b>Chapter <i>Forty-Two</i> Not so wild Animals: .....</b>	<b>502</b>
<b>MJ_WAP:.....</b>	<b>502</b>
<b>CHAPTER FORTY-THREE MY POST-SECONDARY EDUCATION:.....</b>	<b>520</b>
<b>Chapter <i>Forty- Four</i> HAPPY Canada Day:.....</b>	<b>522</b>
<b>Chapter <i>Forty- Five</i>, 66 Glenacres Crescent:.....</b>	<b>536</b>
<b>CHAPTER FORTY- SIX GOD'S LOVE, SAVING, GRACE, AND MERCY: .....</b>	<b>551</b>
<b>Sailing: .....</b>	<b>572</b>
<b>Chapter <i>Forty- Seven</i>, My Artwork:.....</b>	<b>574</b>
<b>Chapter <i>Forty-Eight</i> The third world War!.....</b>	<b>587</b>
<b>Chapter <i>Forty-Nine</i> God's Zero-Cost Healthcare Plan:.....</b>	<b>592</b>
<b>Epilogue:.....</b>	<b>593</b>

**Preface:**

I am passionate about giving this book away for humankind's benefit. It's a book about the absolute truth I have learned of the perfect life of complete joy and happiness. It was learned through my true life experiences of unthinkingly rebellion against my parents' strict Christian faith and upbringing. Jesus Christ did not leave my side when I did this or walked away from him. I am able to write this book by the compassionate love, saving and healing, grace, mercy and forgiveness of our unconditional loving Lord and Savior Jesus Christ. I do not write this book to make you feel sorry for me, because God was just in everything that has befallen me; things happened so I could write this book through my true life experiences. Hopefully, no one else will need to make the same mistakes I made to learn the absolute truth of the perfect life. Instead, they can easily make the choice to live the perfect life, and be thankful I made these mistakes to be able to write this book to show others the way! Thank you to my children for making me aware of my lifelong attitude of never stopping, quitting or giving up at whatever I'm doing. I had never had this conscious thought before. Further thanks to Mark Victor Hansen for his constructive criticism of my original title. It took me two weeks to think of the current title; and it could not be more perfect for this book, because the subconscious is the subtitle. However, I have now changed the title to be perfect for this book! The

## Preface:

Kingdom of God is at hand. I thought it good I declare to you the signs and wonders Jesus Christ has worked for me. And that I do the work of God as it is revealed in me. First and foremost, let me reveal to you the greatest work God has done for all of humankind, which of course is for me then, as well as yourself. Your awareness will lead you to the signs and wonders of Jesus Christ, which has worked for me personally, too. Jesus Christ was sent to the earth to sacrifice himself by dying on a cross, to be raised three days later for the forgiveness of humankind's sins. He ascended into heaven and is seated at the right hand of the Father. He will come again, to judge the living and the dead. "Whosoever believeth in Jesus, should not perish, but have everlasting life." (2 Corinthians 9 verse 15) Thanks be to God for his indescribable gift. I am Keith, a content 8 year old with 43 years' worth of experience, half physically dead, and a miracle man walking. It is truly wonderful to finally have this belief, which is doing the work of God, in my heart, soul and mind. All I can say is all I have experienced has been the absolute most positive events that could ever have happened in my life. In John 6 verses 28 and 29 <sup>28</sup> they said to him, "What shall we do, that we may work the works of God?" <sup>29</sup> Jesus answered and said to them, "This is the work of God that you believe in him whom he sent." For the third absolute most positive, God granted Satan his request that he could be my teacher; the moment after God planted the idea, I would be a peacemaker, in my heart, soul and mind when I was 4 years old, because God knew it was the only way. He knew I would perfectly learn through true life



## The Perfect Life!

## Preface:

experiences. It is the absolute truth to the perfect life of complete joy and happiness, we humankind seek, desire and are required to be living now, at the end of the age! Satan wanted to be sure I would not live long enough to be God's peacemaker, because I am not a peacemaker on earth alone, but in all of God's created universe; so Satan made me do things that were so foolish and downright stupid. So my earthly life required being saved from death or at least serious physical injury 28 times, resulting in me becoming completely self-centered, conceited, arrogant, unthankful, unloving and proud. For example, I had an extremely swollen head, by these thoughts of myself. Matthew 23 verse 12: "And whoever exalts himself will be abased, and he who humbles himself will be exalted." For the second absolute most positive, in January of 2006, I was stepping onto Kirkbridge Drive to cross over to the north side; that's when a half-ton truck's side view mirror was so close to my left cheek, I felt the wind from it on my cheek. To this day this cheek on the half physically dead side of my body, only feels pain or super-hyper sensations. I was standing there trembling, thinking; I would have been decapitated, if I had completed stepping onto Kirkbridge Drive. All I can tell you is the most overwhelming feelings of all I can call it was puppy love for Jesus Christ came over me, which started the moment I said from my heart, "Thank you Jesus for saving my life." He enabled me to do only one thing. God has given me the ability to be on my own, choosing with my free will, the same free will given to every human being, to love God, repent of my sins and believe God raised Jesus Christ from the dead for everlasting life! (2

Corinthians 9 verse 15). Thanks be to God for his indescribable gift. It is hard to imagine, anything could possibly be more positive than this, other than telling you now, how you too should have everlasting life! Luke 6 verse 35: "But love your enemies, do good and lend, hoping for nothing in return; and your reward will be great, and you will be sons of the Highest. For He is kind to the unthankful and evil." I could not stand such intense and overwhelming feelings of puppy love after feeling it constantly for three months. In the beginning of April 2006, I made the decision that I wanted this love to mature into being in a giving from my heart, true love-faith relationship with Jesus Christ. By the truth, I know of the joy and happiness that you live, if you have giving from your heart love for another person. A fine example was Teri Berry's giving from her heart love for me. This is the perfect example of the kind of love Jesus told us we must have for him to be his disciple. Luke 14 verse 26: "If anyone comes to me and hate not his father and mother, wife and children, brothers and sisters, yes, and his own life also, he cannot be my disciple." This decision made me remember the idea I had the day after my confirmation on December 10, 1978. I had always thought my parents daily devotional readings were not correct, because they decided what to read from a booklet written by a human being; but this was just an excuse to not participate in daily devotional readings. So I did participate this morning and the readings were from Luke 4. Luke 4 verse 17: "And he was handed the book of the prophet Isaiah. And when he had opened the book, he found the place where it was written..." This caught my attention,

## Preface:

making me think: If I ever have daily devotional readings, I will pray that Jesus guides my fingers to open the Bible, your word, to the scripture passage you want me to read, as your message to me today. And to provide me with a clear, open and understanding heart, soul and mind of all I read; so I may understand the meaning and or relevance to my life; in Jesus name I pray, amen. My brother Mark and I knew each other so well; we knew what the other would think, say and do in any situation encountered in life. Since Mark passed on, on December 25, 2008, to be gone from his life of strength, pain, suffering and understanding to be with Jesus in heaven. Jesus has taught me through my daily devotional readings to understand what he would think, say and do in any situation I now encounter in my life. In John 11 verses 35 and 36: <sup>35</sup> “Jesus wept. <sup>36</sup> Then the Jews said, ‘See how he loved him!’” In addition, he has taught me to understand the vivid description of the events of the end of the age written throughout the Bible to restore the earth to its created beauty and splendor that is to begin any moment now. I have also been taught the understanding of human sexuality, which is the deepest, innermost desire in our lives. In Genesis 3 verse 11, he said: “Who told you that you were naked? Have you eaten from the tree of which I commanded you that you should not eat?” And the first absolute most positive, I lost the majority of my life of love for mammon, which is money, worldly material personal possessions, the visible physical human body and that I, Keith Listoe, am great enough to do everything on my own. In Matthew 16 verse 25: “For whoever desires to save his life will lose it, and

whoever loses his life for My sake will find it.” John 15 verse 5: “I am the vine, you *are* the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing.” It took this kind of magnitude, and that unquestionably Jesus saved my life these 29, 30 and 31 times, to make me stop taking life for granted and to be thankful. Exodus 33 verse 19: “Then He said, I will make all of My goodness pass before you, and I will proclaim the name of the Lord before you. I will be gracious to whom I will be gracious, and I will have compassion on whom I will have compassion.” Jesus saved my life when I had four bleeding episodes in my brain due to burst aneurysms in December of 2002; but this was to abase me, by making my entire physical brain swell to equal the size of my swollen head of the thoughts of myself. They were too big for my skull, resulting in the neurosurgeon doing something he never imagined he would ever do or that I would survive him doing it, which was cutting off the top right quarter of my skull. All of this within a second or two, he claims, of my brain collapsing onto the top of my spinal column, which would have killed me instantly, and the simplest way I can describe what happened to me was that I became a baby with 39 years’ experience. However, this was to be sure I could have everything revealed to me as Jesus said in Matthew 11 verse 25: “At that time Jesus answered and said, ‘I thank you Father Lord of heaven and earth because you have hidden these things from the wise and prudent and have revealed them to babes.’” I misused and abused the miraculous healing and recovery Jesus had working for me. That’s when I played goalie in hockey on Sunday,

The Perfect Life!

Preface:

November 13, 2005, which could only have been for my own glory, not glory to God. However, I perceive the truth that Jesus used this opportunity to reveal his love, power and might for his own glory, by making me play as well as I did. Here is a hyperlink to a video of me playing in this hockey game: <http://www.keithlistoe.ca/Spiritwood Reunion.wmv>. Jesus saved my life again, after this when I was a pedestrian struck by an SUV in December of 2005.



Here's the news clipping of accident details.

(key this into the command line of your browser to view the image on-line!  
<http://www.keithlistoe.ca/wfp05-12-10.jpg>)

Acts 12 verse 23: “Then immediately an angel of the Lord struck him, because he did not give glory to God. And he was eaten by worms and died.” Because of the injuries from the SUV striking me, I am no longer able to skate and play goalie. If all that isn't miracle enough for you, I asked the surgeon who put the artificial left shoulder in, where the SUV impacted me, dislocating and crushing the shoulder joint ball. “If the impact was hard enough to crush the bone, how much damage did it do to the muscle?” He answered, “The muscle was just mush, I only found two small

strands hanging in the back, which I attached to the metal I put into your shoulder with Kevlar sutures.” He asked me, “Are you able to put your left hand behind your back?” I answered, “I do not know, I have had no reason to try putting my left hand behind my back.” He asked, “Try it now please.” I put my left hand behind my back. He exclaimed, “I am astounded. I have never seen or thought it possible to put your hand behind your back with an artificial shoulder, but you can!” My physiotherapist had me see my neurologist to determine why I was feeling pain in my left shoulder. He did an EMG on my left shoulder. The technician connected many wires onto my left shoulder, chest and arm. She said, “You will feel a shock when I do the tests.” I said, “OK.” She pushed the button. I felt a shock and she exclaimed, “The waves I am getting should not be possible, I must try another one.” After the third time she said, “I must have connected a wire incorrectly.” She adjusted every wire and tried again. She said, “I have to get the doctor, because the waves I am getting should not be possible.” The Dr. came in and pushed the button. He said, “You are correct, it should not be possible, but they definitely are H waves that are only possible to get from an infant. I thought, *now I know how I can move this arm, Jesus replaced all of the mushed muscle with infant’s muscle.* You might question how I can have such confidence that Jesus saved my life. I went into the hospital with the most intense pain, headache I had ever felt; and learning post arrival it was due to bleeding in my brain. During an emergency operation to stop the bleeding, they discovered a large blood clot from a prior bleeding three days before, which

## The Perfect Life!

## Preface:

would have been the reason for a headache on the previous Friday night while playing hockey. They also discovered an uncountable number of aneurysms. A second emergency operation was performed a couple of days later after a third bleed. A couple of days later, the neurosurgeon who performed these operations told my parents that I would not survive another bleed, but I would survive another operation to repair the uncountable aneurysms. This man had to leave Winnipeg for a meeting that day, so that evening they had to call in another neurosurgeon to perform a third emergency operation after a fourth bleed, causing my entire brain to start swelling, not just in the areas of my brain where the bleeds had already occurred. God used these bleeds to abase me, by making my entire physical brain, swell to equal the thoughts of myself, a swollen head that was too big for my skull; this resulted in the neurosurgeon doing something he never imagined he would ever do, or that I would even survive him doing it, which was cutting off the top right quarter of my skull



**The amount of my skull removed!**

(key this into the command line of your browser to view the image on-line!  
<http://www.keithlistoe.ca/09-03-12-keith.jpg>)

to allow my brain to swell without increasing the pressure in my skull. Additionally, the neurosurgeon was astounded when I survived. Mom immediately phoned my younger sister Deborah, who had driven to Winnipeg, Mb. From Wetaskiwin, Ab., staying at my place, to search for some olive oil and bring it to the hospital ASAP. When Deborah arrived at the hospital, Mom took the oil and she and my Dad and Deborah went into the ICU. to pray for me while I was being prepped for surgery. Mom anointed me with the oil and they prayed for me with the laying on of hands as written in Mark 16 verses 17 and 18: “And these signs will follow those who believe: In My name they will cast out demons; they will speak with new tongues; <sup>18</sup> they will take up serpents; and if they drink anything deadly, it will by no means hurt them; they will lay hands on the sick, and they will recover.” The clearest memory I have in the hospital was thinking the window was open in the wintertime, because my left foot was unbearably frozen, regardless of the number of heated sheets they put over it. They ran out of heated sheets. I feel this unbearably frozenness on the left side of my body, even if there was the slightest of cool air, whether I am sitting or sleeping. The second clearest memory I have in the hospital was in the step down unit after the third emergency operation. I looked at the wall, seeing a sign pinned above my head that read: do not lie on right side. The nurse came in asking me if I would like to know and see what had been done



Preface:

to me for this sign to be hung above my head. I answered, "Yes that would be great." She brought in a mirror, explaining the doctor had cut off the top right quarter of my skull to allow my brain to swell without increasing the pressure in my skull more than it already was. I could see this large lump in the dent of my skull in the mirror on the table over my bed. I decided it must be my brain swelling out of where the bone had been removed from my skull. I wondered if I would be able to feel my brain through my scalp. I gently rubbed my fingers over the lump in the dent of my skull, being surprised to feel tube like bumps under my scalp. I stopped when I was shocked when something inside my skull could feel my fingers rubbing on it. I was upset and disappointed when I learned from my brother Mark



**My brother Mark, who was the second most supportive person in the hospital with me for three months!**

**(key this into the command line of your browser to view the image on-line!  
[http://www.keithlistoe.ca/Keith\\_and\\_Mark\\_1.jpg](http://www.keithlistoe.ca/Keith_and_Mark_1.jpg))**

after I was discharged from the hospital on April 7, 2003, that they stopped him from taking a picture of my head with the lump visible

## The Perfect Life!

## Preface:

in it. In an MRI review appointment in April of 2005, the neurosurgeon walked into the room carrying the images exclaiming, “I am astounded you survived, let alone recovered at all with the amount of brain damage you have.” He explained all the colors in the images ending saying, “As you can see, it is very obvious that the majority of the right side of your brain is damaged.



[MRI 2005/02/21](http://www.keithlistoe.ca/Halfhead.jpg) (Key this into the command line of your browser to view the image on-line!  
<http://www.keithlistoe.ca/Halfhead.jpg>)

I can only guess, you had too much brain to begin with!” In 2 Corinthians 8 verses 10 and 11: <sup>10</sup> “And in this I give my advice: It is to your advantage not only to be doing what you began and were desiring to do a year ago; <sup>11</sup> but now you also must complete the doing of it, that as there was the readiness to desire

## The Perfect Life!

Preface:

it, so there also may be a completion out of what you have.” In truth, I perceive, you seek and desire to be in a giving from your heart, true love, faith relationship with Jesus Christ and giving from your heart love your neighbor as yourself. A life of complete giving from your heart love, which is a life of complete joy and happiness, the perfect life! Jesus told us repeatedly what to do to live this perfect life. Therefore, you will definitely live this life, by becoming a disciple of Jesus Christ! The perfect way to do this is by using the Christ’s on demand daily devotional WebApp, I hired someone to code for me here: [http://www.keithlistoe.ca/Daily\\_Devotional\\_Readings.htm](http://www.keithlistoe.ca/Daily_Devotional_Readings.htm).

Love,

Keith Listoe

## **Chapter One Giving Vs. Receiving:**

The only one thing in life you instantly receive is the joy and happiness received from a true giving heart. Meaning, if you give from your heart, you will instantly receive joy and happiness in your heart, soul and mind. This is something in life that cannot be bought with any amount of money, but may be received by giving money to those in need for their well-being. The more the giving the more received. The only time one will not receive this joy and happiness is if expecting some recognition for your giving then you may feel some joy and happiness on receiving this recognition; but it pales in comparison to the joy and happiness received with no expectations for one's giving. A true philanthropist best represents this. Matthew 6 verses 3 and 4, <sup>3</sup> "But when you do a charitable deed, do not let your left hand know what your right hand is doing, <sup>4</sup> that your charitable deed may be in secret; and your Father who sees in secret will Himself reward you openly." For the true want of this giving is not the recognition from others for your giving, but simply the joy and happiness received in your heart soul and mind. If this is all that is sought for, for this giving there will never be the same positive of receiving as giving. However, receiving without asking or expecting is positive, but still pales in comparison to the positive of giving, especially without being asked to give. Moreover, one should not refuse to give when asked. Matthew 5 verse 42. "Give

to him who asks you, and from him who wants to borrow from you do not turn away.” Acts 20 verse 35. “I have shown you in every way, by laboring like this, that you must support the weak. And remember the words of the Lord Jesus, that He said, ‘It is more blessed to give than to receive.’” God wants every human being or at least the existing church of Christ to have the ability to make war with the beasts at the end of times. Because we know that we are born into the bondage of sin and cannot free ourselves. We must make the firm decision that we want to be in a giving from your heart true love, faith relationship with Jesus Christ, combined with complete trust in God: the Father, the Son, Jesus Christ and the Holy Spirit. Jesus told us that if we are in this relationship with him, he will be in us; but this decision enables us to acknowledge that he has always been in us just as he and the Father are one in each other. Giving from your heart is true love, faith relationship with Jesus Christ, combined with complete trust in God: the Father, the Son, Jesus Christ and the Holy Spirit, will result in being able to accept and believe that God has always been in a giving relationship from his heart; it’s a true love relationship with you since the moment you were born. John 14 verse 20, “At that day you will know that I am in My Father, and you in Me, and I in you as I am one in my Father and my Father is one in me.” Jesus told us very clearly how he wants us to give to him. Matthew 25 verses 31 to 46,<sup>31</sup> “When the Son of Man comes in His glory, and all the holy angels with Him, then He will sit on the throne of His glory.<sup>32</sup> All the nations will be gathered before Him, and He will separate them one from another, as a shepherd divides *his* sheep

from the goats. <sup>33</sup> And He will set the sheep on His right hand, but the goats on the left. <sup>34</sup> Then the King will say to those on His right hand, 'Come, you blessed of My Father, inherit the kingdom prepared for you from the foundation of the world: <sup>35</sup> for I was hungry and you gave Me food; I was thirsty and you gave Me drink; I was a stranger and you took Me in; <sup>36</sup> I *was* naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me.' <sup>37</sup> "Then the righteous will answer Him, saying, 'Lord, when did we see You hungry and feed *You*, or thirsty and give *You* drink? <sup>38</sup> When did we see You a stranger and take *You* in, or naked and clothe *You*? <sup>39</sup> Or when did we see You sick, or in prison, and come to You?' <sup>40</sup> And the King will answer and say to them, 'Assuredly, I say to you, inasmuch as you did it to one of the least of these My brethren, you did it to Me.' <sup>41</sup> "Then He will also say to those on the left hand, 'Depart from Me, you cursed, into the everlasting fire prepared for the devil and his angels: <sup>42</sup> for I was hungry and you gave Me no food; I was thirsty and you gave Me no drink; <sup>43</sup> I was a stranger and you did not take Me in, naked and you did not clothe Me, sick and in prison and you did not visit Me.' <sup>44</sup> "Then they also will answer Him, saying, 'Lord, when did we see You hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to You?' <sup>45</sup> Then He will answer them, saying, 'Assuredly, I say to you, inasmuch as you did not do it to one of the least of these, you did not do it to Me.' <sup>46</sup> And these will go away into everlasting punishment, but the righteous into eternal life." You, too, will enjoy eternal life if you are in such a giving from your heart, true love, faith relationship

with Jesus Christ, combined with complete trust in God: the Father, the Son, Jesus Christ and the Holy Spirit. You will know for certain that Jesus' words are true. Everything you ask the Father in my name will be given you. It's the strongest and perfect way to convince yourself that you desire to be in such a true giving from your heart love, faith relationship with Jesus Christ, combined with complete trust in God: the Father, the Son, Jesus Christ and the Holy Spirit. And your neighbor is to believe Jesus' words that you should go, sell what you have and give to the poor. If you do this, only keeping what you require to survive, you will become content. You cannot love God and mammon. If you are content you will want to give every possible way you are now able to give to your neighbor as he or she requires to survive now and forevermore. Always stay true to whatever decision you make to do good for others; and God will bless you and whoever you decided to do good for with perfect positive results in more abundance than you thought you were going to do. After I donated my household possessions to the Salvation Army in December of 2007, I made the decision that I would not buy myself anything unless I buy the same or of like value for someone else who really needs it. 1 John 2:15 to 17 <sup>15</sup> Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. <sup>16</sup> For all that is in the world—the lust of the flesh, the lust of the eyes, and the pride of life—is not of the Father but is of the world. <sup>17</sup> And the world is passing away, and the lust of it; but he who does the will of God abides forever. My three-quarter length leather jacket I had acquired

while working for Petro Canada was purchased for me in 1993. But it had worn-out around the neck collar, I decided to check getting it repaired by Danier Leather where I bought it, but needed to ask if anyone at the Lutheran Urban Ministry required a winter jacket, before I would do this for myself. This was the warmest winter jacket I ever owned and initially I only wore it as my good winter jacket, along with my Gore-Tex bomber jacket I received on the project from Agreevo NA; but I had to start wearing my leather jacket always after the bomber jacket was cut off me by the paramedics when the SUV struck me on December 10, 2005. The collar was too worn-out to be repaired by Danier. They also do not sell the three-quarter length leather jackets, so I was out of luck getting myself a new winter jacket; but I learned that Ron at the LUM required a new winter jacket. I initially thought I would buy him a leather jacket from Danier, because they had a sale on their jackets; but that was not until Christmas and it was already cold outside. I could not wait until Christmas for the sale for my benefit of buying it cheaper, so I asked Ron if he had a jacket in mind that he thought would be good. He answered, "Yes I do." I asked him if we could meet at the store I would buy it for him. He told me the jacket was in Bentley Leather in the Portage Place Mall and we agreed to meet there the next evening. I had never been in this store, but from the name I assumed it sold leather jackets. I became worried. I had made a mistake offering to buy him the jacket he wanted without knowing anything about it or the place he wanted to buy it from before offering to buy it for him, because I knew how expensive the three-quarter length leather



jacket was I bought from Danier Leather in Mississauga, On., in 1993; but I said in my heart, I offered to buy him this jacket, I will not refuse to buy it for him now, regardless of the cost to myself. We met on Portage Avenue outside the doors into Portage Place Mall. I told Ron I would follow him to the store, because I had no idea where the store was. As we were going up the stairs to the second floor, Ron asked me, "Would it be OK if you don't buy me a new jacket, but buy my son a new jacket?" I was speechless to Ron, but in my heart, I said, *I would really like to buy both of them a new jacket, but I must wait to know how much the jacket he wants costs.* As we entered the store I saw racks of down-filled jackets on sale. I immediately decided, show me the jacket you want to buy for your son and we will go from there. Because they were not leather jackets, I was confident I would be able to buy both Ron and his son a jacket, so after I knew the jacket he picked out for his son was on sale for under \$40, I asked him to show me the jacket he wanted for himself; but he said, "no I wanted you to buy my son a jacket instead of me". Still, I insisted he show me the jacket he had wanted for himself. His jacket was also on sale, which enabled me to buy them both a jacket cheaper than I thought it was going to cost me to just buy Ron his leather jacket. I will not go on with my true life experiences to be able to write you this letter, but encourage you to discover being in this giving from your heart true love, faith relationship with Jesus Christ, combined with complete trust in God: the Father, the Son, Jesus Christ and the Holy Spirit. The key word in this idea is "in." Jesus used the words you will be in me and I will be in

you. John 14 verse 20: “At that day you will know that I am in My Father, and you in Me, and I in you as I am one in my Father and my Father is one in me.” John 14 verse 10: “Do you not believe that I am in the Father, and the Father in Me? The words that I speak to you I do not speak on My own authority; but the Father who dwells in Me does the works.” What could we possibly not do in Jesus’ name if we become as one in God and God one in you? Go forth in a giving from your heart true love, faith relationship with Jesus Christ, combined with complete trust in God: the Father, the Son, Jesus Christ and the Holy Spirit! God is love; there is no fear in love. Therefore, if God is in a giving from his heart true love relationship with you, you will have absolutely no fear. Let Satan and his beasts be cast to earth now to deal with such a church of God as the body of Christ! In John 14 verses 12 to 14: <sup>12</sup> “Most assuredly, I say to you, he who believes in Me, the works that I do he will do also; and greater works than these he will do, because I go to My Father. <sup>13</sup> And whatever you ask in My name, that I will do, that the Father may be glorified in the Son. <sup>14</sup> If you ask anything in My name, I will do it.” 1 Samuel 24 verses 4 and 5: <sup>4</sup> Then the men of David said to him, “This is the day of which the LORD said to you, ‘Behold, I will deliver your enemy into your hand, that you may do to him as it seems good to you.’” And David arose and secretly cut off a corner of Saul’s robe. <sup>5</sup> Now it happened afterward that David’s heart troubled him because he had cut Saul’s robe. Matthew 10 verse 28: “And fear not them which kill the body, but are unable to kill the soul: but rather fear him, which is able to destroy both body and soul in

hell.” I say we prepare ourselves to take on Satan and his beasts with conditional love. I say conditional, because we love every being God created. As such we want every being God created to return to a loving relationship with God. To accomplish this with Satan we must put him between a rock (our Lord and Savior Jesus Christ) and a hard place (Satan’s heart). We give Satan the conditions that he must thank God for letting him exist until now. He must openly say I love you God. He must tell every human being that they are to worship God and only God. He must bow his knees to Jesus Christ. If he does not meet these conditions He is accepting the condition that he loves humankind to the point that he lays down his life so humankind will not be cast into hell fire with him forevermore and we will ask our Father in Heaven in Jesus’ name to uncreate Satan. If Satan keeps the conditions, we will only ask our Father in heaven to cast Satan into hell fire forevermore by himself, because Satan is the only being God created who will not be forgiven. Satan will keep the conditions because he thinks he will still be able to fight against God from the hell fire. If he was not afraid to live forevermore in hell fire, he would have ceased moments after rebelling against God. He is afraid of being uncreated for he knows it is impossible for him to do anything more if he does not exist anywhere forevermore. All things are possible in God through believing in Jesus Christ. Do not let yourselves be afraid of Satan and his beasts. Because he is finally with us at the visible, physical and material surface of life he has deceived us into loving, to be sure we would not be in a giving from our heart true love, faith relationship with Jesus Christ

and God in a giving from his heart true love relationship with us. Because we have such power in love with God, Satan has been afraid of us humankind since the foundation of the world. In 1 John 2 verse 14: "I have written to you, fathers, because you have known Him who is from the beginning. I have written to you, young men, because you are strong, and the word of God abides in you, and you have overcome the wicked one." Satan knows that it is this being in a giving from your heart true love, faith relationship with Jesus Christ, combined with complete trust in God: the Father, the Son, Jesus Christ and the Holy Spirit, and God in a giving from his heart true love relationship with you that makes you the god. Jesus said is it not written in your law that you are gods? John 10 verse 34 Jesus answered them, "Is it not written in your law, 'I said, "You are gods.'" You must make the decision to do good for others and commit yourself to doing something. You then think you made an error in what you said you would do, because it might be more than you thought or anticipated it would be. If you decide in your heart that regardless of the cost to yourself, you will do it. God will ensure the most positive benefits will be acquired for all, including you. We, too, easily believe in non-personal consequential sayings of Jesus. Like Mark 16 verse 18:"They will take up serpents; and if they drink anything deadly, it will by no means hurt them; they will lay hands on the sick, and they will recover." But to do anything for others that means giving something of value from you are thought of as impossible to do. In Matthew 19 verses 20 to 26: <sup>20</sup> "The young man said to Him, 'All these things I have kept from my

youth. What do I still lack?’ <sup>21</sup> Jesus said to him, ‘If you want to be perfect, go, sell what you have and give to the poor, and you will have treasure in heaven; and come, follow Me.’ <sup>22</sup> But when the young man heard that saying, he went away sorrowful for he had great possessions. <sup>23</sup> Then Jesus said to His disciples, ‘Assuredly, I say to you that it is hard for a rich man to enter the kingdom of heaven. <sup>24</sup> And again I say to you, it is easier for a camel to go through the eye of a needle than for a rich man to enter the kingdom of God.’ <sup>25</sup> When His disciples heard it, they were greatly astonished, saying, ‘Who then can be saved?’ <sup>26</sup> But Jesus looked at them and said to them, ‘With men this is impossible, but with God all things are possible.’” From personal experience I assure you this is possible and if you believe Jesus, you will wish you had done this from your youth. If we believe one thing that Jesus said, do not be selective and ignore everything else Jesus said. Jesus only told us what would be the best for us to do to make our lives one with him and our Father in heaven. Luke 16 verses 12 and 13: <sup>12</sup> “And if you have not been faithful in what is another man’s, who will give you what is your own? <sup>13</sup> No servant can serve two masters; for either he will hate the one and love the other, or else he will be loyal to the one and despise the other, you cannot serve God and mammon. There are sayings that must be believed in unison to make them possible.” Matthew 5 verses 28 and 29: <sup>28</sup> “But I say to you that whoever looks at a woman to lust for her has already committed adultery with her in his heart. <sup>29</sup> If your right eye causes you to sin, pluck it out and cast it from you; for it is more profitable for you that one of your

members perish, than for your whole body to be cast into hell. I say, do not just think of this as looking with your physical vision eyes, but also with your inner eyes of your heart, soul and mind.” Matthew 19 verses 11 and 12 <sup>11</sup> But He said to them, “All cannot accept this saying, but only those to whom it has been given: <sup>12</sup> For there are eunuchs who were born thus from their mother’s womb, and there are eunuchs who were made eunuchs by men, and there are eunuchs who have made themselves eunuchs for the kingdom of heaven’s sake. He, who is able to accept it, let him accept it.” I say, it is those who want to be in a giving from their heart true love, faith relationship with Jesus Christ, which is not until death will we part, but not until my death will we be together can accept it. We must only decide what we want and let Jesus’ words lead us how to get there. Through further personal experiences, I believe Jesus wants us to give to others from ourselves before asking Jesus to give to others healing in his name by the laying on of hands. I often went when I had the financial means to help out to locations where I know I will find people in need of shelter, food or clothing. If I meet someone in serious need of healing either at the physical surface of life or at the inner heart, soul and mind’s invisible inner, the spirit side of life, I am convinced Jesus is placing me in this location at this time to meet this person. If I will be moved with compassion and mercy for the sick person, to ask with a true believing heart for the person’s healing with the laying on of hands. By this we are great witnesses of letting Jesus’ love light shine forth through us to help people in their own environment survive now and forevermore! ·

Acts 28 <sup>verses</sup> 7 to 10: <sup>7</sup> “Now in that region there was an estate of the leading citizen of the island, whose name was Publius, who received us and entertained us courteously for three days. <sup>8</sup> And it happened that the father of Publius lay sick of a fever and dysentery. Paul went in to him and prayed, and he laid his hands on him and healed him. <sup>9</sup> So when this was done, the rest of those on the island who had diseases also came and were healed. <sup>10</sup> They also honored us in many ways; and when we departed, they provided such things as were necessary.” Matthew 5 verse 16: “Let your light so shine before men, that they may see your good works and glorify your Father in heaven.” The key to this, is not forcing unbelieving sick people to come to your church facility to attend a service for healing through prayer with the laying on of hands in Jesus’ name, but through your faith you go out into their neighborhood, because you are fully mobile and can afford transportation. Once the person is healed, they may want to join you by attending your church for further growth of their faith, which they have been given through Jesus’ healing grace and mercy! People on the street living in poverty are no different from rich working people who want to satisfy their wants for pleasure before their needs for survival; but unfortunately, they do not have the luxury of going to the banks for a loan when they spend more than they receive, as working people do; but I hope Norman has finally learned this and accepted that if he puts his needs for survival first, he does receive enough on welfare to survive! Because, thank God, I was able to take him in off the streets and get him into his own apartment when he refused my

offer to take him in to my place in 2010. James 4 verses 3 and 4:  
<sup>3</sup> “You ask and do not receive, because you ask amiss, that you may spend *it* on your pleasures.” He also refused my offer of prayer for healing with the laying on of hands in Jesus’ name, because I learned after he did request prayer that he is not really sick paranoid, schizophrenic and has Hepatitis C; but only uses this as a way to terrorize people into giving to him, or to be his excuse for his uncontrollable anger when he doesn’t get his way and gets arrested. But there is no fear in love, so I called him on his bluff that he wanted to go to church with me, by sleeping at his place the first Saturday night. So I was there to take him to church with me Sunday morning on the bus; but he refused to go, because this also was just his attempt to exploit money from me. I was successful in scamming him into working for me as my in-person volunteer to make him accept the truth that he is not too disabled to work; but he wants to work and does a very good job at the work he was given as a volunteer at the Lutheran Urban Ministry (LUM). He was the most joyful and happy man while he was working for me at the LUM.

He also had to accept the truth about the woman he had married. I became oh ye of little faith and incorrectly gave him the money he requested for his addiction, when I told him to tell me the truth what he wanted the money for and to let the truth set him free. I had to stop this incorrect giving when I could not afford it and he ended up in jail, because he broke a restraining order this woman (his wife) had to put on him when he could no longer pay her for



sex to support the gang of 14 kids. He had to learn the hard way that having sex is not the true love required to get married, and getting married does not give him the right to have sex whenever and or wherever he wants to with his wife! After I convinced Norman to let me pay his traffic fine in person, as opposed to giving him the \$1,800 he asked for to pay it, I was able to conclude near perfectly the events in his life. That's opposed to the lies he told me when I met him that he had lived on the street since he was 11 years old, because his mother kicked him out of the house just after his father died. He was in school living at home until he was in grade 10. He got his driver's license and the people he knew through his mother were not blood relatives, but only members of the gang his father had tried to start when his mother met him. They all convinced him to steal a car to be used as the getaway vehicle for them to rob a bank. I could not conclude it perfectly, because I did not know the name of the bank. He began to drive recklessly after they were almost caught and the police tried to pull him over. He made the mistake of thinking he could just drive away from them, but it only resulted in his traffic fines and being thrown into prison. I met his mother also and was eventually able to conclude the events in her life; but I did not dare ask her how perfectly I had concluded the events in her life, because they involved the murder of Norman's father. I was able to make these conclusions by her reaction to one set of questions I asked her. That's after I had to stop giving her money for a drug she claimed she required for her cancer treatment, when she could not provide me with a prescription or receipts for

the medication she was buying. My questions were: What year and how did Norman's dad die? Her answer was: I don't know, you would have to ask his stepsister Kathy. This was the first time I heard that he had a stepsister. I concluded she had been married to a white man and had this daughter Kathy. Kathy was 5 years old when she started kindergarten. She felt a sense of freedom now and began an affair with a native man that involved using LSD. She could not afford to pay him cash for the LSD he provided, but accepted payment as having sexual intercourse with her. This resulted in her getting pregnant with Norman. To try and save her marriage, she claimed that she was raped. She continued to see this native man to get his LSD the entire time she was pregnant with Norman, which is the reason for Norman's mental illness. When her daughter Kathy was 16 years old, she thought it would be great to have her try LSD; so Kathy went with her one night to try LSD. This native man thought his payment would be to have sexual intercourse with Kathy. Her mother walked in on him raping her and killed him with a cast-iron frying pan. She never missed a day using LSD or a similar drug since she got pregnant with Norman, which was why her body looked like she was suffering from cancer. She just recently died, so I am not able to confirm how perfectly I concluded her life events!

The Perfect Life!

Chapter One Giving Vs. Receiving:

## **Positive Actions Required Overcoming Any Negatives of Giving From Your Heart and Loving Your Neighbor as Yourself:**

If you follow Jesus' instructions to take a stranger in, be certain to clean your place you live in well and often. This means at the least vacuuming weekly or even better immediately after each visit from a stranger. When you do your laundry, use hot water to wash your clothes and hot setting for the dryer to be sure any bed bugs will be naturally killed to prevent an infestation in your living place. Romans 13 verse 8: "Owe no one anything except to love one another, for he who loves another has fulfilled the law." I made the mistake in 2012 of giving more than I had by going into debt, which resulted in me now having to make loan payments that consume any extra money I had to enable me to live the perfect life of complete joy and happiness. But I am confident that this debt will soon be paid off, enabling me to once again live the perfect life of complete joy and happiness of giving from my heart to love my neighbor as myself

The Perfect Life!

Chapter One Giving Vs. Receiving:

## **Volunteering:**

From my personal experiences, of finally giving the maximum I can, to use money as charitable donations. After all, I'm now too disabled to feel comfortable volunteering in person. So I have come up with the following changes to our current charitable donation: In today's use of technology, a new system could be developed that would print a charitable donation receipt for any in-person volunteering. The person would enter their SIN upon starting volunteering, then re-enter their SIN to print their receipt at the end of their time volunteering. The value of the receipt would be minimum wage times the number of hours volunteered. Welfare recipients would be required to volunteer hours as a full-time job to receive their welfare payments. Again from personal experience of misusing my time I collected UI, by going on a winter vacation: UI recipients would also be required to provide volunteer receipts for hours volunteered as if working full-time to receive UI benefits.

## **Chapter Two the Power of the Subconscious:**

### **Chapter Two the Power of the Subconscious:**

I believe that we are created in God's image with our own free will to choose who will be in our subconscious mind; being God, if we choose to live a life of love, and the devil, if we choose to live a life of sinfulness. I write this because our subconscious mind works at God's speed in knowing every exact detail of our life instantly. And our subconscious mind is able to produce the required information to our conscious mind to react or think correctly to the current situation. God being our subconscious mind is what enables God to know the exact thoughts of every human being! In 1 Corinthians 6 verses 19 and 20 <sup>19</sup> "Or do you not know that your body is the temple of the Holy Spirit *who is* in you, whom you have from God, and you are not your own? <sup>20</sup> For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's." John 14 verse 20: "At that day you will know that I *am* in My Father, and you in Me, and I in you." Matthew 12 verse 25: But Jesus knew their thoughts, and said to them: "Every kingdom divided against itself is brought to desolation, and every city or house divided against itself will not stand." The subconscious mind is also aware of the entire universe and happenings in such, to ensure our conscious mind takes the correct actions at the correct time to be most beneficial to one's neighbors in their life here on earth, if we choose to live on the love side of life. As per the following example, on June 15,

## **Chapter Two the Power of the Subconscious:**

2006, I was registered to partake in a teleconference call hosted by Jack Canfield, beginning at 8 p.m. CST, I had created a reminder of such including the phone number to call and the pass code required to enter the teleconference call. About 7:30 p.m. this evening, my common law spouse Teri's daughter, Koren, came over to use my computer in the basement to complete her income tax, using the phone as well, to get required information to complete her taxes. I was not aware of her coming over to do this and had not made backup plans to access the numbers required to be on this teleconference call, or to have my phone voice recorder on another phone. It was connected to the phone in the basement by my computer, which I was planning on using to record this teleconference call. Due to my strokes, I am quite limited in my abilities to multitask now, especially writing notes as I listen to someone talking; so if I want notes I record the telephone call. However, as 8 p.m. neared, I had the thought to not interrupt her doing her taxes, as I would surely have another opportunity to hear Jack's message on this teleconference call. So I began to work on something else on Teri's new computer upstairs in our living room. I was feeling very much at ease not being on the call this Thursday night for not even being able to try getting onto it. The following day I received an e-mail stating that the conference call did not occur as the number of callers to hear it overloaded the phone system, which they were very surprised by; so were having a new call on Friday evening. I successfully did it on Friday night, recording the entire call. However, not



## **Chapter Two the Power of the Subconscious:**

learning anything new on how to be successful, as I have been most successful my entire life; but it was very nice to learn how the subconscious mind does know what all is going on to make your conscious mind think correctly in any given time or situation in your life, one only needs to listen to it. Not that it provides detailed information on what is happening elsewhere in the world, but it does provide the correct thinking to act appropriately to what is happening elsewhere in the world. I believe it is also a direct link to God between every human being here on this earth. As such, the words I am with you every second of the day are so believable; not that God requires such a connection to be with us, as his powers require nothing to make his will be done! However, from a human brain's ability to understand such a being with there must be some method through which this is done. As well, the subconscious mind is not a physical tangible thing; but is the part of our minds' producing the information to our conscious mind and even controlling the non-conscious actions, our body makes in various situations throughout life. And that's anything that occurs without a conscious thought to do it, a reflex reaction for example. And if not living on the love side of life, the devil will provide your conscious mind with the incorrect information to misuse the abundant opportunities God provides each and every human being to do good things for our neighbors, and to use it for their own use specifically becoming completely self-centered, selfish and greedy. I also believe that the subconscious mind is the mechanism God created to ensure one receives what is asked for

## **Chapter Two the Power of the Subconscious:**

by ensuring the subconscious mind wants the conscious mind's thinking to be correct. Further, to this by praying and asking for something, it moves this conscious asking into the subconscious mind, making it more than likely it will occur for the person asking. You may ask how it works for non-believers who do not pray yet get all they want in life. Well, I believe there is another way to move one's wants and desires into the subconscious mind, making them much more likely to occur. This is done by consciously thinking about what it is you want or desire, then making a conscious decision to achieve these goals. This truly defines the mechanism in every human being to be able to be what one thinks about, not instantly, but over a required period depending on the magnitude of the request. On the other hand, simply put, results are equivalent to the effort put into it, which corresponds to the law of nature that for each action there is an opposite and equal reaction. If nothing is done, nothing is returned. One must take action of some kind or at some point in time if they desire change in their life. This action is much more than sitting and dreaming or thinking about what you want to be or receive. Nothing in life is given free, get off your butt and take action to receive the return you want or desire. If you think God-centered, your thoughts will be at the correct time to take the correct actions to be beneficial to your family and neighbors before your own prosperity; but to your benefit in your heart, soul and mind, by receiving the most joy possible in this life here on earth. You may question me on this God being our subconscious

## **Chapter Two the Power of the Subconscious:**

mind; to make our conscious mind's thinking correct. For how would God allow people to commit the horrific evil acts they do to other people here on this earth he created? He created us with our own free will, for if not we would all be simple robot beings making no mistakes of any kind. I am unable to even imagine a world as such for it just has no meaning like our world has.<sup>2</sup> Timothy 1:14 That good thing which was committed to you, keep by the Holy Spirit who dwells in us.

## Chapter Four Overcoming the Greatest Human Fear:

### Chapter Three the Perfect Life:

We humankind were deceived into thinking we seek and desire to live a life of pleasure, as opposed to a life of complete joy and happiness. Genesis 3 verses 11 and 12: <sup>11</sup> And He said, "Who told you that you *were* naked? Have you eaten from the tree of which I commanded you that you should not eat?" <sup>12</sup> Then the man said, "The woman whom You gave *to be* with me, she gave me of the tree, and I ate." The perfect life is a life of complete joy and happiness. A life of complete joy and happiness is only possible as a life of complete giving from your heart love, which is being one in God and God being one in you. Love for God and love for your neighbor as yourself. 1 Corinthians 13 verse 12: "And now abide faith, hope, love, these three; but the greatest of these *is* love." There is no love for material personal possessions or the visible physical human body. Jesus told us repeatedly how to live this perfect life. Mark 12 verses 29 to 31: <sup>29</sup> Jesus answered him, "The first of all the commandments *is*, '*Hear, O Israel, the LORD our God, the LORD is one.*' <sup>30</sup> *And you shall love the LORD your God with all your heart, with all your soul, with all your mind, and with all your strength.*" This is the first commandment. <sup>31</sup> And the second, like *it*, *is* this, "*You shall love your neighbor as yourself.*" There is no other commandment greater than these. The following verses Matthew 25 verses 34 to 36: <sup>34</sup> "Then the King will say to those on His right-hand, 'Come,

## Chapter Four Overcoming the Greatest Human Fear:

you blessed of My Father, inherit the kingdom prepared for you from the foundation of the world, <sup>35</sup> for I was hungry and you gave Me food; I was thirsty and you gave Me drink; I was a stranger and you took Me in; <sup>36</sup> I was naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me.” These are good descriptions of how to love your neighbor as yourself. Luke 14 verse 13: “But when you give a feast; invite *the* poor, *the* maimed, *the* lame, *the* blind.” In Luke 16 verse 13, “No servant can serve two masters; for either he will hate the one and love the other, or else he will be loyal to the one and despise the other. You cannot serve God and mammon.” Matthew 19 verse 21: Jesus said to him, “If you want to be perfect, go sell what you have and give to the poor, and you will have treasure in heaven; and come, follow Me.” Matthew 18 verses 21 and 22” <sup>21</sup> “Then Peter came to Him and said, ‘Lord, how often shall my brother sin against me, and I forgive him? Up to seven times?’” <sup>22</sup> Jesus said to him, “I do not say to you, up to seven times, but up to seventy times seven.” 1 John 3 verse 17: “But whoever has this world’s goods, and sees his brother in need, and shuts up his heart from him, how does the love of God abide in him?” 1 John 2 verse 5: “But whoever keeps His word, truly the love of God is perfected in him. By this we know that we are in Him.” 1 John 2 verse 21: “I have not written to you because you do not know the truth, but because you know it, and that no lie is of the truth.” I write this by the truth I know from my own true life experiences. In Matthew 6 verse 33: “But seek first the kingdom of God and His

## Chapter Four Overcoming the Greatest Human Fear:

righteousness, and all these things shall be added to you.” King Solomon wrote it much too simply and concise to not be overlooked in the entire book of Ecclesiastes. Ecclesiastes 3 verses 12 and 13: <sup>12</sup> “I know that nothing *is* better for them than to rejoice, **and to do good in their lives**, <sup>13</sup> and also that every man should eat and drink and enjoy the good of all his labor—it *is* the gift of God.” 1 John 3 verse 16: “By this we know love, because He laid down His life for us. And we also ought to lay down *our* lives for the brethren.” To clarify, the life we ought to lay down is our life of love for worldly, material personal possessions and love for the visible, physical human body! The perfect life also includes faith in Jesus Christ for the forgiveness of your sins and salvation unto everlasting life, or complete trust in God: the Father, the Son, Jesus Christ and the Holy Spirit. Acts 13 verses 38 and 39: <sup>38</sup> “Therefore, let it be known to you, brethren, that through this Man is preached to you the forgiveness of sins; <sup>39</sup> and by Him everyone who believes is justified from all things from which you could not be justified by the law of Moses.” John 3 verse 16: “For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.” Have you sold all your personal possessions, except what you require for surviving? Do you have no desire to buy another personal possession, because you are content? If you do this you learn how free your life is of worries, anxiety stress, and fear. You now understand that because you have everything you require to survive, you are rich. You make your first decision to provide

## Chapter Four Overcoming the Greatest Human Fear:

something to a poor, needy person what they require to survive. You have just found the way to a life of complete joy and happiness, the perfect life! It's a life of perfect giving from your heart, which does not include any partiality or discrimination. I will not say, because you are not a white man, I will not love you. Or, because you are not a Canadian, I will not love you. Or, because you are not a Christian, I will not love you! Or, I will not say, because you are a woman, I will not love you! Or, I will not say, because you are gay, I will not love you; but I will say, I love you enough to offer you prayer for healing with the laying on of hands in Jesus' name! In 1 John 1 verse 4: "And these things we write to you that your joy may be full." I write these things to you so that your joy may be full like mine is full and filling more and more every day! John 13 verse 35: "For this is the message that you heard from the beginning, that we should love one another." God wants every human being, or at least the existing church of Christ, to have the ability to make war with the beasts at the end of times. We know that we are born into the bondage of sin and cannot free ourselves. We must make the firm decision that we want to be in a giving from your heart true love, faith relationship with Jesus Christ, combined with complete trust in God: the Father, the Son, Jesus Christ and the Holy Spirit. Jesus told us that if we are in this relationship with him, he will be in you just as he and the Father are one in each other. Being in a giving from your heart true love, faith relationship with Jesus Christ, combined with complete trust in God: the Father, the Son, Jesus Christ and the Holy Spirit, will

## Chapter Four Overcoming the Greatest Human Fear:

result in God being in a giving from his heart true love relationship with you. John 14 verse 20: “At that day you will know that I am in My Father, and you in Me, and I in you as I am one in my Father and my Father is one in me.” John 14 verse 10: “Do you not believe that I am in the Father, and the Father in Me? The words that I speak to you I do not speak on My own authority; but the Father who dwells in Me does the works.” Jesus told us very clearly how he wants us to give to him. Matthew 25 verses 31 to 46: <sup>31</sup> “When the Son of Man comes in His glory, and all the holy angels with Him, then He will sit on the throne of His glory. <sup>32</sup> All the nations will be gathered before Him, and He will separate them one from another, as a shepherd divides *his* sheep from the goats. <sup>33</sup> And He will set the sheep on His right hand, but the goats on the left. <sup>34</sup> Then the King will say to those on His right hand, ‘Come, you blessed of My Father, inherit the kingdom prepared for you from the foundation of the world, <sup>35</sup> for I was hungry and you gave Me food; I was thirsty and you gave Me drink; I was a stranger and you took Me in; <sup>36</sup> I *was* naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me.’ <sup>37</sup> “Then the righteous will answer Him, saying, ‘Lord, when did we see You hungry and feed *You*, or thirsty and give *You* drink? <sup>38</sup> When did we see You a stranger and take *You* in, or naked and clothe *You*? <sup>39</sup> Or when did we see You sick, or in prison, and come to You? <sup>40</sup> And the King will answer and say to them, ‘Assuredly, I say to you, inasmuch as you did it to one of the least of these My brethren, you did it to Me.’ <sup>41</sup> “Then He will



## Chapter Four Overcoming the Greatest Human Fear:

also say to those on the left hand, 'Depart from Me, you cursed, into the everlasting fire prepared for the devil and his angels: <sup>42</sup> for I was hungry and you gave Me no food; I was thirsty and you gave Me no drink; <sup>43</sup> I was a stranger and you did not take Me in, naked and you did not clothe Me, sick and in prison and you did not visit Me.' <sup>44</sup> Then they also will answer Him, saying, 'Lord, when did we see You hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to You?' <sup>45</sup> Then He will answer them, saying, 'Assuredly, I say to you, inasmuch as you did not do it to one of the least of these, you did not do it to Me.' <sup>46</sup> And these will go away into everlasting punishment, but the righteous into eternal life." If you are in a giving from your heart true love, faith relationship with Jesus Christ, combined with complete trust in God: the Father, the Son, Jesus Christ and the Holy Spirit, you will know for certain that Jesus' words are true. "Everything you ask the Father in my name will be given you." The strongest and perfect way to convince yourself that you desire to be in such a giving from your heart true love, faith relationship with Jesus Christ, combined with complete trust in God: the Father, the Son, Jesus Christ and the Holy Spirit, and your neighbor is to believe Jesus' words that you should go, sell what you have and give to the poor. If you do this, only keeping what you require to survive you will become content. You cannot love God and mammon. If you are content you will want to give every possible way. You are now able to give to your neighbor as he or she requires surviving. Always stay true to whatever

## Chapter Four Overcoming the Greatest Human Fear:

decision you make to do good for others, and God will bless you and whoever you decided to do good for with perfect positive results. They'll be in more abundance than you thought you were ever going to do. I will not go on with my true life experiences to be able to write you this letter, but encourage you to discover being in a giving from your heart true love, faith relationship with Jesus Christ, combined with complete trust in God: the Father, the Son, Jesus Christ and the Holy Spirit. The key word in this idea is "in." Jesus used the words you will be in me and I will be in you. John 14 verse 20: "At that day you will know that I am in My Father, and you in Me, and I in you as I am one in my Father and my Father is one in me." John 14 verse 10: "Do you not believe that I am in the Father, and the Father in Me? The words that I speak to you I do not speak on My own authority; but the Father who dwells in Me does the works." What could we possibly not do in Jesus' name if we become as one in God and God one in you? Go forth in a giving from your heart true love, faith relationship with Jesus Christ, combined with complete trust in God: the Father, the Son, Jesus Christ and the Holy Spirit! God is love; there is no fear in love. Therefore, if God is in a giving from his heart true love relationship with you, you will have absolutely no fear. Let Satan and his beasts be cast to earth now to deal with such a church of God as the body of Christ! John 14 verses 12 to 14:<sup>12</sup> "Most assuredly, I say to you, he who believes in Me, the works that I do he will do also; and greater works than these he will do, because I go to My Father. <sup>13</sup> And whatever you ask in

## Chapter Four Overcoming the Greatest Human Fear:

My name, that I will do, that the Father may be glorified in the Son. <sup>14</sup> If you ask anything in My name, I will do it.” 1 Samuel 24 verses 4 and 5: <sup>4</sup> Then the men of David said to him, “This is the day of which the LORD said to you, ‘Behold, I will deliver your enemy into your hand, that you may do to him as it seems good to you.’ And David arose and secretly cut off a corner of Saul’s robe. <sup>5</sup> Now it happened afterward that David’s heart troubled him because he had cut Saul’s robe.”

### **Love:**

Let’s define the verb love: have a great affection or liking for

“I love French food!”; “She loves her boss and works hard for him.”

Derives or receive pleasure from; get enjoyment from; take pleasure in:

“I love cooking.”

Be enamored or in love with:

“She loves her husband deeply.”

Have sexual intercourse:

“They made love in the back of the car.”

## Chapter Four Overcoming the Greatest Human Fear:

Let's define the noun: a strong positive emotion of regard and affection

"Children need a lot of love."; "his love for his work."

Any object of warm affection or devotion:

"The theatre was her first love."

Someone who is loved (used as term of endearment).

A deep feeling of sexual desire and attraction:

"She was his first love."; "Their love left them indifferent to their surroundings."

A score of zero in tennis or squash:

"It was 40 love."

Sexual activities (often including sexual intercourse) between two people.

"He hadn't had any love in months."; "He has a very complicated love life."; "His sexual love disgusted her."; "His making love disgusted her." Love can be British informal term as a friendly form of address. It is this misconceived ideas of love that is the reason Satan wanted to be sure Eve and Adam ate from the Tree of Knowledge of good and evil, as written in Genesis 3 verses 11

## Chapter Four Overcoming the Greatest Human Fear:

and 12: <sup>11</sup> “And He said, ‘Who told you that you were naked? Have you eaten from the tree of which I commanded you that you should not eat?’” <sup>12</sup> Then the man said, “The woman whom you gave to be with me, she gave me of the tree, and I ate.” True love does not include anything of a sexual nature, but only to do good for others that they have everything they require to survive now and forevermore! Unless, you have been true to yourself in keeping your visible physical body private and concealed until after you have made the decision in your heart, soul and mind to marry another person, because your emotional, intellectual and spiritual needs are satisfied in your relationship together. Then after you have discussed in detail your thoughts of parenting, the female of the relationship will initiate the onset of sexual activities on the first ovulation post your marriage and you have agreed to start a family, because the female’s desire for sexual intercourse is at its highest level on ovulation, which is the reason for so many unwanted pregnancies of unmarried couples! This is the true meaning of marriage in the sight of God, the judge who will result in a marriage of until death; we will not part that will to also include the enjoyment of sexual intercourse well into your senior years, which you truly seek and desire! John 13 verses 16 and 17:<sup>16</sup> “Most assuredly, I say to you, a servant is not greater than his master; nor is he who is sent greater than he who sent him. <sup>17</sup> If you know these things, happy are you if you do them.” John 15 verses 11 to 13: <sup>11</sup> “These things I have spoken to you, that My joy may remain in you, and *that* your joy may be full. <sup>12</sup> This is My

## Chapter Four Overcoming the Greatest Human Fear:

commandment, that you love one another as I have loved you. <sup>13</sup> Greater love has no one than this, than to lay down one's life for his friends. <sup>14</sup> You are My friends if you do whatever I command you." <sup>1</sup> Timothy <sup>6:6</sup> to <sup>9</sup> <sup>6</sup> But godliness with contentment is great gain. <sup>7</sup> For we brought nothing into *this* world, *and it is certain* we can carry nothing out. <sup>8</sup> And having food and clothing, with these we shall be content. <sup>9</sup> But those who desire to be rich fall into temptation and a snare, and *into* many foolish and harmful lusts which drown men in destruction and perdition. <sup>1</sup> Timothy <sup>6:17</sup> to <sup>19</sup> <sup>17</sup> Command those who are rich in this present age not to be haughty, nor to trust in uncertain riches but in the living God, who gives us richly all things to enjoy. <sup>18</sup> *Let them* do good, that they be rich in good works, ready to give, willing to share, <sup>19</sup> storing up for themselves a good foundation for the time to come, that they may lay hold on eternal life .

## Chapter Four Overcoming the Greatest Human Fear:

### **Perfect Sexual Intercourse:**

The contents of this subchapter have been removed; it is only my theory because my Dad is unwilling to communicate to confirm that my theory is correct about his and my Mom's sexual experiences. But my Mom did answer two pointblank questions of her sexual experiences from near the beginning of their marriage, which has resulted in them being sexually addicted to each other. This addiction has enabled them to remain married for over 50 years now!

## Chapter Four Overcoming the Greatest Human Fear:

### Chapter Four Overcoming the Greatest Human Fear:

The greatest human fear is death. The average human being is much too uncomfortable to even talk about it. Yes, this greatest fear is death. Yes, there is a way to overcome this fear. First and foremost, find true belief in our Lord and Savior Jesus Christ, followed by being in a giving from your heart true love, faith relationship with Jesus Christ, combined with complete trust in God: the Father, the Son, Jesus Christ and the Holy Spirit. Once you have both of these in your heart, soul, mind and strength, you will not just overcome your fear of death, but look forward to your death to be gone from this life of human weakness and misunderstanding and in the kingdom of God with Jesus Christ! It's the ultimate positive possible; this, however, is a very self-centered way of overcoming your fear of death. If you are not self-centered, you will not so easily overcome your fear of death, because you will fear dying before you know that your loved ones and friends have this loving believing relationship with Jesus Christ, to have everlasting life with you in the kingdom of God.



## **Chapter Five the Negatives of Humankind's Deception to A Self-Imposed Death Sentence:**

Humankind has created one thing in the visible material surface of life that prevents us from saving lives. It is so evident when we all want to help when natural disasters occur. It also prevents the countries with the food resources from providing those people in the world who are less fortunate to live in locations not capable of growing sufficient food to remain alive. A high-level overview of the results of the death sentence makes it easy to understand the problems worldwide, from the lowest level within every home to the mega level between every country. The death sentence is perpetuated by greed, selfishness, discrimination, oppression, envy, covetousness, pride and arrogance. At the lowest level, we cannot assist those in need of whatever to survive in our cities. Because it is so near to each and every one who has the financial means to assist those in their own cities. Every person's greed and selfishness does not enable them to let their true feelings of love take over to help each one of their fellow human beings. However, when it is a natural disaster on the other side of the world, all too many people express how badly they feel for the people hurt by the disaster. They feel great they are openly expressing their feelings as it appears they have love in them for others' well-being. But, in reality, it is only easily expressed, because the disaster is so far away that the possibility of having

an actual personal impact on them is minuscule when compared to helping even a single person in their own city. I see how countries are similar to human beings individually. Numerous individuals have the privilege of acquiring more money than they could possibly ever use for just their survival. They refuse to accept the truth that the only thing all the money has brought into their lives is worries, anxiety, stress and fear; they worry that someone else might do something to steal some of their money, or harm them or their children for some of their money or the personal possessions they have acquired with the money. They hire personal guards and install such extensive alarm systems they might as well live in a prison. They have all of these bodyguards because they are scared. I see the countries that have had the privilege to amass more wealth than they know what to do with, except brag and show-off worldwide how great they think their countries are. They are developing such extensive security systems at any point of entry into their countries that the country itself is like a prison. It is becoming the norm that their citizens are attacked when they go into other countries. Instead of using their mass of wealth to help and assist others worldwide to save lives, they use their mass of wealth to develop extreme war machines to kill any other countries that do not follow their demands. In time of war, no government is ever strapped for cash to build weapons for war. If governments would spend the same amount of cash and time on natural disasters, the people dying could more rapidly be rescued and lives could be saved. It is a sad state of humankind that we can only spend unlimited money

to kill other human beings, as opposed to saving other human beings. I say the true test of a country's citizens would be to reverse the funding of humanitarian efforts to feed the starving, shelter the homeless and cure the ills of the world, instead of going to war with another country. We all know that insufficient funds are donated to save many lives worldwide. The great military training and organization of setting up living and hospital requirements for the front-line troops would serve well at natural disasters, where shelter, food, water, sanitation and medical treatment are so badly needed. I would like to see the greatest superpower on earth do this because of an unlimited amount of love, care, protection and lifesaving as opposed to who has the most money and military might. If a natural disaster area is not approachable on land or sea, the military could utilize paratroop capabilities to provide rescue assistance for fast deployment of hospital, water, food and sanitation. Orderly distribution of water and food could be set up with military precision. The military's main function becomes the saving of lives in natural disasters. Money is humankind's self-imposed death sentence. If it is not a death sentence now it definitely will be at the end of times. Revelation 13 verses 16 and 17: <sup>16</sup> "He causes all, both small and great, rich and poor, free and slave, to receive a mark on their right hand or on their foreheads, <sup>17</sup> and that no one may buy or sell except one who has the mark or the name of the beast, or the number of his name." The following Bible verse Philippians 2 verse 3: "*Let nothing be done* through selfish ambition or conceit,

## The Perfect Life!

Chapter Five the Negatives of Humankind's Deception to A Self-Imposed Death Sentence:

but in lowliness of mind let each esteem others better than himself." This would be a great start to overcome this death sentence. In today's day and age humankind has the means and ability to provide everything required for survival to every human being worldwide! Unthinkably, we refuse to even try to do so, because of the self-imposed death sentence of money!

## **Chapter Six Positively a Near Perfect World:**

1 John 1 verse 8: "If we say that we have no sin, we deceive ourselves, and the truth is not in us." Because of this, it is impossible for humankind to become the perfect world! We must determine the ways to be able to free ourselves from Satan's deception of the meaning, value and power of love, to the visible physical and material surface of life opposed to the invisible heart, soul and mind inner spirit side of life, which results in these, worries, anxiety, stress and fear. At the highest level, we are in bondage to greed and selfishness, jealousy, envy, covetousness fornication, adultery, stealing lying and murder.

### **Diets**

Because of this, I see an increased problem of human beings overeating with free food, and the levels of obesity will increase exponentially. I see today's diets causing more worries, anxiety and stress over what must not be eaten, which causes more harm to a person than a few extra pounds. The reason for extra pounds is not what you eat, but how much you eat. There will be serious repercussions when items of any kind go out of stock. This will be the first growing pain to overcome, the incredible increase in demand for food. The love for the visible physical human body that results in, fornication, adultery, lying and murder (abortion), is much more difficult to overcome than the love for material,

personal possessions which is manifested through money and worldly, material personal possessions resulting in jealousy, envy, covetousness, stealing, lying and murder. The perfect life we are able to achieve is by doing these, 1 John 1 verse 9: "If we confess our sins, He is faithful and just to forgive us *our* sins and to cleanse us from all unrighteousness." You must believe that Jesus Christ was sent to the earth to sacrifice himself by dying on a cross, only to be raised three days later for the forgiveness of humankind's sins. He ascended into heaven and is seated at the right hand of the Father. He will come again, to judge the living and the dead. Whosoever believeth in Jesus should not perish, but have everlasting life! If you have more than this and only use it to buy yourself worldly, Material personal possessions, you are filthy rich. I envision freedom from Satan's deception to love for money and worldly, material personal possessions by replacing money with a single charity survival card system. Every human being will be granted a card; to be sure no one receives the mark of the number or the name of the beast at the end of times. I diagnose the earth has a terminal illness from the infection of the pollution humankind has contaminated the earth with in ever increasing abundance throughout history. Because of this, I say, just as a human being diagnosed with a terminal illness, the exact date and time of death is still as unknown as ever, but it is more than likely to be sooner rather than later. The card must be activated for use by working. Every debt and bank account will be eliminated.

The Perfect Life!

Chapter Six Positively a Near Perfect World:

## Work:

If you work for no money, but only to activate your card, every human being is treated and valued identically. 1 Corinthians 12 verse 7: “But the manifestation of the Spirit is given to each one for the profit *of all*.” My definition of being rich is if you can comfortably provide yourself with shelter, food and clothing, then you are rich. The charity survival card system will make every human being rich. The largest unrecognized workforce on earth throughout the history of humankind, mothers, will receive card activation upon the birth of their first baby. We will eliminate unemployment and poverty, by beginning to provide shelter, food, water, sanitation and clothing to every human being worldwide, requiring they become employed to activate their charity survival card. Survival assessment teams will assess the world to develop plans to construct and or provide any such required infrastructures. Local people will always be included in the construction of such required infrastructures. They will also receive full hands-on training of operation and maintenance. Any required maintenance equipment will be provided on an ongoing basis.



The Perfect Life!

Chapter Six Positively a Near Perfect World:

## Benefits:

Working fathers will receive substantial paternity benefits regardless of employer. Sick leave will be available to everyone, regardless of employer. Retirement benefits are provided to every working human being. Retirement is possible with the accumulation 52000 hours. I calculated this with a starting working age of 25 years old, working 2,080 hours per year and retiring at age 50. Numbers <sup>8</sup> verses 24 and 25 <sup>24</sup> “This *is* what *pertains* to the Levites: From twenty-five years old and above one may enter to perform service in the work of the tabernacle of meeting; and at the age of fifty years they must cease performing this work, and shall work no more. This will eliminate any worries, anxiety and stress, of requiring working for a single company with a retirement benefit plan sufficient to provide enough to retire on and investing sufficient money into RRSPs or the like. Sick day benefits will be tracked together with employment hours, by scanning in and out of the doctor’s office for appointments. The cards would use biometrics to uniquely identify the in hand holder as the owner of the card before it is active to be used. Three weeks will be the identical amount of time given as vacation regardless of employer. Health, vision and dental insurance will be eliminated, because such services are provided to anyone with an activated card. Without the money barrier, orphanages can be built and staffed to properly provide for orphans worldwide. The card would become the standard business security card. The card

would not require a PIN, because of biometric identification as mentioned above. The card is used to obtain or do anything with it the card scan in and out of work. Access to secure work areas could be controlled by card access. Locked equipment storage areas could be controlled by card access the scan in and out of the building, each work day will be time recorded. This will accumulate every hour worked from your first day of work, regardless of the companies worked for. This is the way that equal In Canada CPP and OAS will not be required. With An activated card, you can obtain and do everything required for survival and communications worldwide. Survival is free. Policies and procedures would be put in place to deter misuse, abuse and work performed contributes to the survival of humankind. Parents will provide their children with survival requirements until the age of maturity.

The Perfect Life!

Chapter Six Positively a Near Perfect World:

The Perfect Life!

Chapter Six Positively a Near Perfect World:

## **Education:**

Students in post-secondary education will receive card activation. Without the financial barrier, the majority of people will complete their post-secondary education to perform their desired and chosen career. All education institutions will immediately increase in size to accommodate the incredible increase in attendance.

## Communication:

A standard global cellular system will be developed to simplify global communications. The Internet would be extended to every point on earth requiring the survival card system. We must refrain from letting personal material possessions keep us in captivity of Satan's deception of love for the human physical body, and personal material possessions resulting in worries, anxiety, lust stress, and fear. Mark 9 verse 35: And He sat down, called the twelve, and said to them, "If anyone desires to be first, he shall be last of all and servant of all." If we choose to use the charity survival card system, each and every human being will be working as a servant of all. After all, we will all work for the survival of humankind, not for your own personal gain above anyone else. Luke 10 verse 7: "And remain in the same house, eating and drinking such things as they give, for the laborer is worthy of his wages. Do not go from house to house." Because all of us are the laborers, we all deserve our wages, which is all we will require to survive. We also seek and desire a life free of pollution. The system also eliminates the need to be better than anyone else by getting a better paying job. The worry, anxiety and stress of not receiving a yearly raise are eliminated. The requirements for life will change, and this will relieve much worries, anxiety and stress. This will reduce worries, anxiety, stress and fear in the workplace by people who remain working at jobs they are qualified for and love doing. If you love your job, you

will never work a day in your life! With an activated card, all hospital, medical and prescription drugs are available. This eliminates the worries, anxiety and stress of not being able to afford healthcare worldwide. With a free activated life card, once we convert to the charity survival card system, which is a free of money world, businesses will increase staff, as work requires. Those human beings unfortunate to not have a job on conversion to the charity survival card system will easily be provided with employment. Without financial barriers, it will be easy to provide sufficient food to those who are starving in under- developed countries until self-sufficiency is developed. Repairing the devastation pollution has done to the earth and making it nearly nonlife-sustaining will be next. With no need to sell anything, businesses will not be choosing to cut corners on safety, functionality, features. They will have adequate staff to eliminate employees overworking hours to ensure the product is profitable. A money-free world will eliminate the occurrence of layoffs because of tough financial times for a business. Where would the worries, anxiety and stress of inflation be in a money-free world? The worries, anxiety and stress of taxes will be eliminated worldwide. The use of sex in advertisements will be eliminated along with every form of pornography to reduce the obsession and fascination humankind has for the visible physical human body. This obsession often results in jealousy, lust, envy, covetousness, fornication, adultery, lying and murder (abortion). Humankind must eliminate fornication. Humankind must revert to the true meaning of marriage, being the, "I do" to sexual

intercourse. This will enable humankind to focus on the invisible heart, spirit and mind of human beings that only requires the visible physical body to survive on earth. Regardless of all else that occurs, with the deep physical attraction between male and female human beings, there is the possibility of procreation to ensure the human species does not go extinct, which is the same instinct that every living creature on earth has. This will greatly increase the formation of true giving from your heart love relationships, which will result in stable loving families. This free world would be best accomplished by a perfectly planned, big bang implementation. Of course, with such a cataclysmic change, there will be massive growing pains; but these must only be accepted patiently and lovingly, and worked through to a resolution. Humankind will become one big happy family with no one individual being of any more importance than another. Without the barrier of money, disaster relief and assistance will easily be more rapidly deployed with complete equipment to perform the work required to save lives. Natural disasters should be the only thing we need to save lives from. Any human activities possible to cause disaster would cease immediately; any manufacturing generating pollution and products used that generate pollution will cease immediately! The next incredible challenge will be to increase the capacity of everything to accommodate items for free. Nevertheless, no increase in size will ever accommodate free attendance, but only increase in events to attend or accept to watch via television free; there'll be no cost of anything except for individual's would be required to



activate their charity survival card. Any human being with an idea for a business or product could easily begin one because there is no requirement of being profitable to cover money costs of raw materials, workforce and benefits, marketing, logistics and point of sale. Products, accessibility and services can easily and rapidly be upgraded and or enhanced to accommodate people with disabilities. Standard guidelines of requirements of work to receive card activation will be accessible by every human being. One incredible new workforce will be card activation centers, which will provide card activation equipment to businesses that meet the standard requirements of contributing to the survival of humankind. There would be no need to be short of manufacturing any products required for survival. The opposition I foresee to such a system would be those individuals who have had the privilege of acquiring more money than they could possibly ever use for just their survival. They refuse to accept the truth that the only thing all the money has brought into their lives is worries, anxiety stress and fear; that someone else might do something to steal some of their money, or harm them or their children for some of their money or personal possessions they have acquired with the money. They hire such extensive personal guards and install such extensive alarm systems they might as well live in a prison. That does not sound like a life of complete joy and happiness to me, but each to their own. I do not suggest such a system for my own long-term benefit to survive, because I have more than enough money sources until I will be more than old enough; but only for those in this world who do not have less than

## The Perfect Life!

## Chapter Six Positively a Near Perfect World:

enough to survive until tomorrow. I am unable to think of a reason for discrimination of any kind using the charity survival card system. However, I have no experience discriminating, so what do I know about how a discriminating person will find ways to discriminate against those they do not like. I stand corrected! I discriminate against the filthy rich in this world who do nothing for those who are barely surviving. I choose not to be on the filthy rich side of life, because I am content owning only my computer, which is more than I require to survive.

## The Perfect Life!

### Chapter Six Positively a Near Perfect World:

# Transportation:

There must be a complete change or conversion of our transportation to being pollution-free ASAP. This will require an exponential increase in employment worldwide. This will be the largest mega-construction project ever imagined since the creation of humankind. I envision a free electronic monorail rapid transit system worldwide. The result will be zero use of fossil fuels for transportation. This would require complete conversion of our infrastructures. With complete financial freedom from money, there would be no reason for delays due to cost or any such concern. Only the timeline to design, test, develop and construct. I'm sure would be nearly impossible to estimate a timeline for such a project. With no financial barriers to overcome for anything on earth, the size of constructing anything will never be a concern. However, without the money barriers required to overcome with today's projects, this timeline would be exponentially diminished. Furthermore, this system would eliminate the worries, anxiety and stress of our children learning to drive and the outrageous number of deaths worldwide from automobile accidents. Conversion would be to every house level. Every human being will have a chair to use in the system. There would be fold-out tables in the armrests, the seats would be heated and a heated floor pad in front of the chair. A glass bubble would enclose the chair for inclement weather. The chair will be used from the home to the mass rapid transit line. The chair will lock in place in the mass unit of the main line. Computers would be used to book you from point of origin to destination. This will determine your departure time from home, position in mass unit and arrival time at destination. You would be able to pre-schedule recurring daily trips, such as to and from work for extended periods. This will enable the computer scheduler to best optimize the system. Airplanes would be converted to load, unload the chairs and to using hydrogen fuel. The main monorail lines would be throughout and between cities per continent. Reclining backs and extending footrests would be controlled by space limitations. Each chair would include a luggage compartment, which could not be opened while moving. Chair parking at public destinations would be used to encourage some physical activity. Long-haul mass transit units could utilize tri-levels for increased capacity. However, this would increase safety complications of using washrooms in transit. Extensive research and design could possibly include washroom functionality per chair with dispensing waste at home. Adjustable gray scale functionality will be built into the glass bubble for privacy; numerous variations of privacy control could be used. Chair bubbles would need to adjust to bed position, including fully reclined back and footrest extended while sleeping for safety and comfort on long-haul trips. For safety reasons, the chair could not be set to bed position in single transit to mass transit units. A seatbelt would also be required and done up before chair would become mobile. A flashing light will identify any chair seatbelt that is undone when locked into a mass unit. If occupant refuses to refasten their seatbelt within seconds an automated seatbelt would connect to ensure the mass unit is not delayed for departure. The armrests would prevent occupant from rolling out of their chair in a bed position. Two seat chairs would be available for parents with child. Family units would require extensive detailed research and design. Trains and semi-trailers would need to be converted to burning hydrogen. Emergency vehicles will be converted to either electric or hydrogen power. Or they could use a combination of both. With the removal of personal use vehicles from current roadways, the use of hydrogen should be safer to use. I would like to see a standard cookie cutter hospital designed with a complete training system to be able to build in any location requiring a hospital worldwide. If every human being lived lives of such love, no one would do anything that could possibly cause them any harm now or in the life to come! Because of this the current impossibly our unjust penal justice system could be eliminated and replaced with an equally impossibly just one.

## **Love justice system:**

By this I mean acceptance, confession, repentance and enough love for forgiveness to make the person who committed the crime not become a repeat offender. If the person accused confesses to the person accusing them and asks for forgiveness, the person accusing them must forgive the person; or if they insist the person must be put in prison, they are accepting responsibility to visit the person in prison to care for their well-being. Matthew 25 verse 36: "I was naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me." Matthew 18 verses 21 and 22: <sup>21</sup> "Then Peter came to Him and said, 'Lord, how often shall my brother sin against me, and I forgive him? Up to seven times?' <sup>22</sup> Jesus said to him, 'I do not say to you, up to seven times, but up to seventy times seven.'" The best judge for this justice system would be a lie detector. The accuser will ask only questions that can be answered yes or no. Matthew 5 verse 37: "But let your 'Yes' be 'Yes,' and your 'No,' 'No.'" For whatever is more than these is from the evil one. If the person accused lies, they are accepting going to jail with no one required to visit them for their care and well-being. The only crime unforgivable by humankind is murder, because the person the murderer requires forgiveness from is dead! It is impossible for humankind to have any kind of a truly just justice system, because we do not know perfectly what happened. Because of this, the impossibly just love justice system is more acceptable, because by using this we would learn the true

purpose of the intense feeling of anger is to be sure you are aware of the amount of love required to resolve the reason for your anger. Oh the joy life would be to know your work every day contributes to the survival of all humankind, not just your own. If you have experienced the true joy and happiness from giving from your heart true love relationship, you will want the life of joy and happiness of this singular joy and happiness multiplied by 6 billion human beings worldwide, for everyone is your neighbor! You will not be able to work as much as you want to, to have the continuous joy and happiness you will receive in your heart, soul and mind from true giving from your heart love for your neighbor; it will just keep you going wanting more joy and happiness. I pray that this life will be the first so-called virus that every human being will want to be infected with! I am confident it will, because there is nothing more powerful than love. The greater the love, the more powerful it is. For example, God is love and there is no being more powerful than God! I cannot think of a more peaceful, free and loving perfect world for humankind to live in. Not only does our subconscious mind want our conscious mind's thinking to be correct, but also we must think big to achieve big results, only the universe is bigger than the world! I think the world is big enough for us humankind to think about. Let us fix the earth we have destroyed before we think about destroying another planet in the universe, and use all the time and effort seeking another planet, to seek ways to fix the earth. Let us stop worrying about how much money we will need to build or fix something and worry about the amount of work we need to do to build or fix something.

It is a sad state of affairs if humankind cannot decide to remove the one real barrier, money, from our freedom worldwide. Money stops us from providing the timely response required to save lives in natural disasters. Let's remove this death sentence on humankind! The list of pros of eliminating money is endless, but I am unable to think of a single con. Everyone is equal, there is no rich and poor, just rich. Everyone will be joyful and happy, content. The only real difference will be bosses, managers, workers and children. I guess that power generation could convert from building massive, environment-destroying generating stations into numerous smaller generating stations with relatively no environmental impact. I can only guess, but those in the know of every business worldwide, would instantly know the pros for their business without a money barrier to worry about. I am confident that with modern technology this system would not be too difficult for the techno geniuses to develop. They only need the request from humankind to begin. Oh, if humankind would agree, this would be a perfect world; we could soon begin making it our reality! What humankind needs are leaders with the desire to provide the citizens of their countries with such a perfect world. The challenge is to gather them all together for a meeting to discuss the possibilities of such a perfect world. It covers all aspects of world's dilemmas being discussed often by NGOs; there could be worldwide peace and security, agriculture, aquaculture and forestry, children, youth and family welfare, community development, disability issues, disasters and humanitarian affairs. We could implement worldwide education

and training, energy, environment and climate change, financial accessibility and management. Everything from food security and nutrition, gender issues, HIV/AIDS, TB, malaria, health and medical, (resolved by cookie cutter hospitals worldwide) could be addressed. This worldwide program would cover everything from human rights, information and communications, job creation and enterprise development, labour conditions, migration and population, refugees and internally displaced persons, shelter, housing, land management and construction, tourism, travel, leisure and sports, trade and development, transportation and logistics and water and related ecosystems. With no financial barriers, every one of these global concerns will be easily addressed. The plan already has specific steps for many of these identified areas requiring resolutions. It is a universal amount of labor and effort; but without the financial barrier, it is possible to achieve resolutions to these outstanding global dilemmas we have caused here on earth. We have caused this devastation to the earth so we must do everything possible to correct them ASAP. We are the generation that is required to begin repairing the earth before it is too late. The earth does not have much time left before Satan accomplishes his goal of making humankind make the earth non-life sustaining to make every living creature extinct worldwide. To be sure humankind is prepared for this catastrophe, I say let's become the army of God (church of God) now as the body of Jesus Christ to be sure we all have everlasting life! We must not procrastinate on this; the beginning of the perfect life that will enable humankind to choose to work

## The Perfect Life!

### Chapter Six Positively a Near Perfect World:

towards the perfect world. Satan has deceived humankind long enough. We only need to choose to take control of the perfect world God created for us to live on and as, lives of complete joy and happiness, lives of complete giving from your heart love. We need to have a love for God and for each other as yourself.



The Perfect Life!

Chapter Six Positively a Near Perfect World:

## **Recreation:**

All children will have equal opportunities to participate in any organized sport they desire. People with the abilities to coach or referee organized sports will receive card activation, if they are consistent and chosen to continue with the team or sport.

## Chapter Seven Handling Change:

Keep an open and positive mind. Look for the negatives you have lost or left behind. Look for the positives you have gained from the change; simply put, the negatives lost or left behind are the greatest positive of it all. I learned on January 16, 2006 by taking an on-line IQ test that I would probably be great at living with changes. In addition, I learn new things well and quickly. Here are some details from my IQ test. I believe this is most accurate in describing me from some questions I answered on an IQ test!

*Your Intellectual Type is: You have the unusual talent of being equally good at both mathematical and verbal skills. That, paired with your thirst to learn through experience, makes you an inventive inquisitor. Your strength lies in the methodology you have naturally adopted to understand the world. Basically, you have perfected "learning through living." You have a unique ability to teach others by taking them through actual experiences. Your talents come in handy, especially when confronted with unfamiliar or unproven situations.* Most people search their brains for previously stored information that might help in a given situation. You, however, take things as they come and see things as they are. You are a great improviser and are probably open to an unusual amount of change. I write this by my experience, how I have managed to handle all the changes in my life since 2002, when I became a half physically dead miracle man walking. I feel I

must explain my wording of being a half physically dead, miracle man walking. The majority of the right side of my brain was damaged from four bleeds in my brain due to burst aneurysms in December 2002. I lost the sense of touch on the entire left side of my body, but thank God, for the blessing of still feeling pain on the entire left side of my body: for without the sense of pain, I would have no idea that something had happened, requiring my attention! I also lost the entire left side of my field of vision. How to handle losing positives in the change: for you may lose positives as well as negatives, which needs to be accepted to be able to enable yourself to move on and do the best you can with whatever is left. You must not concentrate only on one of the types of changes, but be sure to be aware of both types of changes to avoid allowing either type to become more negative, which is a great challenge for me. I also lost my sense of awareness, or recognition, making it impossible for me to be aware of anything now. One of the strangest inconvenience, or the most annoying change that occurred in my life since miraculously surviving four massive hemorrhagic strokes, is my nose runs continuously. This has made me conclude the reason colds are the most common incurable sickness most human beings suffer from. It's the normal way a human body must function in order to keep the parts of the body lubricated as required; but one congests it by the negative thinking that you are sick if your nose begins to run uncontrollably. I do not think I have a cold, I just blow my nose as required to be presentable in public. However, this was most extreme on August 22, 2013, when I

used an entire box of Kleenex blowing my nose in one day! I continued my stair climbing exercises this entire day as well, with only my first run being the slowest timed since July 26, 2013, of 37.78 seconds. My last run of the day was only 34.06 seconds, only .06 slower than my personal record of 34.00 seconds! The greatest change in my life was being forced to accept the truth that I require asking people to help me do almost everything in my life physically now opposed to me helping other people physically. I know from experience that I am high in depression, so I do not let my thoughts dwell on everything I am not able to do now physically; but I concentrate my thoughts and time on what I am able to do now physically, or how or what I might need to change to do the most I am able to do myself physically; and I've learned not to worry about what others might think of me in how I determine how to do things. I must do anything now while living half physically dead and being a miracle man walking!

## Ignorance is Bliss:

I now have complete trust in God, combined with giving from my heart love for my neighbor as myself, which is the perfect life It is a life of complete joy and happiness, (a life free of worry, anxiety, stress and fear). Which we humankind seek desire and are required to be living now at the end of the age. I can honestly say that living without the sense of awareness is blissful. You must take positive action to handle any negative changes that you are able to change yourself. Do not worry or dwell on any changes that you can do nothing to change for the positive, but accept it and move forward, doing the best you are able due to the change. Such as the normal way for a human body to react if there is a loss of brain control, which is to contract inward to try the utmost to protect vital organs. My left foot is constantly contracted or rotated inward, resulting in the outside left of the toe of my left foot dragging as I step forward; without the sense of touch, and or awareness, I have no idea this is happening to even try to straighten it out.



Here's a side view of the hole worn in my left shoe.

(key this into the command line of your browser to view the image on-line!  
<http://www.keithlistoe.ca/S2020320.JPG>)

The Perfect Life!

Chapter Seven Handling Change:



Here's a view from bottom of hole worn in my left shoe!

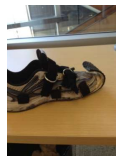
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Here's another bottom view of the hole worn in my left shoe.

(key this into the command line of your browser to view the image on-line!  
<http://www.keithlistoe.ca/S2020322.JPG>)

I am only able to straighten it if I look at my foot to watch it as I take a step, but it is a hazard enough for me walking being half blind now. Thank God my son, Cody, is a welder and successfully made the Keith less toe protecting footwear, 3/16-stainless steel-toe cover for me, and the shoe guy at the Grant Park Shopping Center put Velcro straps on it to hold it on my footwear.



Here's my Keith-less toe-protecting footwear 3/16 stainless steel toe cover.

The Perfect Life!

Chapter Seven Handling Change:

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[http://www.keithlistoe.ca/Keithlesstoe\\_protecting\\_footwear\\_steel\\_toe\\_cover.jpg.JPG](http://www.keithlistoe.ca/Keithlesstoe_protecting_footwear_steel_toe_cover.jpg.JPG))**

The picture included is the third version as a permanent attachment to my footwear now to avoid the straps coming undone and the Keith-less toe-protecting footwear flying off my foot and swinging into my right foot, which hurt it greatly once. The original prototype is now used as a special peddle on my adult tricycle,



**Prototype converted to special pedal on my adult tricycle!**

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[http://www.keithlistoe.ca/special\\_pedal.jpg.JPG](http://www.keithlistoe.ca/special_pedal.jpg.JPG))**

enabling me to ride it without worrying that my left foot will fall off the pedal without me knowing it until I feel the pain of riding over it or such. I am more comfortable riding my tricycle than walking, because I can turn my head to the left to be sure I see more without losing my balance as I do if I turn my head too far as I'm walking. I also wear a bright reflective vest now if I go outside for a walk or to ride my tricycle anywhere, after I was struck by a small red car on May 24, 2012. That happened as I was walking across Main Street at Broadway, late in the evening after dark. I was wearing my dark blue spring jacket, making it nearly

The Perfect Life!

Chapter Seven Handling Change:

impossible for the young woman driving to see me before I was on the hood of her car. This is also when I thought, *I am on the hood of the car*; I can hear the brakes screeching. It happened so fast from my blind left side, while I was returning home from the St. Vital Mall. I was preparing to ride my tricycle to the Petro Canada Lubricants Warehouse on Friday, May 25, 2012, to go to Saskatoon, Sk. with it on Sunday, May 27, 2012



On my adult tricycle with my reflective vest in Spiritwood, Sk. in 2012!

(key this into the command line of your browser to view the image on-line! [http://www.keithlistoe.ca/Keith\\_on\\_trike.jpg.png](http://www.keithlistoe.ca/Keith_on_trike.jpg.png))

I am awaiting my son, Tyler, to install turn signals, switches and lights on my tricycle, along with a brake light operated by my hand brake. I have also asked him to research converting a power wheelchair to include a gasoline engine battery charger, which will greatly increase the range I could travel with it at a maximum speed of 5 miles per hour. I was able to have this idea, because Tyler was a member of the SAE University of Manitoba team that built a hybrid Formula One race car and he has graduated as an electrical engineer now. I often experienced the strange ability to understand a question someone was asking, though the person



they were asking did not understand the question. I was able to reword the question for them to understand and answer the question. My work experiences proved I learn new things quickly and well per the following: I had to find a job in Saskatoon, Saskatchewan, in September/October of 1981. My Uncle John, living in Saskatoon, Saskatchewan was also looking for work. He was tired of getting laid off every winter, and then being called back to work in the spring. He was working for the city of Saskatoon Parks and Recreation Department then. He phoned me one Thursday afternoon with a request that I go take his interview for a job the next day that he didn't want. The job did not pay as much as he was getting from unemployment insurance, so I phoned the company doing the interview to ask if it was OK that I came instead of my Uncle John, and they said sure. I met with Garry Paulson, the owner, founder of the company, Startco Engineering on Friday morning. At the end of the interview he asked me if I was available to start work on Monday and I said "yes"! I was hired! The type of work was electrical assembly of large power centers used/sold to the potash industry to control supply power to the large electric motors used in the mines. Learning how to assemble these machines was all on the job training. After two weeks of training, Bill Landman, the supervisor, said I was ready to work on my own, which I was successful at doing.

The Perfect Life!

Chapter Seven Handling Change:



**Keith in front of mining machine in the Lanigan Potash mine!**

**(key this into the command line of your browser to view the image on-line!  
[http://www.keithlistoe.ca/Keith\\_in\\_front\\_of\\_potash\\_miner.jpg](http://www.keithlistoe.ca/Keith_in_front_of_potash_miner.jpg))**



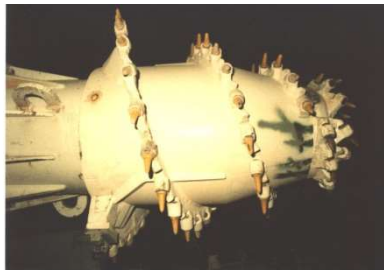
**Here's a roof bolter and overhead crane control pedestal I installed on the mining machine in the Lanigan Potash mine!**

**(key this into the command line of your browser to view the image on-line! [http://www.keithlistoe.ca/overhead\\_crane-roof\\_bolter\\_control\\_console\\_I\\_designed\\_built-inst.jpg](http://www.keithlistoe.ca/overhead_crane-roof_bolter_control_console_I_designed_built-inst.jpg))**



**Here's a picture of assembling the roof bolter and overhead crane control pedestal in the shop!**

**(key this into the command line of your browser to view the image on-line!  
[http://www.keithlistoe.ca/startco\\_my\\_crane-roof\\_bolter\\_pedestal\\_interior.jpg](http://www.keithlistoe.ca/startco_my_crane-roof_bolter_pedestal_interior.jpg))**



**Here's a close-up of the new overhead rotating booms added to the base Marietta mining machine!**

**(key this into the command line of your browser to view the image on-line!  
[http://www.keithlistoe.ca/potash\\_miner\\_New\\_overhead\\_rotating\\_booms\\_closeup.jpg](http://www.keithlistoe.ca/potash_miner_New_overhead_rotating_booms_closeup.jpg))**

The Perfect Life!

Chapter Seven Handling Change:



Here's the engineer who designed the installed control console for the new overhead rotating booms.

(key this into the command line of your browser to view the image on-line!  
[http://www.keithlistoe.ca/potash\\_miner\\_New\\_control\\_centre.jpg](http://www.keithlistoe.ca/potash_miner_New_control_centre.jpg))



This is the end of the Luscar power center.

(key this into the command line of your browser to view the image on-line!  
[http://www.keithlistoe.ca/startco\\_luscar\\_power\\_centre.jpg](http://www.keithlistoe.ca/startco_luscar_power_centre.jpg))



This is a side of Luscar power center!

(key this into the command line of your browser to view the image on-line!  
[http://www.keithlistoe.ca/startco\\_luscar\\_power\\_centre2.jpg](http://www.keithlistoe.ca/startco_luscar_power_centre2.jpg))

The Perfect Life!

Chapter Seven Handling Change:



Here is the loading of the completed Luscar power center on a flat-bed trailer for delivery to the customer!

(key this into the command line of your browser to view the image on-line!  
[http://www.keithlistoe.ca/startco\\_luscar\\_power\\_centre3.jpg](http://www.keithlistoe.ca/startco_luscar_power_centre3.jpg))

I was then told this was the quickest anyone had been allowed to work on their own! After a couple months, they introduced a bonus plan to increase the best worker's pay. This went as follows: Bill allotted so many hours to complete each machine. Each employee would time stamp in and out for the total number of hours worked on a machine. If the machine was completed in fewer hours than allotted for the machine, the difference in hours added to the bonus pot. At the end of the month, the supervisor, Bill, divided the bonus pot by the number of employees plus one, each employee's time was analyzed to determine which employee had contributed the most hours to the pot. This employee would receive the extra portion of the bonus pot. I received this extra bonus pay for six consecutive months. My co-workers were not very happy, as they could not work faster than I could, even though they had been working there for two or three years and I wasn't even there a year yet. I was successful in getting a job with Northern Telecom in their electronics assembly division, where they assembled the electronic equipment for transmitting and receiving information over the fiber optic cables they manufactured and sold. My pay rate at Startco was just over

\$5 per hour and my starting rate at NT was \$9.25 per hour. When I went in to tell Garry Paulson that I was quitting, taking this better paying job, he asked, "How much are they offering?" I told him \$9.25 per hour. He said, "I would match their pay if you stay here working for Startco. I also have plans to open another shop to assemble vibration controllers, which I was hoping you would operate for Startco." I had to refuse, as I believed there was more opportunity at Northern Telecom, but when I went out to the back to say goodbye to my co-workers I told them that Garry was offering over \$9 per hour. They should all go talk to him. Garry was very mad at me for doing this as he gave them each this raise. However, many years later I talked to him and he was very grateful that I had done this. As after that, he had very little turnover in his staff, which was a major problem before this. NT seemed like a great company to work for. Again, I learned very quickly, my first job there being in first assembly. In the first six weeks working at NT, I had five different jobs each one with an increase in pay; these jobs were first assembly, second assembly, quality inspection, supervisor – evening shift and tester two, almost doubling my starting wage in the process. As well as being able to work unlimited overtime. When I started working for NT, I was one of the six male employees in the plant. Because this equipment was all new technology, there were nothing off the shelf to do any of the testing, but the tests had to be developed. I worked directly with the engineers who designed the equipment to write the test procedures for the FD565 system test I was to perform on every board manufactured. Shortly after I started

working for Petro Canada in 1987, I had an idea of how to rearrange the product in the storage shelves to improve my efficiency picking orders. The foreman, Walter Kolsun, did not like my ideas, but Bill Soloway really did, so he and I rearranged the products in the storage shelves. One day in 1988-1989 both Walter and Bill were off on the same day. I arrived at work seeing five boxcars on the south side of the warehouse. I knew I needed to pick the orders for the city deliveries first thing then I would start unloading the first boxcar till mid-afternoon. When I knew I needed to begin picking the orders for out-of-town deliveries. I worked as fast and safely as I possibly could. Totally surprising myself, I unloaded and put away all five boxcars by mid-afternoon. Then I completed picking all the out-of-town orders. The next day, Walter and Bill asked me how many people I hired to help me unload five boxcars and pick all the orders. I replied, "None, without the two of you in my way slowing me down, I was able to work much faster and efficiently completing it all safely and no problems or spills of any kind." I still have photographic face recognition for any face I knew before 2002, but extremely limited or few new faces I have seen that I recognize since 2002. I thank God, because I do recognize all of the following listed new people now:

## The Perfect Life!

## Chapter Seven Handling Change:

	<u>Name</u>	<u>work</u>	<u>bowling</u>	<u>church</u>	<u>Other</u>	<u>On the bus</u>
1	<u>Al Chop</u>	<u>1</u>				
2	<u>Angela Leochko-Price</u>	<u>1</u>				
3	<u>Art Hilderman</u>			<u>1</u>		
4	<u>Audrey Hilderman</u>			<u>1</u>		
5	<u>Barbara Nixon</u>	<u>1</u>				
6	<u>Bernie Cope</u>		<u>1</u>			
7	<u>Betsy Ross</u>	<u>1</u>				
8	<u>Bill Antymniuk</u>	<u>X</u>	<u>1</u>			
9	<u>Bill Fawcet</u>		<u>1</u>			
10	<u>Bob Bartlette</u>			<u>1</u>		
11	<u>Bob Clow</u>			<u>1</u>		
12	<u>Brenda boards bus at Balmoral station</u>					<u>1</u>
13	<u>Brent Day</u>			<u>1</u>		
14	<u>Brian Wills</u>	<u>1</u>				
15	<u>Not allowed to use name</u>	<u>1</u>				
16	<u>Bob Wiebe</u>	<u>1</u>				
17	<u>Bud Filby</u>			<u>1</u>		
18	<u>Carlyle Safeway customer service</u>				<u>1</u>	
19	<u>Carol Cope</u>		<u>1</u>			
20	<u>Cindy Conway</u>		<u>1</u>			
21	<u>Cindy Nachtigall</u>			<u>1</u>		
22	<u>Not allowed to use name</u>	<u>1</u>				
23	<u>Not allowed to use name</u>	<u>1</u>				
24	<u>Chris Loepky</u>	<u>1</u>				
25	<u>Colette Jamieson</u>	<u>1</u>				
26	<u>Dale Boyer</u>			<u>1</u>		



## The Perfect Life!

## Chapter Seven Handling Change:

27	<u>Darcy Pagan</u>			<u>1</u>		
28	<u>Darrel Sunka</u>		<u>1</u>			
29	<u>David Meier</u>	1				
30	<u>Debbie Superstore teller</u>					<u>1</u>
31	<u>Dorothy Pagan</u>			<u>1</u>		
32	<u>Doug Bradley</u>		<u>1</u>			
33	Drew Deck			1		
34	<u>Eileen Clow</u>			<u>1</u>		
35	<u>Eldon Hemminger</u>	<u>1</u>				
36	<u>Erin Green</u>	1				
37	<u>Esther Weiss</u>			<u>1</u>		
38	<u>Farhana Jahan</u>	<u>1</u>				
39	<u>Fran Robinson</u>		<u>1</u>			
40	Gail Anderson			1		
	<u>Name</u>	<u>work</u>	<u>bowling</u>	<u>church</u>	<u>Other</u>	<u>On the bus</u>
41	<u>Garry Grant</u>	<u>X</u>	<u>1</u>			
42	<u>Gennaro Pellegrino</u>	1				
43	<u>Georg Schreckenbach</u>			<u>1</u>		
44	<u>Not allowed to use name</u>	<u>1</u>				
45	<u>Gerald Safeway manager</u>					<u>1</u>
46	<u>Glen Reitmeier</u>	1				
47	<u>Guy Arbez</u>	<u>1</u>				
48	<u>Harold Weiss</u>			<u>1</u>		
49	<u>Ian Mann</u>	<u>1</u>				
50	<u>Ingthor Isfeld</u>			<u>1</u>		
51	<u>Jack Moore</u>			<u>1</u>		
52	<u>Jamie Hall</u>	<u>1</u>		<u>1</u>		
53	<u>Jodie Lowe</u>	1				
54	<u>John Hart</u>	<u>1</u>				

## The Perfect Life!

## Chapter Seven Handling Change:

55	<u>Jill Johnson</u>	<u>1</u>			
56	<u>Judy Grant</u>	<u>X</u>	<u>1</u>		
57	<u>June Day</u>			<u>1</u>	
58	<u>Katherine Bartmanovich</u>			<u>1</u>	
59	<u>Katherine Thorstienson</u>			<u>1</u>	
60	<u>Keith Single</u>			<u>1</u>	
61	<u>Kim Andre</u>	<u>1</u>			
62	<u>Not allowed to use name</u>	<u>1</u>			
63	<u>Kris Nelson</u>	<u>1</u>			
64	<u>Not allowed to use name</u>	<u>1</u>			
65	<u>Larry Chaput</u>	<u>1</u>			
66	<u>Lauro Pagtakhan</u>	<u>1</u>			
	<u>Linda - boarded the bus at</u>				
67	<u>Lakeside</u>				<u>1</u>
68	<u>Lisa Legge</u>	<u>1</u>			
	<u>Lois Chancellor square</u>				
69	<u>apartments</u>			<u>1</u>	
70	<u>Lynne Gauthier</u>	<u>1</u>			
71	<u>Malony Capina</u>	<u>1</u>			
72	<u>Mark Mandzik</u>	<u>1</u>			
73	<u>Mark Olfert</u>		<u>1</u>		
74	<u>Marilyn Bradley</u>		<u>1</u>		
	<u>Michael Manitoba Hydro</u>				
75	<u>Place</u>	<u>1</u>			<u>1</u>
76	<u>Michelle Leganchuk</u>	<u>1</u>			
77	<u>Mona Hiebert</u>	<u>1</u>			
78	<u>Monica Deck</u>			1	
79	<u>Myron Mazur</u>	<u>1</u>			
80	<u>Netty</u>				<u>1</u>
81	<u>Nicole Wingate</u>	<u>1</u>			

## The Perfect Life!

## Chapter Seven Handling Change:

	<u>Name</u>	<u>work</u>	<u>bowling</u>	<u>church</u>	<u>Other</u>	<u>On the bus</u>
82	<u>Paul Baker</u>	<u>1</u>				
83	<u>Paul Bergsagel</u>			<u>1</u>		
84	<u>Paul Funk</u>	<u>X</u>				
85	<u>Paul Pattyn</u>	<u>1</u>				
	<u>Paul Safeway customer</u>					
86	<u>service</u>				<u>1</u>	
87	<u>Paul Straszynski</u>	<u>1</u>				
88	<u>Peter Roth</u>	<u>1</u>				
89	<u>Phil Enns</u>			<u>1</u>		
90	<u>Rene Roy</u>	<u>1</u>				<u>1</u>
91	<u>Rick Walker</u>	<u>X</u>	<u>1</u>			
92	<u>Not allowed to use name</u>	<u>1</u>				
93	<u>Rob Monson</u>			<u>1</u>		
94	<u>Robert Boni</u>	<u>1</u>				
95	<u>Roger Rosenberg</u>			<u>1</u>		
96	<u>Ron Monson</u>			<u>1</u>		
	<u>Rory security guard</u>					
97	<u>Manitoba Hydro Place</u>	<u>1</u>				
98	<u>Ryan Armstrong</u>	<u>1</u>				
99	<u>Ryan Kitz</u>	<u>1</u>				
	<u>Sandy Safeway customer</u>					
100	<u>service</u>				<u>1</u>	
101	<u>Shirley Knip</u>			<u>1</u>		
	<u>Steve security guard</u>					
102	<u>Manitoba Hydro Place</u>	<u>1</u>				
103	<u>Not allowed to use name</u>	<u>1</u>				
	<u>Taomi-Safeway customer</u>					
104	<u>service</u>				<u>1</u>	

## The Perfect Life!

## Chapter Seven Handling Change:

105	<u>Terri Keith</u>	<u>1</u>				
106	<u>Terry Liu</u>	<u>1</u>				
107	<u>Trevor Sinclair</u>	<u>1</u>				
	<u>Tyler Pajak mail room</u>					
108	<u>Manitoba Hydro Place</u>	<u>1</u>				
109	<u>Vickie Albrecht</u>				1	
110	<u>Werner Toews</u>	<u>1</u>				
111	<u>Xueshan Geng</u>	<u>1</u>				
112	<u>Zach Regiec</u>	<u>1</u>				
	<u>Name</u>	<u>work</u>	<u>bowling</u>	<u>church</u>	<u>Other</u>	<u>On the bus</u>
	<u>Totals</u>	<u>57</u>	<u>13</u>	<u>30</u>	<u>7</u>	<u>5</u>

And I'm even more thankful that I remember all of these new names now, because before the bleeds in my brain, as mentioned earlier, I had photographic new face recognition, but I could not remember any new names when I met someone. I have decided to try harder to remember names, because at least it is a person I do not recognize that I can ask and they can answer. I also do not recognize vehicles, but had to wait until I could read the license plate on my own 2002 Pontiac Grand Prix to know it was Teri coming to pick me up. I must consciously think about everything I look at now to recognize or know what I am seeing. Furthermore, since 2000, I have lost or unknowingly given away over \$1 million in personal net worth. I had started my own SAP consulting business named LISTUEN Corp. on July 1, 1997 with a contract with Agreevo NA, under a subcontract through Tullamore Advantage, on a subcontract with Earnst and Young. I earned

## The Perfect Life!

## Chapter Seven Handling Change:

approximately \$1.3 million in income over the first three years of business without any advertising or marketing, but I also spent \$1.3 million in expenses. I had 14 weeks paid vacation in the third year also to enjoy all the toys I had bought with all the money I had made.



**Me in front of my 1999 Z20 Mariah inboard boat!!!**

**(key this into the command line of your browser to view the image on-line!  
[http://www.keithlistoe.ca/myboat\\_new.jpg](http://www.keithlistoe.ca/myboat_new.jpg))**



**My 1999 28.5-foot Terry fifth wheel trailer!**

**(key this into the command line of your browser to view the image on-line!  
[http://www.keithlistoe.ca/traileroutside\\_slideout\\_side.jpg](http://www.keithlistoe.ca/traileroutside_slideout_side.jpg))**

I made the mistake of letting my insurance lapse in 2002, so I had no disability insurance when I had the four massive hemorrhagic strokes in December 2002, resulting in me living off my outstanding work and personal credit lines. Through the assistance of my occupational therapist at the Health Sciences Center Hospital, I began receiving CPP disability insurance in the fall of 2003. I had no idea if I was still able to work like I did before, because everything was from my memory of how the SAP

System could be configured and I did not have my own personal copy of the SAP System to try anything in; so I decided, to see if I could volunteer at Manitoba Hydro to be able to determine if I was, or wasn't able to work like I did before, before I bid on any new jobs under my own business LISTUEN Corp. The first test was I could not log onto the computer I was sitting at. I did my own problem solving after numerous failed attempts to log-on and I found the network cable was not plugged into the back of the computer. I plugged it in and had no problems logging on after that. I was able to provide suggestions after my first week as a volunteer to enable them to resolve one long outstanding problem. This provided me the confidence that I was still able to work like I did before the strokes. Manitoba Hydro then asked me if I would like to try configuring the system for e-mail outputs of purchasing documents in a test system. I successfully completed this configuration through January and February of 2004. I received a phone call from a previously used third party in March of 2004, saying, "We have heard of everything that has happened to you, but Hercules wants to know, if you are still able to work like you did before." I answered, "Yes, I am still able to work like I did before, but I am unable to drive now." I thought, this is great; I will be able to make enough money to clear my debt now. I phoned the manager, Charlie Carbo, I knew at Hercules, to ask him what the reason for this call was. He answered, "We have had SAP working on our problems for the past two years and they only say it is impossible for the system to do what we need it to do; so we thought, our only chance of resolving these problems

was if you are still able to work like you used to.” I accepted this work for Hercules in Wilmington, Delaware, performing one week of work in Wilmington and a second week of work remotely from home. I resolved one problem 100 percent, but the second only proved to them that the system could do what they needed it to do, but they were unable to provide the logic to have me resolve the problem 100 percent. However, through further enhancement development of the e-mail process at Manitoba Hydro, I heard for the first time working with the SAP Software, “this is perfect.” The functionality developed is a new technique that would resolve Hercules’s problem 100 percent perfectly also, but I no longer do any SAP consulting. This new concept or technique makes the computer work for you and not you working for the computer; it’s user friendly. In brief, this is to present the user with the information available to enable the user to select the information they want to use, opposed to having to manually look for the information available and manually copy and paste the information they want to use. I had to pay my travel expenses upfront and bill the third party for them in addition with my billable hours. Hercules paid the third party promptly, but the third party never paid me. I became angrier and angrier when this man refused to even talk to me on the phone, but instantly hung up when he heard my voice. I became sickened with my thoughts of what I could, should and would do to make this man pay me without the hassle and expense of using lawyers. I only had to convince my logical thinking mind that I would be OK if I only reduce my standard of living to pay off my outstanding debt,

which was now double what it was before doing this work for Hercules. In June 2004, I received a request from Manitoba Hydro, if I would like a paid position to cover an employee going off on maternity leave. I accepted this offer of employment and began on June 14, 2004 in the SAP Support Services Department at Manitoba Hydro. I received a number of temporary positions until August 31, 2006 when I received the news that Bob Brennan, the President and CEO, had personally approved me for a permanent position working for Manitoba Hydro. Through my daily devotional readings in 2007, I made the decision to forgive the man, who refused to pay me his debt to me, instantly receiving complete peace of heart, soul and mind! In 1987 Petro Canada announced a program to help their employees purchase their own personal computers. I knew nothing about personal computers other than my cousin, Alan Listoe, had bought an Apple II+, so I phoned him to ask his advice on which of the two computers I should buy, being one with a 5.25-inch floppy disk drive or the second with a 20 MB hard drive. He recommended the computer with the 5.25-inch floppy disk drive. I ignored his advice and bought the IBM 286 with the 20 MB hard drive. The computer arrived at the supplying company on a Thursday, but they did not have anyone to deliver it before the weekend, so I asked if I could pick it up from the store, because I wanted it before the weekend. When I turned it on, the menu on the screen was the name of the supplying company. I immediately decided *I sure do not want that as the menu for my personal computer*. I had received a DOS manual with the computer, so I thought it



must be in here how to display information on the screen. By Sunday evening the screen read the Listoe computer main menu, with all the same options the original menu had. On Monday morning the supplying company phoned to ask if I would like a technician to come out to verify I had set everything up correctly. I thought, *what harm it could do to have it professionally verified*, so I agreed. A woman from this company arrived just after lunch on Monday. She called me into the room, asking me if there was a phone she could use. I brought her a phone and sat down beside her. She called the manager at her company, telling him, "The computer started no problems, but the menu is the Listoe computer main menu and I have no idea what to do." I quickly interrupted her saying, "Thank you for coming over, but you may leave now!" This was shortly after our first child was born that made my finances very tight, which did not enable me to spend any money on software, so I pirated numerous software programs from whomever I could. However, this forced me to learn each software program by myself without any printed documentation. I do remember I had Lotus 123, Word Perfect and dbase II, but after I bought and installed Windows, I then bought and converted to Microsoft Office Suite of applications, being Excel and Word. When the first SAP Instructor started playing/learning how to use a mouse, in March of 1992, on SAP R3 version 1.1, I immediately decided, I can learn the software quicker myself than watch her learn how to use a mouse; so I ignored her and learned the SAP software as I had learned all previous software on my personal computer. We had a new instructor named, Pascal Nass. Pascal

was from Paris and was still learning to speak English, but he spoke well enough for me to realize he had an in-depth knowledge of the SAP system. After his first week he said, "OK, I think we are ready to start configuring our own company in the system." I quickly responded, "I have already configured my own company in the system." He said, "OK, I will use your company to show what we have not learned yet to make it usable." He created a customer, then a material code and received some inventory into the plant for his material. He then created a sales order to his customer for some material. He created the delivery note for the sales order, picked it and post goods issue for the delivery. He was completely shocked that there were no errors on the financial postings that he had not taught any of the configurations for it yet. I was only able to learn the SAP System so well and quickly, because I was on the system learning it for about 16.5 hours per day. I could see and understand the benefits the SAP System would make for my day-to-day job in inventory management, so I was eager to put in the extra hours while on the road to simplify my job in the long run. I lived on only four hours of sleep until the bleeds in my brain in December 2002! I never had any moments in my life that I felt tired or sleepy, regardless of the hours of sleep I had in a night. My first experience working on a computer is a great example of learning new things quickly and well also. I was registered in the faculty of Engineering at the University of Saskatchewan in 1981; I only had enough money to make a deposit on my tuition, thinking I would get a student loan to pay my tuition. However, my student loan was rejected and I was told

that if I did not pay my tuition within two days of classes, I would be kicked out and I would lose my deposit. I took two days of classes in the computer sciences class learning the FORTRAN IV programming language. I was unsuccessful in getting either of the two programming assignments to work, but after I was promoted to operations supervisor and relocated to Winnipeg, Mb in 1991 working for Petro Canada. The lubricants warehouse in Winnipeg had six large bulk oil storage tanks that had to be measured and temperature corrected to 15 degrees Celsius daily. To convert the volume to 15 degrees Celsius a co-efficient was found in this 2-inch thick book for the temperature and viscosity of oil being converted. The FORTRAN program that was used to print all of the coefficients was printed at the end of this book. I had the idea that this whole process, which took over an hour each day, would be much more efficient if I could convert the FORTRAN program into an Excel function module and write a data entry macro for the readings each day. I was successful in converting this FORTRAN program into an Excel function module and writing the data entry macro. The entire process was reduced to less than five minutes and I included an overview spreadsheet that kept track from day-to-day if there was a loss of oil to know for certain a leak was occurring. Further positive changes in my life came from my daily devotional readings in 2007. I decided to donate the majority, 169 items of my personal household possessions except what I required to cook and serve a Christmas feast for five homeless people here in Winnipeg, which is also everything I required to survive; but I had to be thankful, when only one of the people I

## The Perfect Life!

## Chapter Seven Handling Change:

invited actually came over for the Christmas feast, because I did not cook even enough food for her and my three children present to eat with me. I did not have more than one bite of turkey for my Christmas dinner 2007, but I was OK. I did not need any more than this to survive. I finally managed to sell my one remaining possession of any value, my 28.5-foot Terry fifth wheel trailer in October 2008,



**This was my 1999 28.5-foot Terry fifth wheel trailer!**

**(key this into the command line of your browser to view the image on-line!  
[http://www.keithlistoe.ca/traileroutside\\_slideout\\_side.jpg](http://www.keithlistoe.ca/traileroutside_slideout_side.jpg))**

which enabled me to buy Christmas dinner feast for all of the people supported by Siloam Mission. That was about 600 people for the Siloam Mission and about 200 supported by Lutheran Urban Ministry in December of 2008; after I concluded that it was approximately \$10 per plate for a catered meal, because this has been the greatest material change in my life. I am now a content 8 year old with 43 years' experience half physically dead, miracle man walking. Oh God is great! I can unequivocally say that the greatest material change everyone thinks would be the greatest that could happen to them is to win a lottery of millions of dollars. The only change this would make in your life is an exponential

increase in worries, anxiety stress and fear, which is the furthest possible way to a life of contentment. To be content you must remove all reasons for worries, anxiety, stress and fear from your life. If you have sufficient money and material personal possessions to survive, you should be content! On the other hand, you will be in a position to begin making your life, a life of complete joy and happiness! The most positive for this change, is you do not need to wait for anything to happen to you; but you can easily make the choice now to remove the money and material personal possessions above what you require to survive from your life! To make the choice for a change is completely more positive than having to accept and handle any changes that occur to you. I said I was writing this in complete truthfulness and honesty. I have one change that I really struggle with, which is to just accept and continue on without becoming angry, upset or depressed because of the injuries I incurred from the SUV striking me on December 10, 2005. After I misused and abused the miraculous healing and recovery Jesus worked for me from the four massive hemorrhagic strokes in December of 2002. This misuse and abuse could only have been for my own glory, not the glory to God. I am now unable to skate and play goal. I wanted to play goal well into being a senior citizen. However, I am alive and still able to do miraculous things physically, so I have nothing to complain or feel bad about. Thank you God! Yes, in conclusion, regardless of the change, be thankful. Once you discover the power of thanksgiving, you will be able to get through everything in life! The following are the times of me running up four floors

The Perfect Life!

Chapter Seven Handling Change:

and now eight floors of the stairs at Manitoba Hydro Place, 360 Portage Avenue Winnipeg, Mb.

## The Perfect Life!

## Chapter Seven Handling Change:

Date Tuesday, April 30, 2013	Time in seconds 1st@ 7 AM 44.00	Time in seconds 2nd @ 10 AM 45.90	Time in seconds 3rd@ 2 PM 44.50			
<b>Date</b>	<b>Time in seconds 1st@ 7 AM</b>	<b>Time in seconds 2nd @ 8:30 AM</b>	<b>Time in seconds 3rd@ 10 AM</b>	<b>Time in seconds 4th@ 11:30 AM</b>	<b>Time in seconds 5th@ 1 PM</b>	<b>Time in seconds 6th@ 2:30 PM</b>
Thursda y, July 25, 2013	37.02	36.74	37.93	37.16	35.98 Thank God, I met my chang ed challen ge from last night to time	34.68

## The Perfect Life!

## Chapter Seven Handling Change:

					myself runnin g the 100m dash if I break 36 secon ds climbin g the stairs!! !	
Wednes day, August 14, 2013	35.82	35.27	34.64	34.00 My record time runnin g up four floors!	42.30	34.36
	Time in secon ds 1st@ 7 AM	Time in seconds 2nd@ 11 AM	Time in seconds 3rd@ 3 PM			
Wednes day, Septemb er 25,	87.47 1st timing of	88.16	87.85			



## The Perfect Life!

## Chapter Seven Handling Change:

2013	running 8 floors!					
Wednesday, October 23, 2013	82.87	80.12	79.77 first broke 80 seconds running 8 floors continuously!			
<u>Tuesday, November 05, 2013</u>	<u>80.78</u>	<u>70.76</u> <u>most</u> <u>miraculous</u> <u>time</u> <u>after</u> <u>returning</u> <u>from Dr.</u> <u>appointment</u>	<u>77.30</u>			
Wednesday, March 26, 2014	78.96	75.69	74.48			

For the first two years post being released from the hospital on April 7, 2003, I could count the number of times I felt hungry on two hands and had concluded that I would only feel hungry if I ate too much for a meal. I decided that it was logical and reasonable

to continue eating three meals per day at breakfast, lunch and supper; but I was putting on weight after the first year, so I decided to try not eating one meal per day, so I stopped eating lunch with no change in my feeling hungry or not, but my weight became constant at approximately 150 pounds. Thank God, my children accepted my suggestion for a present of a power food slicer, so I would not have to slice cheese or fresh vegetables one-handed to make my favorite recipe of Lasagna. I have since changed my cooking suppers to once a month after buying 30 single serving freezer containers. I cook using a large Dutch oven full of KLM-n-CD (Keith Listoe Macaroni and Cheese Deluxe) or KLS-n-MSD (Keith Listoe Spaghetti and Meat Sauce Deluxe). This changed, however, in 2012, when I took my tricycle to Spiritwood, Sk. I thought I would be able to ride my tricycle out to my favorite lake, which is Little Shell Lake east of Spiritwood off highway #3. I made my first attempt riding my tricycle to Mildred after successfully riding my tricycle out to my best friend's, Raymond Dumas, in one hour on a gravel road. My legs were completely exhausted before getting anywhere close to Mildred, because it was uphill all the way riding my tricycle for 50 minutes. It only took 15 minutes to ride back to Spiritwood! I was greatly disappointed that it was impossible for me to ride my tricycle out to Little Shell Lake. I decided to spend 100 percent of my time working on the content for <http://www.ondemandwisdom.com>. I made the mistake of continuing to eat too much Trail Mix daily without any physical exercise; and I only had sweat pants to wear, which did not provide me the indication that I was putting on

weight. I had taken my 32-inch waist shorts to wear riding my tricycle. When I returned to Winnipeg in September 2012, I could not put on a pair of my 34-inch pants. I had to buy some new pants that were 40 inches to get them done up with all the weight I had put on. I decided to donate all of my clothing to the Lutheran Urban Ministry to sell in their Christmas store. I decided to go on a three week fast in February 2013 to see if that would enable me to lose the weight and inches I had put on. I lost the majority of the weight and the majority of the inches, but I found some old 34-inch blue jeans I missed donating to LUM. I could do up the button, but I could not do up the zipper! I had to purchase a new suit, shirts and ties to wear to Tyler's iron ring ceremony on March 19, 2013 and to Brandi's wedding on July 6, 2013. The pants were a 36-inch waist, but they still had to let out the butt somewhat to fit properly. I was in peak physical condition in 2002 when I miraculously survived the four massive hemorrhagic strokes. I was 39 years old and still playing hockey in any position except goaltending. The only player on my team that could out skate me was only 18 years old! The first question a doctor asked me in the hospital, was, "What kind of a house do you live in?" I answered, "A two-story house." She responded with another question, "With a full flight of stairs?" I answered, "Yes, it is a two-story house!" She said, "You better plan on selling that house and buying a wheelchair accessible bungalow, because you will never climb stairs again if you are even able to walk again."

After weeks of physiotherapy on my left leg sitting in a wheelchair, I asked if I could try standing up, but the therapist was very firm that it was too soon for me to try that. That night I noticed there was a solid railing around my bed with enough open space around my bed that I could try walking around my bed holding on to the railing. I successfully did this getting the idea that I will really shock my physiotherapist tomorrow, by telling her not to get excited and grab me as I stand up out of my wheelchair and walk past her! She was so shocked I successfully did this that I thought I might have to pick her up off the floor! I received my first day pass out of the hospital on February 14, 2003. The first thing I did when I arrived home was go up the stairs to my bedroom. I had to ask Teri to help me go down, because there was no handrail on the right side of the stairway going down. Mark and Dad put a railing up on this stairway and the stairway in the garage. After I started working for Manitoba Hydro, my cubicle was on the fourth floor at 820 Taylor Avenue. The cafeteria was in the basement and one day I had the idea to try taking the stairs up to the fourth floor after the morning coffee break, as my way to get some exercise now opposed to playing hockey. I knew I could not skate anymore wearing my hockey skates. I was completely out of breath by the time I made it up to the fourth floor and it took a very long time; but it felt great to possibly exercise like this now with my disabilities! I wanted to reduce the amount of time it took me to go up the stairs though; so at noon, I decided to try taking two steps at a time as opposed to only one at a time. I was just as out of breath, but the time was greatly reduced and I felt more

comfortable taking two steps at a time than only one step at a time. I was hooked on this as my new way to exercise now to keep myself in peak physical condition. I began going up the stairs like this three times a day after each coffee break and lunch hour. I received a wristwatch with a stopwatch built in for Christmas 2004. I was often arriving on the fourth floor before my co-workers got out of the elevator. I had the idea to time myself going up the stairs and then up in the elevator to see if I could possibly beat it up to the fourth floor without it stopping at another floor to let someone out. I learned that if I started timing the elevator once the doors were closed it took 26 seconds to reach the fourth floor. The fastest I timed myself going up the stairs was 28 seconds; but there was one day that I watched a co-worker, Ryan Armstrong, enter the elevator and started going up the stairs as the door began to close. I was totally shocked when I was on the fourth floor before Ryan arrived in the elevator. I asked him, "What floor did someone get out on. He answered, "None; I was alone in the elevator!" Quite miraculous for being told to sell my two-story house, because I would never climb stairs again if I was even able to walk again. But I really wanted to know if I would be able to run again. In the spring of 2005, I was out in the park kicking a soccer ball back and forth with my son, Tyler, and he accidentally kicked the ball off to my left side and with a reflex reaction I ran over to stop it before it went passed me. I was totally shocked and thankful that I was able to run. I instructed Tyler to continue kicking the ball off to my side to force me to have to run to stop it before it goes past me. I asked my

son, Cody, to come with me to the 100-meter racetrack in the schoolyard one day in the summer of 2005, to time me running the 100-meter dash. He walked down to the finish line as I lined up at the starting line. He hollered ready, set, go, and I took off running; but I almost tripped just after starting, because my left toe hooked on my right heel. Somehow I managed to keep my balance and completed the 100-meter dash in 21 seconds. Another miraculous accomplishment for a half physically dead 42-year-old miracle man running! I was out of shape for the first time in my life and I knew I was not able to run anymore; but I started my stairs exercise, from the eighth floor up to the 12<sup>th</sup> floor, three times daily again on April 30, 2013, at 360 Portage Avenue, where I now work; but I do not have the same drive to compete with the elevator to improve my time so dramatically like I did in 2004-2005! Jesus Christ has convinced me that he wants to reveal his power, might, abilities, love and existence through me, by making me so successful doing physical activities now being a half physically dead miracle man running. I set the goal that I would have Cody time me running the 100-meter dash again if I broke 36 seconds running up four floors of stairs. I broke 36 seconds on Friday July 26, 2013. Cody surprised me videotaping me on Saturday July 27, 2013 running the 100-meter dash again in 34.04 seconds. Here is the video: [http://www.keithlistoe.ca/IMG\\_0612.MOV](http://www.keithlistoe.ca/IMG_0612.MOV). His comment of, "Why is your right hand going around like a windmill?" I answered, "I have no idea it is, because I am concentrating 100 percent on moving my left leg to run, but now you can understand why I am

completely more comfortable running up the stairs, where I have the handrail to hold onto.” This provided me the idea for what I have named the stroke-fit system. This is a 100-meter racetrack with a handrail beside it that has a roller-bearing mounted hand grip on top of it. In addition, it has an automatic timer that will start as you pass the first support post of the handrail, and stop as you pass the final support post of the handrail. A large digital display of the time would hang down at the end of the track. In the summer of 2008, a fellow stroke survivor stopped attending the monthly meetings for The Next Step peer support group I had facilitated. I learned it was because he had been evicted from his apartment, so he had nowhere to live now; but I further learned he had moved into the Siloam Mission facility and I went there to talk to him. I really wondered what my life would be like if I was not able to work like I did before I miraculously survived four massive hemorrhagic strokes in December, 2002. I made an appointment with an agent at Welfare Canada to inquire how much I would receive if I had to go on to welfare. I was told I would receive \$340 per month. I quickly asked, “How much would I receive for accommodations,” because my current rent was \$700-800 per month. The answer was nothing; you would only receive \$340 per month! I did not need to do any math and I knew: I would be living out on the street, starving if I had to live on welfare in Winnipeg, Mb. As a personal challenge, I decided to determine if I could live on only \$340 per month after paying my rent, so I put myself on this monthly budget in August 2008. It did not take long for me to realize, I could not afford the \$10-plus per week to continue

bowling. I had my monthly spending under control by December to return to bowling, so I bowled for my team until the end of the bowling year; that way, they could try to find a new teammate to bowl with them the next year. I decided to stop bowling for other reasons than financial! The late nights at bowling did not suit the other changes in my life to enable me to have my Daily Devotional readings each morning before I caught the bus to work at 6:15 a.m. My shower, breakfast and Daily Devotional readings take approximately three hours in total, so I had to wake up at 3:15 a.m. To get my now required eight hours of sleep, I had to be in bed by 7 p.m. But my Daily Devotional readings with Jesus Christ selecting the scripture passage he wants me to read as his message to me today; by using the Web App I hired someone to develop for me here: [http://www.keithlistoe.ca/Daily\\_Devotional\\_Readings.htm](http://www.keithlistoe.ca/Daily_Devotional_Readings.htm) has been the absolute most perfect learning in my life to now be living content: or the perfect life of complete joy and happiness, free of worry, anxiety, stress and fear! That we humankind seek, desire and are required to be living now at the end of the age! I decided to change my work hours to 7 a.m. to 3:30 p.m., which enabled me to catch the number 63 bus to and from work at times with very few passengers on the bus. This was initiated after my Handi Transit ride home from work in January 2009 never did show up to pick me up after I had phoned Handi Transit three times--and being told it would be there in 10 minutes each time. In December 2010, I finally changed all of my personally recorded ringtones for my KRZR1 Motorola cell phone for each of my 210



contacts to reduce the bit rate quality to make smaller files, so all 210 of them would fit on my cell phone to be used as the ringtone for each of my contacts. Each ringtone was a contact's name; so I had hands free audio caller ID to suit my disability of only having one hand to use to do anything, making it impossible to pick up my phone to look at it if I was holding something else when my phone rang. In addition, I bought a wireless Bluetooth headset to use with this cell phone, which only required the push of the button on my left ear to answer the phone or to make a phone call using voice dialing. There is one situation I have found myself in that it was impossible for me to answer my phone; this was if I was standing up on the bus, having to hold onto the handrail to avoid falling over; but if I am wearing the Bluetooth headset, I can let go long enough to push the button to answer the phone and grab a hold of the handrail again before falling over. After I made the decision that I wanted the most overwhelming and intense feelings of puppy love for Jesus Christ, mature into being in a giving from my heart, true love, faith relationship with Jesus Christ. I had the ideas to change my meal time grace to the following to better emphasize my desire to do all I am able to promote and grow the body of Jesus Christ worldwide. *Come Lord Jesus, be my guest. Thank you for this great tasting and abundant food. Please bless my body, heart, soul, mind and strength to your body's use. Please bless this food, to my body's use! Amen.*

## **Managing Expectations:**

I am convinced that if I did not manage my expectations now, I would too easily become depressed and or suicidal; but the psychiatrist that locked me up in 2011 refuses to see me now as his patient. That is, unless I go to see him through the emergency room again, as I saw him the first time. I'm sure it was because I told him that the positive I had found from unsuccessfully trying to castrate myself was having him become my psychiatrist and to have one to tell the absolute truth. I now know of the perfect life of complete joy and happiness we humankind seek, desire and are required to be living now, at the end of the age. I now live the perfect life of complete joy and happiness, free of worry, anxiety, stress and fear! That we humankind seek, desire. He could not argue with me, because he has never seen anyone so joyful and happy before in his life; and that his offer to prescribe me a medication that I refused could not make anyone as joyful and happy as I am! The first psychiatrist, my family doctor, had seen me after I asked her to castrate me after I was unsuccessful on my initial attempt in April of 2006. I became depressed taking an anti-depressant that I expected erectile dysfunction as a side effect from it. Because I now know how I could be successful, having only gross manual dexterity in my left hand that would require gross actions, I will not be making any future attempts to castrate myself, or attain erectile dysfunction. However, I fear the greatest disappointment for me living half physically dead, will

soon be upon me. That is my oldest daughter, Brandi, will begin a family. I know from experience with my grandnephew, Rylin Listoe, in 2010, I am not able to pick up and hold a baby, or even really enjoy playing with a baby, because I must bend over playing with the baby lying on the floor, which is the most difficult and exhausting thing for me to do. In addition, I know that I am able to fly anywhere around the world by myself without getting lost, by requesting a wheelchair; but it is impossible for me to go out to Winkler, Mb, by myself where Brandi now lives, because there is no public transportation between Winnipeg, Mb and Winkler, Mb! Post having the fifth surgery on my head, on Tuesday October 13, 2009, to put in a titanium plate to cover the dent in my head from the section of my skull removed in the third emergency operation in December 2002, I began to use the phrase, *I have a steel trap of a memory now*, which I use both figuratively and literally. I have the extreme positive change of remembering numbers now, but I'm extremely absentminded in remembering most everything else. I learned how to create reminders in Microsoft Outlook, with recorded audio files for what the reminder is for, so I do not have to read the screen to know what I need to do; but I can hear it wherever I am or whatever I am doing at my desk, or in my apartment. I have made the change in my life to use this to create a reminder for everything I need to do to ensure I do not forget doing anything now with my absentmindedness. My greatest challenge now is to remember to create a reminder for everything, but over the years of doing this, it is becoming a habit; so I'm less likely to forget to create

reminders now. If I dial a phone number now, it is there in my memory. If I used my credit card over the phone, it is in my memory now. So I don't need to look at my credit card again to know the number. I also use alarms on my iPhone to be able to hear the alarm go off to remind me to look at my iPhone to see what the alarm is for, and for what I need to do. Creating recurring reminders in Outlook for birthdays has been the best way to surprise so many people in my life now that I remembered theirs or their child's birthday! I have come up with the following idea for my own personal therapy to improve my memory, concentration and physical vision: I must see the following list of landmarks or businesses on my bus rides to or home from work each day. To work: 155 places

1. Hospital
2. Thrift Store
3. Shoppers Drug Mart
4. Giant Tiger
5. Auto Parts  
WM trash bin now
6. Progressive trash bin
7. Safeway
8. light standard
9. McDonald's
10. Petro Canada
11. Applebee's
12. Earl's
13. Monty's now moco
14. Running Room

## The Perfect Life!

## Chapter Seven Handling Change:

15. KFC
16. RBC ATM
17. Thatcher north
18. Capri Hotel
19. A&W
20. Fabricland
21. Fort Garry
22. Chancellor  
Pembina village shopping
23. centre  
Chancellor Square yellow
24. sign  
Pembina @ University
25. crescent
26. Petland
27. Dollarama
28. Singleton's  
blank white sign Office
29. Depot
30. Pembina @ Plaza
31. Napa Auto
32. Value Village
33. Crescent
34. Pembina on the Red
35. Alter Ego
36. Visions
37. Arizona Plaza
38. Tony Roma's
39. Tim Horton's  
Winnipeg Technical
40. College

## Chapter Seven Handling Change:

41. Alter Ego
42. Ken Pass Law
43. Landmark Gallery
44. Piston Ring
45. Cottage Bakery
46. Holiday Inn
47. Archdiocese of Winnipeg  
Connections blank sign
48. now
49. Pembina @ Fletcher
50. T.H. Dang Restaurant
51. OSI
52. Kelsey Apartments
53. blue roof strip mall
54. Chicken Delight
55. Safeway
56. brown roof strip mall
57. Hakim Optical
58. Rexall
59. Pembina @ Oakenwald
60. RBC
61. Pembina @ Point Road
62. Perth's now Dulux Paints  
Petro Canada now
63. Cloutiers Auto Service  
CG Power systems
64. Canada Inc.
65. Royal Realty
66. Job Works
67. Shoppers Drug Mart
68. KFC

## Chapter Seven Handling Change:

69. Pancake House
70. Pembina Football
71. Fountain Tire
72. Manitoba Hydro on Taylor  
southwest transitway @
73. Jubilee
74. Price Choppers
75. Reflections  
Round Table if tracks
76. clear
77. Castrol if tracks clear
78. Kessay if tracks clear
79. Just Imagine if tracks clear  
Cambrian Credit Union if  
tracks clear
80. Fort Rouge Station
81. Lohas Restaurant if tracks  
clear
82. Carpet Barn if tracks clear
83. McMunn & Yates if tracks  
clear
84. Quality inn & Suites
85. McDonald's on Pembina
86. Tim Horton's on Pembina
87. Golden Boy
88. McDonald's on Osborne
89. Deaf Center Manitoba
90. Osborne Station
91. Burger King
92. River and Osborne steeple
93. Village Laundry
- 94.

## Chapter Seven Handling Change:

95. Antiques
96. Sukho Thai
97. Osborne Village Motor Inn
98. Dollarama
99. Gord's bike
100. #6 Donald
101. Winnipeg Racquet Club
102. Journey's End
103. Design Manitoba
104. Harkness Station
105. Winnipeg Winter Club
106. Gracie Humaita
107. Museum of Human Rights
108. train overpass
109. Mayfair @Queen Elizabeth
110. church steeple  
east side of midtown
111. bridge monument
112. Main @ Assiniboine
113. VJ's drive inn  
Main @ Broadway Union
114. Station
115. Union Station
116. Fountain Tire on York
117. Earl's
118. High & Lonesome Club
119. the sign source on St Mary  
Hargrave & St Mary
120. steeple
121. CDI College
122. Graham @ Garry



- Winnipeg Square
- 123. Manitoba Hydro Place
- 124. Tim Horton's on Graham
- 125. Winnipeg Square
- 126. Holy Trinity Hall steeple
- 127. RBC Fort and Portage  
Portage @ Donald MTS
- 128. center
- 129. Dollarama
- 130. Carlton skywalk
- 131. Donald skywalk
- 132. Best Western
- 133. Calvary Temple
- 134. Vaughan skywalk  
Tim Horton's in Portage
- 135. Place Mall
- 136. RBC  
Portage @ Edmonton
- 137. Portage Place
- 138. Hakim Optical on Portage  
Tim Horton's on Portage at
- 139. Vaughan
- 140. Holiday Inn & Suites
- 141. Colony
- 142. Booth University College  
University of Winnipeg
- 143. Steeple
- 144. Balmoral Station  
#47bus departs
- 145. Balmoralstation at6:34A.M.
- 146. #160bus departs

- Balmoralstation at6:36A.M.
147. Ellice
  148. NRC CNRC
  149. TLC
  150. Ellice @ Edmonton
  151. MEDICAL CENTRE
  152. Carlton @ Portage north
  153. Carlton Inn
  154. Portage south
  155. City Place parking sign

This is a greatly reduced and or changed listing after the rapid transit system became operational. Some places are much more difficult, if not impossible, to see in the spring or summer, because of the leaves on the trees; in addition, some places are only visible if there are no train cars on the Fort Rouge tracks, but I allow myself to count seeing them if I remember to try seeing them with the tracks are covered with train cars. There are also days riding the bus that I am unable to see the majority of these places, because the bus is overloaded with people. When the bus was overcrowded, these folks blocked the front window from my regular seat on the right front seat and my view out the left side windows! In addition, there are some buses that have the windows covered with some kind of decals, which makes it very difficult to see clearly enough to count my locations listed! And home from work there are 139 places:

1. Carlton skywalk

## Chapter Seven Handling Change:

2. Calvary Temple  
steeple  
Tim Horton's in Portage
3. Place mall
4. Vaughan skywalk
5. RBC  
Hargrave @ St Mary
6. steeple
7. City Place parking sign
8. Carlton Inn
9. Hull's books
10. Graham @ Hargrave
11. Holy Trinity Hall steeple
12. Donald skywalk
13. Best Western
14. Smith MTS center
15. RBC Fort and Portage
16. Fort Winnipeg Square  
Winnipeg Square
17. canopy  
Tim Horton's on
18. Graham
19. CDI College
20. Main @ St. Mary
21. Union Station
22. High & Lonesome club  
the Museum of Human
23. Rights  
the sign source on St
24. Mary
25. Earl's

## Chapter Seven Handling Change:

26. Fountain Tire on York  
Main @ Broadway
27. Union Station
28. VJ's Drive Inn
29. Assiniboine
30. train overpass  
east side of midtown
31. bridge monument  
Queen Elizabeth @
32. Stradbrook
33. church steeple
34. Gracie Humaita
35. Winnipeg Winter Club
36. Golden Boy landmark
37. Harkness Station
38. Dollarama
39. Gord's Cycle
40. Journey's end
41. Manitoba Design
42. Winnipeg Racquet Club
43. #6 Donald  
River @ Osborne
44. steeple
45. Burger King
46. Osborne Station  
McDonalds on
47. Osborne
48. Village Laundry
49. Antiques
50. Sukho Thai Restaurant
51. Osborne Village Motor

- Inn  
Deaf Center Manitoba  
52. on Pembina  
Tim Horton's on  
53. Pembina  
McDonalds on  
54. Pembina  
55. Fort Rouge Station  
Lohas Restaurant if  
56. tracks clear  
Carpet Barn if tracks  
57. clear  
McMunn & Yates if  
58. tracks clear  
59. Quality Inn & Suites  
60. Jubilee  
61. Castrol if tracks clear  
62. Kessay if tracks clear  
Just Imagine if tracks  
63. clear  
Cambrian Credit Union  
64. if tracks clear  
Round Table if tracks  
65. clear  
66. Fountain Tire  
Manitoba Hydro on  
67. Taylor  
68. Price Choppers  
69. Reflections  
70. pancake House  
71. Pembi football

- Pembina @
- 72. Windermere
- 73. KFC
- Perth's now Dulux
- 74. Paints
- 75. Safeway
- 76. Shoppers Drug Mart
- CG Power Systems
- 77. Canada Inc.
- 78. Job Works
- 79. Royal Realty
- 80. Cloutiers Auto Service
- 81. McGillivray
- 82. RBC
- 83. Holiday Inn
- 84. Rexall
- 85. Hakim Optical
- 86. Chicken Delight
- 87. Cottage Bakery
- 88. brown roof strip mall
- 89. Piston Ring
- 90. blue roof strip mall
- 91. Kelsey Apartments
- 92. OSI
- 93. T.H. Dang Restaurant
- 94. Clarence
- connections blank sign
- 95. now
- Archdiocese of
- 96. Winnipeg
- 97. Landmark Gallery

## The Perfect Life!

## Chapter Seven Handling Change:

98. Chevrier
99. Tim Horton's
100. Tony Roma's
101. Ken Pass Law  
Winnipeg Technical
102. College
103. Alter Ego Sports
104. Napa Auto parts
105. Value Village
106. A&W
107. Fort Garry
108. Alter Ego
109. Arizona Plaza
110. Visions
111. Pembina on the Red
112. Capri Hotel  
blank white sign Office
113. Depot
114. Fabricland
115. Earls
116. McDonalds
117. Petland
118. Dollarama
119. Pembina @ Plaza
120. Singleton's
121. Petro Canada  
Pembina @ University
122. crescent  
Pembina Village
123. Shopping Center
124. Chancellor

The Perfect Life!

Chapter Seven Handling Change:

- Chancellor Square
- 125. yellow sign
  - 126. KFC
  - 127. RBC ATM
  - 128. Running Room
  - 129. Applebee's
  - 130. Safeway
  - 131. Thatcher
  - 132. Thrift Store
  - 133. Auto Parts
  - 134. Hospital
  - 135. Monty's now moco
  - 136. light standard
  - 137. Shoppers Drug Mart
  - 138. Giant Tiger  
WM trash bin now
  - 139. Progressive trash bin

I also must remember to see each of the listed places and bus stops on my bus ride to church each Sunday morning. There are 57 places in total:

- 1. Thrift Store
- 2. Shoppers Drug Mart
- 3. Giant Tiger
- 4. Auto Parts  
WM trash bin now
- 5. Progressive trash bin
- 6. Safeway
- 7. Hospital
- 8. light standard
- 9. McDonalds



## The Perfect Life!

## Chapter Seven Handling Change:

10. Petro Canada
11. Applebee's
12. Earls
13. Monty's now moco
14. Running room
15. KFC
16. RBC ATM
- Southpark park and
17. ride
18. Southpark south
19. Markham
- Pembina @ Dartmouth
20. Victoria Hospital
21. Dartmouth south
22. Tim Horton's
23. DQ
24. Church Steeple
25. Bison north
26. Bison
27. Bairdmore north
28. Boston Pizza
29. Bairdmore
30. Fountain Tire
31. Shopper's Drug Mart
32. Saigon John's
33. Fairfield
34. Greencrest
35. Burger King
36. McDonald's
37. Richmond West sign
38. Safeway

## The Perfect Life!

## Chapter Seven Handling Change:

39. Singleton's  
Killarney @ Pembina
40. east
41. Baylor @ Killarney
42. Mount Allison
43. Bryn Mawr
44. Leeds
45. Dalhousie
46. Petro Canada  
Ryerson elementary
47. school
48. Dalhousie @ Bromley
49. Ryerson
50. Rochester
51. St. Edmund's
52. Milikin
53. St. Dunstan's
54. Rutgers
55. Dalhousie @ Perdue
56. Silverstone  
Epiphany Lutheran
57. Church

In addition the following list of places, 38 in all, is from work to the St. Vital Mall:

1. Carlton skywalk  
Calvary Temple
2. Steeple
3. Tim Horton's in

Portage Place Mall

4. Vaughan skywalk
5. RBC
6. Donald skywalk
7. RBC Fort @ Portage
8. Winnipeg Square
9. CDI College

Holy Trinity Hall

10. Steeple

High & Lonesome

11. Club

the sign source on St.

12. Mary

Hargrave @ St. Mary

13. Steeple

14. Earl's

15. Fountain Tire on York

16. VJ's drive in

17. train overpass

- east side of midtown
- 18. bridge monument
- 19. church steeple
- Nelson McIntyre
- 20. Collegiate
- 21. Red Roof Restaurant
- 22. JB transmission
- 23. Visual Productions
- 24. Midland Appliance
- 25. Perth's
- 26. Prosperity monument
- 27. church steeple
- McDonald's on St
- 28. Anne's
- 29. DQ on St Anne's
- 30. RBC
- 31. Hillvidore Apartments
- 32. Superstore
- 33. Safeway

## Chapter Seven Handling Change:

34. Chicken Delight
35. A&W
36. Dakota Collegiate
37. Tim Horton's
38. Shoppers Drug Mart

## And home from the St. Vital mall 33 places:

1. Tim Horton's
2. Shopper's Drug Mart
3. Dakota Collegiate
4. A&W
5. KFC
6. Dollarama
7. London Drugs
8. Dollarama
9. Petland
10. singletons
11. Fabricland
12. A&W
13. Fort Garry
14. Capri Hotel  
blank white sign Office
15. Depot
16. Earls
17. McDonald's
18. Petro Canada  
Pembina village
19. shopping centre

Chapter Seven Handling Change:

- Chancellor square
- 20. yellow sign
- 21. KFC
- 22. RBC ATM
- 23. Running room
- 24. Applebee's
- 25. Safeway
- 26. Thrift Store
- 27. Auto Parts
- 28. Hospital
- 29. Monty's
- 30. Light standard
- 31. Shoppers Drug Mart
- 32. Giant Tiger  
WM trash bin now
- 33. Progressive trash bin

**Anger:**

Do not allow yourself to become angry because of a change that occurs. If you let yourself become angry, you have eliminated the possibility that you will have any opportunity to find a positive in the change; and you eliminate the possibility that you could make future positive changes to make the change positive! Anger locks you into negativity.

## The Perfect Life!

## Chapter Seven Handling Change:

## Expected Future Changes:

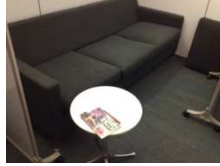
To suit my disabilities now, I live in an apartment to avoid having to shovel any snow in the winter to clear my sidewalk or driveway; but because I truly miss the work I can do in the yard, I have had the idea of how I could build a house that would not require me to shovel any snow. It is also temperature controlled like the Manitoba Hydro Place building, because this building is the most comfortable place I have ever been in with my dislike of forced air heating and cooling systems. These systems cause drafts that chill my half physically dead body too much for me to stand! I originally had the idea how I could construct a good portion of this house myself only having the full use of my right-hand, but I have let my common sense prevail. I will not try to construct any parts of this house myself, but only work directly with a new-found friend, Alcide Bouchard, who is a house designer, to be sure my ideas for this house are correct. I am positive, I could build a wall of a house if I bought a power miter saw and air nailer. But this is only possible if I save enough money over the next 10 years. If I am able to build my own house, I will not include a 92 step straight stairway. That way, I would not have to turn corners running my stair climbing exercise such as at Manitoba Hydro Place, 360 Portage Avenue, but will include a waist-high handrail in the basement walls to hold onto while running laps around the basement. I completed moving into a main floor apartment on June 30, 2013- July 1, 2013. I learned the shower head is located in the right, correct side of the tub as I step into the tub, because this makes it possible for me to hold my left hand up above my head by grabbing the shower curtain bar and spraying the water into my left under arm without problems; so I will not be building my own house to suit my disabilities or just to have a back yard for a garden. I will remain living in this main floor apartment with sufficient room to store my tricycle in the living room out of the way of the patio doors. I have a dining room table, and a hide-a-bed. My computer desk is set in the bay window! However, if I do receive a \$1 cash gift from 10 percent of my target audience of 818,000,000, I will build my house in Winnipeg and become the peacemaker I was created to be, which is my true purpose in life here on earth!!! In addition, this will enable me to have \$1,105,405.41 to hire IDERS to develop the charity survival card system! As written in Chapter Six *Positively a Near Perfect World*: I will also be able to give \$1,105,405.41 to a total list of 37 entities including myself as two; but this includes using such funds to build a new office building for the Stroke Recovery Association of Manitoba SAM, which would include my idea for a stroke fit system. This system has a 100- meter racetrack with a handrail, which has a roller-bearing mounted hand grip on top of it. It also has an automatic timer, which would start as the person passes the first upright support of the handrail. It would automatically stop when the person passes the last upright support of the handrail. There would be a large digital display of the time at the end of the handrail. If I do not receive like this, I know from experience spending just over \$12,000 in a month on three different Facebook advertisements for [http://www.keithlistoe.ca/Daily\\_Devotional\\_Readings.htm](http://www.keithlistoe.ca/Daily_Devotional_Readings.htm), <http://www.ondemandwisdom.com> and [http://www.keithlistoe.ca/The\\_NKJV\\_Bible.html](http://www.keithlistoe.ca/The_NKJV_Bible.html), achieving a total combined reach of 39,000,000 plus that I can afford to pay the Facebook advertising to just give

*The Human Mind Positively Can: The Power of the Subconscious!* away and have no expectations of doing or giving any of these written ideas. Otherwise, if I do not meet these expectations, I will surely become depressed and or suicidal! I did have confirmation of my idea that I could get a full night's sleep free of feeling unbearably frozen on the left side of my body, by having a trial sleep in the quiet room on the 18<sup>th</sup> floor of Manitoba Hydro Place on December 16, 2013!



## The Perfect Life!

## Chapter Seven Handling Change:



**The bed in the quiet room on the 18th floor of Manitoba Hydro Place!**

**(key this into the command line of your browser to view the image on-line!  
[http://www.keithlistoe.ca/IMG\\_0043.JPG](http://www.keithlistoe.ca/IMG_0043.JPG))**



**My made bed at Manitoba Hydro Place!**

**(key this into the command line of your browser to view the image on-line!  
[http://www.keithlistoe.ca/IMG\\_0044.JPG](http://www.keithlistoe.ca/IMG_0044.JPG))**

My desire to build my own house based on the geothermal heating and cooling system used at Manitoba Hydro Place is greater than ever now. When I do, I will no longer need the heater at the foot of my bed



**Cody's heater at the foot of my bed in my apartment!**

**(key this into the command line of your browser to view the image on-line!  
[http://www.keithlistoe.ca/IMG\\_0035.JPG](http://www.keithlistoe.ca/IMG_0035.JPG))**

to prevent feeling unbearably frozen while sleeping in the apartment I am now living in. In addition, I could sit in my new house for hours working on my computer without feeling unbearably frozen on the left side of my body. I tried using an electric blanket in my apartment, but it is much less than satisfactory at keeping my entire left side of my body from feeling unbearably frozen. My house plan has a double concrete foundation with a TBD width space between them to be used as an air-to-air heat exchange of the fresh air drawn into the house from the south side solar-heated space. This will include a solar chimney surrounding a wood-burning fireplace chimney. There would be a concrete floor on top of the interior concrete foundation walls. All of these concrete walls and the floor would have geothermal heating pipes running through them. There would be a raised floor over this main concrete floor under which the

## The Perfect Life!

### Chapter Seven Handling Change:

fresh air would be drawn through to the solar chimney. The front entrance would be on the north side of the house. The front door would be a set of thick, insulated double French oak doors with a narrow window on either side.

As you enter the foyer, there will be a coat closet on the right side and a sitting bench on the left side over a shoe rack. There will also be a second set of double French doors of oak, glass and brass. The cathedral ceiling will have clerestory windows in the peak. The sun would shine through these clerestory windows, through a stained glass window of an outdoor scene. This picture window will be above the doors to the ceiling. In addition, this would enable the inside of the front doors to be heated by the sun in the wintertime by painting the inside of the doors flat black. The floor of the front foyer would be slate tiles, which would also absorb the sun's heat in the wintertime. I have not thought in detail enough yet how to complete this house design, but it would have a stairway up to the clerestory windows. There would also be an elevator to go back down to the main floor and into the basement. The fireplace would be on the right side of this stairway. There is a second floor behind this stairway and above the kitchen only to separate the main floor from the glass wall above this floor to heat the solar chimney. There will be a waterfall humidifier/dehumidifier on the left side of the fireplace. The fireplace would be finished with dry pack stone work. The waterfall would fall into the bathroom. The exterior main floor walls are based on the R2000 design concept of a 2X6 insulated wall, unbroken vapor barrier, a 2-inch space then a 2X4-inch insulated wall with broken vapor barrier by the electrical outlets with receptacles and switches. The sidewalk and driveway would be heated to avoid having to shovel any snow now that I'm one-handed. I know that the main floor apartment feels cold because there is no heated apartment below it to warm the floor. The electric baseboard heaters are not able to warm the entire floor. I have made a number of changes to live in this main floor apartment without feeling unbearably frozen either while sitting still for hours working on my computer or while sleeping. I put the electric blanket under my chair platform with the blanket folded up over the front of the platform, so my feet are directly on top of the electric blanket. In addition, I wear my winter boots and a new pair of insulated ski pants.



Here is the electric blanket under my chair platform!

**(key this into the command line of your browser to view the image on-line!  
[http://www.keithlistoe.ca/IMG\\_0045.JPG](http://www.keithlistoe.ca/IMG_0045.JPG))**

I replaced the old worn-out futon bed I started using when I moved in with my son Cody, with a new double bed air mattress. I put an electric blanket under this mattress that perfectly heats the mattress to a

The Perfect Life!

Chapter Seven Handling Change:

comfortable warm temperature to sleep on. It is an inconvenience, but much more manageable or cheaper than building a new house to suit my disabilities now! I learned that I have no advertising or marketing skills, so I have no expectations of receiving anything from this book other than the satisfaction or joy and happiness that others might find some positive from reading this book!

## **Chapter Eight The Positives of Being Thankful:**

First and foremost, I learned the true meaning, value and power of love after I finally said from my heart, "Thank you Jesus for saving my life in January 2006, when the half-ton truck's side rear view mirror was so close to my left cheek, I felt the wind from it on my left cheek that is on the half physically dead side of my body, which only feels pain or super hyper sensations. I was standing there trembling, thinking, I would have been decapitated, if I had completed stepping onto Kirkbridge Drive to cross over to the north side! My second greatest thankfulness is for the sense of touch on the right side of my body: for without it, I would not be able to survive now living independently being half physically dead. Losing the sense of touch on the entire left side of my body has made me realize and accept that the sense of touch is probably the most taken for granted of our senses. After all, without the sense of touch I have no fine manual dexterity in my left-hand, which disables me from doing just about everything with my left-hand other than holding something big enough like a bottle to open the lid with my right-hand. Without the sense of touch, you cannot just pick up a small object even though you can see that your fingers are on both sides of the object as my occupational therapist said I could do. I also do not require experiencing the most embarrassing event that ever occurred in my life, which was having my common law spouse Teri or my

brother Mark, wipe my butt after a bowel movement when I was in the hospital in 2002. This after miraculously surviving four bleeds in my brain due to burst aneurysms; but with the sense of touch in my right-hand and having learned well enough to move with a half physically dead body, I can manage on my own wiping my butt after a bowel movement! Thank you dear I Am, for making me get the paper ripped off the roll. Thank you dear I Am, for the sense of touch in my right hand enabling to do this myself, not requiring someone else to do it for me, but even with the sense of touch Thank you dear I Am, for doing it for me to not let my incompetence show through the slightest! I did not accept the page or so of this chapter my editor deleted, but did refrain from including the exact details of how I say thank you for absolutely everything in my life now. In September of 2004, I joined the Manitoba Hydro 5 pin coed bowling league. I knew I was not able to skate in my hockey skates, so thought bowling might be a suitable sport to get involved in now being a half physically dead, miracle man walking. I was shocked that I was able to throw the bowling ball down the lane (though somewhat uncomfortably), having to bend my right knee while throwing the ball with my right-hand. I immediately said, "Thank you Jesus for making it possible for me to enjoy bowling as my sport to participate in now with my disabilities." In addition, I said in my heart that I would not practice bowling, to try to become the best bowler, as I practiced to be the best I possibly could be in every other sport I ever participated in. I was often embarrassed cheering for a strike or a spare I thought was made, only to see the left two pin still standing. This was not

only for balls I had thrown, but for my teammate's balls thrown also. I knew nothing about team scoring in bowling and never did take the time to check it out, because I had no thoughts of bowling well enough to be on a winning team to enjoy bowling as the sport I now could participate in. I rarely looked at the scoreboard while bowling to even know what frame I was in, but only knew it was the 10<sup>th</sup> frame by my teammates' hollering at me to strike out in the 10<sup>th</sup>. My average at the end of the first year was 169; I had no idea if this was good, bad or average and did not care to find out, but was happy with my bowling, even though our team, the Crips, were the skunk team of the league that first year and the following two years. It did not take long for me to accept my inabilities to bowl well in my condition; and it could therefore only be Jesus Christ making me throw a ball well enough to make a strike or a spare- so I began to thank Jesus for every ball well-thrown for doing it for me and for every not well-thrown ball, for letting me throw it myself; for allowing me to know my abilities throwing a bowling ball and how much better I bowled if Jesus threw the ball for me! But Jesus did not let me bowl a perfect game like I wanted to, but let my average decline every year after the great first year of 169! I had the occasional turkey in the first of year bowling, but rarely even had a strike in the 2008-2009 (my last year bowling); but thank God, our team could not have won any more. We were the Grand Aggregate Winners and the Winners of the Year!

## The Perfect Life!

## Chapter Eight The Positives of Being Thankful:



Here are the grand aggregate and winners of the year bowling trophies!!

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[http://www.keithlistoe.ca/26-04-09\\_1305.jpg](http://www.keithlistoe.ca/26-04-09_1305.jpg))

My teammates all joked and laughed with me at what had become my norm of bowling in the last year: I would get a spare, and then my first ball of the next frame would be in the right gutter; so I basically was a spud bowler, rarely getting more than 15 in a frame in my last year of bowling! Because I am a perfectionist, I have learned through this type of being thankful that I only complete anything perfectly if Jesus does it for me; but if Jesus lets me do it on my own, it is so evident how incompetent I am at doing most everything in life. But thank God, for the attitude I was given to not stop, quit or give up at whatever I decide to do. Also, I'm not afraid to start doing something, because I do not know how to do it, thinking I might make a mistake or be unsuccessful! That led to me thinking that I had a great day, if I learned something new. I have had no shortage of learning new things or how to do everything in my life now only having one full usable hand; so I can honestly write: I have lived a great life since December 2002, when I miraculously survived four

bleeds in my brain due to burst aneurysms! I suffered from depression in my early teens, because I was so small and skinny; but now I am completely thankful I am small and skinny, because if I were big-boned and bulky with muscle, I would not be able to dress myself being half physically dead miracle man walking; for without the use of my left-hand, I am not able to undo or do up the buttons on my right cuff of my long-sleeved shirts. Because I am skinny enough, my right-hand can slip through the shirt sleeve cuff buttoned up, putting it on or taking it off! Exodus 3 verses 14 and 15, <sup>14</sup>: And God said to Moses, "I AM WHO I AM." And He said, "Thus you shall say to the children of Israel, 'I AM has sent me to you.'" <sup>15</sup> Moreover God said to Moses, "Thus you shall say to the children of Israel: 'The LORD God of your fathers, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you. This *is* My name forever, and this *is* My memorial to all generations."

This has led to me saying thank you each evening getting undressed and each morning as I get dressed; for example, thank you dear I Am, for making me undo all of the buttons or snaps on my shirt and getting it untucked from my pants. Thank you dear I Am, for making me get the snaps on the right cuff undone using my teeth, or if it is a button up cuff, Thank you dear I Am, for making me get my right hand out of the cuff and sleeve. Thank you dear I Am, for making me get my left-hand out of the cuff and sleeve. Thank you dear I Am, for making me get the shirt off me without dropping it on the floor. Thank you dear I Am, for making



me get the shirt hung up on the clothes hanger. Thank you dear I Am, for making me hang the clothes hanger up successfully on the rod in the closet. Thank you dear I Am, for making me get the belt undone, pulled out of my pants and hung up over the back of the chair. Thank you dear I Am, for making me get the zipper undone on my pants. Thank you dear I Am for making me get the button undone on my pants. Thank you dear I Am, for making me get the long john sweats and pants pulled down off my buttocks, to be able to sit down to complete getting undressed. Thank you dear I Am for making me get the pant leg off my right foot and leg. Thank you dear I Am, for not letting the long john sweats get entangled around my right foot. Thank you dear I am, for making me get the long john sweats pant leg untucked from my right sock. Thank you dear I am, for making me get the sock off my right foot. Thank you dear I am, for making me get the sock placed on the back of the chairs for the night. Thank you dear I am, for making me get my left leg over my right knee. Thank you dear I am, for making me get the pant leg off my left foot and leg. Thank you dear I am, for making me throw the pants on top of the bed, freeing my right-hand to complete getting undressed. Thank you dear I am, for not letting the long john sweats get entangled around my left foot. Thank you dear I am, for making me get the long john sweats pant leg untucked from my left sock. Thank you dear I am, for making me get the sock off my left foot. Thank you dear I am, for making me put the sock on top of the back of the chairs for the night. Thank you dear I am, for making me get the long john sweats pant leg off my left foot and leg. Thank you dear

I am, for making me flip the long john sweats up into my lap to find the front center of them to place on the side of my footrest stool. Thank you dear I am, for making me get the pants straightened out and folded on the bed. Thank you dear I am for making me get the pants onto the clothes hanger. Thank you dear I am, for making me get the clothes hanger with my pants on them hanging up in the closet. Thank you dear I am, for making me step successfully into the tub. Thank you dear I am for making me step successfully out of the tub. Thank you dear I am, for making me have a safe successful shower with no problems, hassles, complications or inconveniences. Thank you dear I am for making me pick the towel up successfully on the correct side. Thank you dear I am for making me swing the towel around my head, shoulders and back. Thank you dear I am, for making me get my face dried with the corner of the towel around my head. Thank you dear I am for making me flip the other end of the towel up onto my right shoulder, enabling me to grab the corner of it with my right-hand to dry my face again and the rest of my body. Thank you dear I am, for making me open my left-hand to be able to dry it inside and out. Thank you dear I am, for making me hold my left-hand up high enough to dry my left underarm. Thank you dear I am, for making me bend down far enough to dry my left calf, ankle and foot. Thank you dear I am, for making me bend down far enough to dry my right calf, ankle and foot without pulling the towel off my shoulders and neck. Thank you dear I am, for making me get my left foot and leg through the shorts leg hole, while leaning on the wall. Thank you dear I am, for making me get

my right foot and leg through the shorts leg hole, while leaning on the wall. Thank you dear I am, for making me get my shorts on me, while leaning on the wall without having to sit down on the toilet. Thank you dear I am, for making me get my left thumb inside my fist. Thank you dear I am, for making me get my left-hand through the sleeve. Thank you dear I am, for making me get my right-hand through the sleeve. Thank you dear I am, for making me see the back of the neck-hole indicator. Thank you dear I am for making me get my head through the neck hole. Thank you dear I am for making me get the T-shirt on me no problems, hassles, complications or inconveniences without a damp sticky body. Thank you for doing that for me! Thank you dear I am for making me get my left-hand through the sleeve and cuff. Thank you dear I am for making me get the snaps on the right cuff done up before I put my right-hand in the sleeve. Thank you dear I am for making me get my right-hand through the sleeve and cuff done up. Thank you dear I am for making me get the shirt on me successfully. Thank you dear I am for making me get the buttons or snaps done up successfully and in the correct alignment at the start, so I do not need to redo them. Thank you dear I am for making me get the shirt tucked into my shorts for me. Thank you dear I am for making me get my left leg over my right knee. Thank you dear I am for making me get my left foot and leg successfully through the long john sweats pant leg. Thank you dear I am for making me get my right foot and leg successfully through the long john sweats pant leg. Thank you dear I am for doing that all for me 100 percent, and not letting my

incompetence show through the slightest! Thank you dear I am for making me pick that sock up successfully on the first attempt. Thank you dear I am for making me get my left leg over my right knee. Thank you dear I am for making me get the sock on my left foot for me. Thank you dear I am for making me get the long john sweats pant leg tucked into the sock on my left foot for me. Thank you dear I am for making me pick that sock up successfully on the first attempt. Thank you dear I am for just letting my right knee snap loudly making lots of noise, without any pain. Thank you dear I am for making me get the sock on my right foot for me. Thank you dear I am for making me get the long john sweat pants leg tucked into the sock on my right foot for me. Thank you dear I am for making me get my left leg over my right knee. Thank you dear I am for making me get my left foot and leg through the pant leg, so smoothly and easily. Thank you dear I am for making me get my right foot and leg through the pant leg, so smoothly and easily. Thank you dear I am for making me get the button done up on my pants. Thank you dear I am for making me get the zipper done up on my pants. Thank you dear I am for making me get the shorts and long john sweats tucked into my pants. Thank you dear I am for making me get the belt through the belt loops for me. Thank you dear I am, for making me get the belt done up for me. Thank you dear I Am, for the sense of touch to be able to get myself dressed; but even so with the sense of touch, thank you for doing it all for me to not let my incompetence show through in the slightest! In addition, I live pain free now and my body functions as well as we are created to function. I know from

talking to my brother Mark during his terminal illness, how my life would be if my body did not function as we are created to function: I am thankful for every natural functioning of my body; thank you for making my body function as you created it to, by expelling gas from my body through my mouth or my anus for my comfort, health and well-being; thank you for making my body function as you created it to, by expelling urine and feces, stool from my body through my penis and anus for my comfort, health and well-being! Thank God I was at home in my apartment the first time I experienced the non-complete void of urine, but I must squeeze very deeply on the urinary tract on the left side of my groin to complete the void of urine before I sit down, which forces the completion of the void of urine; it is not a small quantity remaining, but enough to soak my entire left leg and I received no warning from a doctor that this might happen. I can only guess it is because they have no experience or knowledge of the consequences of the amount of brain damage I miraculously survived, by the grace of God, the Father, the Son, Jesus Christ and the Holy Spirit. Because of the challenge I now face swallowing any liquid, I say thank you after each successful swallow of water while taking my vitamins and or nutritional supplements after each meal for the safe and successful swallows of the mouth full of water! I begin by saying: Thank you dear I Am, for making me stop pouring the water into the glass in time to not overflow it, spilling the water. Thank you dear I Am, for allowing me to get the lid off the bottle for me. Thank you dear I Am, for making me dump all of the vitamins and or nutritional

supplements into the lid without any spilling onto the table. Thank you dear I Am, for making me pick that pill up successfully on the first attempt. Thank you dear I Am, for making me swallow that pill on the first attempt. Thank you dear I Am, for making me have safe and successful swallows of that mouth full of water. This is repeated until I complete all 10 of my vitamins and or nutritional supplements, then thank you dear I Am, for making me have a safe and successful guzzle of all the remaining water. Thank you dear I Am, for making me to get the remaining vitamins and or nutritional supplements into the bottle without any spilling onto the table. Thank you dear I Am, for making me get the lid on tightly, only needing to use my right-hand, but after supper it is thank you dear I am, for making me to get the lid on the empty bottle tightly only needing to use my right-hand!. Thank you dear I Am, for making me get the steam heated pie plate cover out of the micro wave into the cupboard without burning my fingers using this extra thick cloth towel. Thank you dear I Am, for making me close the cupboard door in the proper order of sequence before taking the plate out of the micro wave. Thank you dear I Am, for making me get the micro wave door closed using my left-hand, not too hard and not having to push it twice! Thank you dear I Am, for making me carry that steam heated plate of food out to the table without burning my fingers using this extra thick cloth towel. But my brother Mark has set the stakes very high on being thankful, as per the following details of him being thankful. He thought I was such a good example of not letting what has happened to me stop me or make me quit or give up; but I live pain free from all

that I was required to experience to make me change to a true giving from my heart love for my neighbor as myself. Jesus told us what we should do to have everlasting life with him and the Father after the end of the ages! I took the chance on receiving a phone call that I had been selected to buy a nine-day, eight-night south Florida vacation package, including a three-day, two-night Caribbean cruise from Fort Lauderdale, Florida to Nassau, Bahamas for two from Ramada Plaza Resorts, in the spring of 2007. Thank God, my then common law spouse Teri refused to go on this vacation with me, and I phoned my brother Mark to ask if he wanted to go with me. Thank God, Mark had just started using a new prescription medication that provided him the ability to eat more food for increased strength and energy. I bought the required flights for Mark and I, because the times I could get using my Aeroplan points did not suit Mark's condition of living with terminal carcinoid tumor cancer since 2000. I learned on the first day of this vacation when we went to the beach in Fort Lauderdale that Mark's small intestine was so blocked by the tumors that it had burst and pushed out the lower right side of his abdomen, forming a natural colostomy. His intestines remained so blocked up that his doctor cut a second colostomy on the left side of his lower abdomen; but the doctor made the cut too close to the natural colostomy. Mark could not put on two adult-size colostomy bags, but had to use one adult bag and one junior bag. The worst pain I remember ever feeling in my life was when I was 8 or 9 years old and I had pinworms in my small intestine blocking them. Neither Mark nor I had ever been on a cruise before, so we

toured the way to the docks the day before the cruise departed to be sure we knew where we were going. I wear a backpack now, which is slightly open on my right back side to be able to use it as a large back pocket. It also has a fishnet pouch on the right side, which I put my keys in. I had my passport in my backpack for this vacation. But I had put a case of cherry blossom bars in it as a daily treat for both Mark and I on this vacation, while on the way to the docks. So I took my passport out of my backpack putting it into my front shirt pocket. That way, when I put my backpack into the back seat, I would not crush the bars in the hot weather. An early luggage drop-off porter stopped us as we were driving into the parking lot at the docks. Mark got out of the car to talk to him and soon knocked on my window, asking me if I wanted him to take my luggage also, so we would not need to carry it through the check-in lines onto the cruise ship; and it would be by the door of our berth when we boarded the cruise ship. I agreed, but because I lost my sense of awareness, I was not aware that Mark opened the back door giving him my backpack along with my suitcase. Thank God, I had put my passport into my front shirt pocket, because I required exchanging my passport for a boarding card for the cruise ship. I would get my passport back when I departed and exchange the boarding card for my passport. Our luggage was not by the door of our berth when we boarded the cruise ship. Mark took a couple hours talking to numerous people to learn the porter worked for another cruise line and our luggage was on board a Princess Cruise Line ship, which had just departed on a seven-day cruise in the opposite direction we were



going. This made it impossible for us to get our luggage, but Mark made arrangements that our luggage would be shipped to his place in Prince Albert, Sk. When the cruise ship returned to port in seven days, Mark was thankful, he had a small pocket container of his medications, but nowhere near enough for the three-day, two-night cruise we were on. He was hoping the ship's hospital would have colostomy supplies and an equivalent strength pain medication, because he knew the colostomy bags would only remain sealed for one day at the longest. The ship's hospital only had morphine as a painkiller, which Mark refused. The ship's hospital did not have any colostomy supplies, but Mark took two Depends adult diapers to control the colostomy bags, which were beginning to leak. As we were disembarking in Fort Lauderdale Mark exclaimed, "I require finding a pharmacy ASAP. Both of the colostomy bags have been leaking and I have diaper rash. I understand now why babies scream so much when they have diaper rash, because this is the most pain I have ever felt in my life!" We drove straight to the Ramada Plaza Resorts Hotel; we checked out of for the cruise, to ask if they knew where a pharmacy was or use the Internet computer in the lobby to locate a pharmacy. Mark found a pharmacy on-line about two blocks from the hotel. We went there immediately only to learn they did not have any junior colostomy bags. Mark bought two adult bags saying, "I will have to make do until I get home." He knew the kind of diaper rash cream he wanted and they had that. We returned to the hotel to ask if we could use a room for the afternoon for Mark to clean up in. They gave us the room we had checked out of.

Mark did all he required and was thankful I had arranged to stay one night at our cousin Greg Listoe's in Naples, Florida on the way to Orlando. Fortunately for us, Greg is an MD. Mark phoned him as we drove out of Fort Lauderdale to ask if Dr. Listoe could get his prescription medications for him. Mark talked to his receptionist assistant who said no problem. It was quite routine getting out-of-town prescriptions; just tell me the pharmacy that you buy your medications from. Greg took Mark out after supper to buy his prescription medications. We had a great visit and sleep that night. We had to check into the Ramada Plaza Resorts Hotel in Orlando on December 5, 2007. We drove out to the Kennedy Space Center on the same afternoon to be sure, we knew where we were going the next day. I was able to exchange the view tickets I had bought on-line for the space shuttle launch for the upfront tickets I could not buy on-line. That evening we each bought a new warm outfit of clothes. I got up early the next morning to verify the launch time. I was disappointed to learn the launch was delayed. The launch was not rescheduled for December 7, 2007, so we decided to go see if I could get a refund on the view tickets, because we could not stay another day. Our flights home were on the morning of December 8. I could not get a refund, but we were able to use them for a tour of the Kennedy Space Station. I thought, at least we will get to see the space shuttle on the launch pad. I had to ask the tour shuttle driver why we had not gone close enough to see the shuttle on the launch pad. He said, "It is too dangerous because the shuttle is completely loaded with hydrogen for the launch." We did not get

to see the shuttle on the launch pad. We got up on December 8 to go to the airport for our flight home. We knew the way to the airport and the car rental return was supposed to be in the airport. We thought we had plenty of time. We drove directly to the airport with no problems. We drove around the car rental returns, but could not find the company our car was rented from. Mark asked another company's employee, learning it was outside the airport. We immediately drove to the location Mark was given directions to. The location was not the car rental company, but a Dollar Park and Fly. The employee there said not another one and gave Mark new directions. These were the correct directions to the rental company. There were two small dents on the car and the agent requested the paperwork to confirm the dents were on the car when we picked it up. Mark said, "The papers are in my luggage." The agent phoned Fort Lauderdale to verify the dents. We finally got the shuttle to the airport. The shuttle driver dropped us off right outside the doors in front of the Air Canada check-in counters. We rushed to the closest counter. We were told we were too late to catch the flight because it was too close to departure. The plane had not departed yet, but we couldn't board. Mark asked, "Why not?" He was told there is not enough time to load your luggage. Mark said, "That is not a problem; because we do not have any luggage except these two carry-on bags." The agent said, "How could you not have any luggage." Mark and I chuckled as they rushed us through security. We made this flight with no further incidents to Winnipeg. I was thankful I had just given my son, Tyler, a spare set of keys to my apartment. We had

to take a taxi to his place to pick up these keys, then the taxi to my place. Mark caught his flight back to Saskatoon, Saskatchewan on December 10, 2007. Mark phoned me when he arrived home telling me he had made arrangements with Princess Cruise Lines to ship him our luggage once it arrives back in port. It took a month or two before I received my luggage back. I was really questioning if there was any positive benefit for Mark and I going on this vacation together. Mark and I did discuss in detail the status of the business we had started upon my request in 2003, by giving Mark \$50,000 to start a real estate management company. Mark had started a company named KAMAL Properties and purchased four rental properties in Prince Albert, Saskatchewan. All of the properties were rented, so the income was there to pay the one mortgage he had to get for one of the properties. Two years after this the pulp and paper mill in Prince Albert, Sk. ceased operations. The real estate market nose-dived as well as the majority of renters leaving the city. Our business was decimated. I had that much money in my business bank account and I did not know if I was able to work like I did before the four bleeds in my brain. Mark said he felt terrible not giving me anything from this business I asked him to start for us, but that he was thankful for it, because it enabled him to survive initially when he could not work and was not on his long-term disability insurance income to survive on. I said if it did that do not think another thought about me not receiving anything from it, because it is the best thing I could ever have spent that money on. I think a stereotype of stroke victims is memory loss. I know

now that I have no memory loss and I am still able to work like I did before the four bleeds in my brain. I know this after I resolved two problems for Hercules in two weeks, in March of 2004 that SAP could not resolve in two years. SAP is the company that developed the software Hercules was having the problems with. I thank you God that I did not lose this ability in my life; in October of 2008, I received an e-mail from Aeroplan, telling me that I required activity on my account before 2008/12/08 or I would lose all my points. I thought long and hard how I could put some activity on my account. I had a million points when I separated from my wife in 2000. I gave her half of these points. I used 400,000 in 2004 for a two-week, all-inclusive vacation for two in Playa Del Carmen, Mexico. This was the first winter vacation I ever took to a hot location. I began collecting Aeroplan points in 1991 when I moved to Winnipeg, Mb. At the time my work involved near constant flights to numerous locations worldwide. The biggest increase in points collected began when I started my own business LISTUEN Corp. in 1997. I did not have enough points to fly anywhere now and I did not have any plans to fly anywhere. I decided that if I could arrange with someone to pick me up from the airport in Saskatoon, Saskatchewan and drive me to Prince Albert, Saskatchewan on a Hydro long weekend, I would go see Mark. A Hydro long weekend is every other Monday is off with pay. I was able to arrange this with my Mom and Dad on the weekend of 2008/11/15-2008/11/18. I wanted to show Mark and our parents my estate planning calculation spreadsheet I developed over two years from 2006-2008! I asked Mark on

2008/11/15 if he wanted to see my spreadsheet. He said, "Yes, I want to, but the computer is upstairs and I do not have the strength to go up the stairs." Mom and Dad looked at it and really liked it. I listed every one of my beneficiaries in it and a sheet for every cash item I own and a sheet for every expense I think my estate will have to pay. Once all the numbers are updated to the actual values after my death, the spreadsheet calculates the value I want paid to each beneficiary. If a beneficiary dies just before me or with me, their name is blanked out and the spreadsheet recalculates the values to be paid to the remaining beneficiaries. The result will be my estate has a value of \$0.00. On the morning of 2008/11/16, Mark walked up to me wearing nothing but shorts as I was sitting on the couch. My heart broke as I saw he was nothing but skin and bones from his waist up. I had to go into the kitchen away from him to talk to my Mom. I told her what happened making me feel like I would start bawling and she said, "That would not be a good thing to do right now." The moment she said that, I knew what I needed to do with my need to bawl for Mark. I walked up to him sitting on his bed. I wrapped my arms around him starting to lower my head to his left shoulder, saying, "Mark, I just need your shoulder to bawl on for you," and I burst out bawling. I have only bawled once before as hard as I did then. Mark wrapped his arms around me saying, "Thank you, Keith, for being comfortable enough to express your feeling for me like this; you have made me feel better than I ever have through all of this." I bawled harder than this when I was reading a book for the course to join the Order of Saint Luke (OSL) the

physician. I was reading a chapter on being thankful. It was be thankful from your heart not just from your lips. I said in my heart, *Dear God you know that I am thankful from my heart for everything you have done for me.* I burst out bawling harder than I thought humanly possible. I realized my bawling like this was the truest expression of my feelings of love and thankfulness in my heart, soul and mind. In early December 2008, I learned my ex-wife was taking our children to Delisle, Sk. for Christmas. I decided I would go to the Lutheran Urban Ministry for Christmas dinner, because I had bought the Christmas dinner for this organization. I made sure I told my parents and siblings I was going there for Christmas dinner. I phoned Mark on Christmas morning 2008, to wish him a Merry Christmas; but his wife, Veryl, answered the phone saying, "I will need to ask Mark if he wants to or is able to talk on the phone." I heard Mark mumble in the background and Veryl, said, "No he has been in too much pain the previous two days to talk on the phone." I phoned my Mom and Dad to wish them a Merry Christmas and tell them I was going to the Lutheran Urban Ministry for Christmas dinner tonight. I was back home working on my computer shortly after 7 p.m. and my door buzzer rang. I could not imagine who would be at my door on Christmas night, because my children were at my ex's in Delisle, Sk. for Christmas. I answered the door hearing Pastor Ed Mitchler's voice and I immediately said in my heart, "Thank you Jesus for answering my prayer that you would take Mark home to be gone from his life of strength, pain, suffering and understanding, because I had prayed for Mark with the laying on

of hands in Jesus' name, to be healed of the cancer at my cousin Phillip Brasses' wedding; but he did not receive complete healing and recovery as I received, but only enough energy to outlast me dancing at the wedding dance that night. Pastor Ed came up to my apartment, telling me I was to phone my Mom at my sister's in Wetaskiwin, Ab. I immediately phoned Deborah, but it went to her answering machine; so I hung up to try again, thinking, I must not just say thank you to whoever answers the phone, but I changed the wording to, "Hi Mom, is it time to say thank you?" She answered, "Yes, Mark received the perfect Christmas gift passing away around 4:30 p.m. today." I waited for several hours before phoning Veryl in Prince Albert, Sk. to console her and my niece and nephew on Mark's passing. Veryl told me the details of him passing: "Mark was in so much pain it was the first time I ever saw him press the extra button on the pain med machine, but it was not enough, so we had to call in a nurse to assist with the pain meds." The nurse and Shayle (my niece) were sitting beside his bed. Mark looked up and said, "Thank you God for the great life I lived with no regrets." He then smiled the biggest smile and breathed his last! I thank God, Mark set such a perfect example of dying that the remainder of his siblings will all be so strong in their moments of death, for this is one thing Mark did first that no one can take away from him, but only hope they can follow his example to die by being thankful for the great life they have lived. The second positive of this vacation with Mark, was he ordered a Tortuga rum cake for each of his siblings as his Christmas gift to each for Christmas 2008. They were delivered to him on



Christmas Eve and everyone received their cake after his funeral on New Year's Eve 2008. The third positive from this vacation with Mark, was I confirmed Mark had also repented of his sins that him and I committed together in our youth, unthinkingly rebelling against our parents strict Christian upbringing. The fourth positive of this vacation with Mark, was to hear his experiences of taking someone in. This made it possible for me to be thankful and rejoice on hearing that Mark passed on, on December 25, 2008, to be gone from his life of strength, pain, suffering and understanding! I say thank you dear I Am for making me pick up my left shoe successfully on the first attempt, then thank you dear I Am for making me get my left leg over my right knee. Thank you dear I Am for making me get the shoe on my left foot. Thank you dear I Am, for keeping the shoe on my foot to the floor, enabling me to get the straps done up. Thank you dear I Am, for making me get the lower strap done up on the shoe. Thank you dear I Am, for keeping the strap in the loop. Thank you dear I Am, for getting the shoe on my left foot for me and done up. Thank you dear I Am, for making me pick up my right shoe successfully on the first attempt. Thank you dear I Am, for making me get my right foot into the shoe on the floor, not having to worry about it falling off my foot before I get the straps done up. Thank you dear I Am, for getting that shoe on my right foot for me and done up. Thank you dear I Am, for making me have a safe, fast run up the stairs. Thank you dear I Am, for the safe elevator ride. Thank you dear I Am, for making me have no confusion which direction to turn getting out of the elevator. Thank you dear I Am

for making it possible for me to bend over far enough to reach my shoes. Thank you dear I Am, for the sense of touch to be able to undo the straps on both of my shoes. Thank you dear I Am, for me getting the shoe off my right foot and slid into the coat closet using my right foot. Thank you dear I Am, for making me get the shoe off my left foot and slid into the coat closet using my left foot. Thank you dear I Am, for making me get my left leg over my right knee with the slipper on my toes. Thank you dear I Am, for making me get the slipper on my left foot with no problems, hassles or complications or picking the slipper up with my right hand at the start. Thank you dear I Am, for making me get the slipper on my right foot with no problems, hassles or complications or picking the slipper up with my right hand at the start! As I lie down in bed for the night, I say a thank you prayer for everything that happened during the day: thank you dear I am, my daddy, my heavenly Father and Lord and Savior Jesus Christ, with the ever so comforting and sustaining me Holy Spirit; thank you for the great day I had... I list everything I remember happening in my day! If I ever realize that I missed saying thank you for anything in my day, I ask God to forgive me, because I do not want to take anything for granted now, but be thankful for absolutely everything in my life now! Thank you dear I Am, for making the key I require to unlock or lock the door, in my fingers as I pull my keys out of my backpack fishnet pocket! Or thank you dear I Am, for letting me get the keys out of the fishnet pocket on my backpack myself, if the key I require is not in my fingers! Thank you dear I Am, for making me get my right arm out of my

reflective vest. Thank you dear I Am, for making me get the reflective vest off me. Thank you dear I Am, for making me grab a hold of the back center indicator on my reflective vest to be able to hang it up on the back of the chair in my apartment or place on the spare desk in my cubicle at work. Thank God, I discovered that being thankful makes you happy: here is the URL:



(Key this into the command line of your browser to view on-line <http://www.youtube.com/watch?v=oHv6vTKD6lq>) I have a set routine on my way to work each morning. Thank you dear I am that I do not need to go down any stairs now to exit this building. Thank you dear I Am for the main floor apartment now. Thank you dear I Am for making me safely cross the parking lot. Thank you dear I Am for making me safely pass all of the parked vehicles into the empty parking stalls of the parking lot to be off the roadway of the parking lot as far as possible. Thank you dear I Am for making me safely pass the light standard stepping up onto the walkway Blvd and getting off the roadway of the parking lot. Thank you dear I Am for making me safely cross the uncontrolled intersection of the parking lot. Thank you dear I Am for making me

see and count all 16 of my sites to Pembina Hwy. Thank you dear I Am for making me safely crossing Pembina Hwy. on the cross walk with the slight break in the traffic. Thank you dear I Am for making me safely cross Thatcher Drive. Thank you dear I Am for making me safely cross the driveway. Thank you dear I Am for making me recognize and remember Dwayne, the bus driver's name. Thank you dear I Am for making me see and count all 156 sites on my way to work! Thank you dear I Am for making me go through that doorway opening to my left safely and successfully. Thank you dear I Am for making me go through that doorway opening to my left safely and successfully. Thank you dear I Am for making me go through that doorway opening to my left safely and successfully I have the following set routine on my walks to and from Safeway. Thank you dear I am that I do not need to go down any stairs now to exit this building. Thank you dear I Am for the main floor apartment now. Thank you dear I Am for making me safely cross the parking lot. Thank you dear I Am for making me safely pass all of the parked vehicles into the empty parking stalls of the parking lot to be off the roadway of the parking lot as far as possible. Thank you dear I Am for making me safely cross the parking lot to this grass Blvd. Thank you dear I Am for making me safely cross this grass Blvd. to the other parking lot. If there are trucks parked on the north side of the parking lot. Thank you dear I Am, for making me step onto the gravel walkway on the side of the parking lot to pass the trucks. Thank you dear I Am for making me safely pass the light standard. Thank you dear I Am for making me safely pass the truck. Thank you dear I Am for

making me safely step back onto the roadway of the parking lot to pass the tree. Thank you dear I Am for making me safely passing the tree. Thank you dear I Am for making me safely crossing the roadway of the parking lot. Thank you dear I Am for making me safely step up onto the sidewalk getting off the roadway of the parking lot. In conclusion, I am thankful, for the understanding I have been given, why God used the words "I Am" for himself. I now know how to answer the question. What are you doing? My answer is: I Am is working through me!

## Chapter Nine The Positives of Bawling Uncontrollably:

### Chapter Nine The Positives of Bawling Uncontrollably:

My first experience of bawling uncontrollably was only in a discussion with my brother Mark after our grandfather Ole Listoe's funeral in 1983; we were building our house at the time and everyone just sat around after his funeral sobbing and crying. Mark and I left to continue working on the house, saying to each other, if you are going to cry at a funeral, cry like you mean it, not just weepy sobbing crying. We then agreed that grandpa Listoe lived a great life. We should be having a party to celebrate his great life and everything we learned from him, not sitting around crying; let's be sure they have a party after our funerals. I must say that my first true time bawling uncontrollably was in 2006. It was not I only, but by being filled with the Holy Spirit to speak in tongues that was verbally expressed as uncontrollable bawling. I never imagined it was possible to bawl so hard and uncontrollably, as the truest deepest innermost expression of my love and thankfulness to Jesus Christ. I was struggling to remain sitting in my chair in front of my desk. I was reading the introduction booklet to the course to become an associate member of the Order of Saint Luke the physician. I had started reading a paragraph titled "being thankful." I do not have this booklet anymore to quote it word for word, but it was, if you are saying thank you, don't just say thank you from your lips, but say thank you from your heart. I said from my heart, "You know me Jesus that I am saying thank you and I love you from my heart." I immediately began bawling uncontrollably, harder than I had ever imagined it was possible to bawl. I was completely comfortable bawling like this, because I knew the reason I was bawling like I was, and it made me feel exceedingly good. I thought, *I would not be embarrassed to bawl like this in public, because I know the true meaning of such intense uncontrollable bawling now*; but I accept that the Holy Spirit will not move me to bawl like this in public, because of my condition, anyone who sees me would for sure think I was having a seizure! My second experience was on November 16, 2008 with my brother Mark at his home in Prince Albert, Saskatchewan. I arrived there the previous night and asked Mark if he wanted to see the spreadsheet I had told him I was developing in 2007 when I took him on a nine day, eight night south Florida vacation package, which included a three day, two night Caribbean cruise from Fort Lauderdale, Florida to Nassau, Bahamas; but he said, "I really want to, but I am not able, because the computer is upstairs and I do not have the strength to go up and down the stairs." I did not think of it at all while I was with Mark in PA, but this was the first time that either of us was not able to do what the other asked, which killed Mark more than living with a terminal illness. The next morning, I was sitting on the sofa and Mark came walking up to me with only a pair of shorts on, seeing his body was nothing but skin and bones and I immediately felt like bawling uncontrollably; but I refrained and went into the kitchen to talk to Mom about this. She immediately said, "That would not be a good thing to do right now." I immediately knew what I needed to do with my need to bawl uncontrollably for Mark. I walked up to Mark as he was sitting on his bed. I wrapped my arms around him and started lowering my head onto his left shoulder, saying, "Mark, I just need your shoulder to bawl on for you." And I burst out bawling uncontrollably slightly less than my first time bawling uncontrollably while expressing my love and thankfulness to Jesus Christ. I bawled for quite some time and Mark wrapped his arms around me saying, "Thank you Keith for being comfortable enough to express your feelings for me like you are. You have made me feel the best I ever have through all I have gone through." I now know that this was my grieving for my brother Mark, personally before he died from his terminal illness. I cannot even imagine the pain he had to tolerate continuously for eight years. He had intolerable pain in his lower abdomen starting in 2000, but the doctor was unable to determine any reason for the pain, until exploratory surgery was performed in 2004, which concluded he had carcinoid tumor cancer in his small intestines. I learned on our trip to Florida in December 2007 that his intestines were so blocked that it had burst and pushed through his lower right abdomen forming a natural colostomy. The doctor had to cut a second colostomy on the left side of his

## Chapter Nine The Positives of Bawling Uncontrollably:

abdomen, so he required wearing two colostomy bags at the same time; and because they were too close together he had to wear one adult bag and one junior bag. Mark's definition of letting this kill him was to let himself cry for himself or feel bad because of what was happening to him. He felt the best he ever had, because he knew me so well that I would bawl uncontrollably for him if I saw the condition of his body not being strong enough to go up and down the stairs. I can best describe his body was decomposing from the inside out. I asked Mom at his funeral. "Why did you say it was not the best thing to do right now?" She answered, "Mark was told in October that he only had three days left to live. I immediately thought, *I know what Mark said to the doctor saying that to him*, but I did not say anything to Mom at his funeral. In September of 2009, I was talking to his widow Veryl and asked her if it was OK if I asked her if this is what Mark said to the doctor in October when he told Mark that he only had three days to live." She said "Sure, what did he say?" I said, "Don't you tell me when I'm going to die, you just hydrate me, clean out my innards and I will die when I die. I will not let you kill me now with your words!" Veryl asked, "When did Mark tell you what he said to the doctor, because those are Mark's exact words?" I said, "Mark never told me anything, I knew nothing about him being told this until I asked Mom at his funeral, why she didn't think it was a good thing for me to bawl in front of Mark in November 2008. Veryl replied, "You and Mark really did know each other." There is nothing more positive you could do for someone with a terminal illness than bawling uncontrollably for them before they die from the illness, but if you miss grieving for them in person before they die, be sure to bawl uncontrollably at their funeral. I must conclude that it was this type of bawling that was so significant in Jesus' day that it was written about in John 11 verses 35 and 36: <sup>35</sup> Jesus wept. <sup>36</sup> Then the Jews said, "See how He loved him."

## Chapter Ten the Value of Complaining:

I find that most people are negative towards the weather, only complaining, which I think is a complete waste of time and energy, as no one can do anything about the weather. I just look outside for the day, dress accordingly and enjoy the day. I will never let the weather set my mood for the day. On thinking more about the weather, I believe it is one of those situations of mind over matter. If you think it is too cold out, your subconscious will make you feel cold; so your conscious mind's thinking is correct in making you feel good that you really know yourself and how the weather is. But if you think it is cold, but you can dress warm enough to go out in it, you will go out and be just fine, not cold at all. After all, you did what you wanted to do. In addition, you feel good that you really know yourself. The saying I used earlier *Mind over Matter*, would be the matter being one's own body, as your mind does have complete control over the body either negative or positive. The choice is each person's, which way they will control their body, negative or positive. It's not with the conscious mind, but for sure, the subconscious controls the body. Moreover, a person's conscious thoughts affect how the subconscious will control the body to ensure the conscious mind's thinking is correct. This may be a new law of the universe. "The subconscious wants to guarantee that the conscious mind's thinking is always correct, either positive or negative; but it will



only truly guarantee negative thinking.” As such, one becomes what they think, positive or negative. I have never seen a person complaining with a smile on their face. I therefore, doubt complaining makes you feel joyful and happy. I conclude that complaining is a complete waste of time and energy, of no value of any kind! Put a smile on your face and stop complaining! I do not complain as a general rule in my life, but there is something that happened to me when I was on the step-down unit in the Health Sciences Center Hospital in 2002 that I feel justifies me writing this complaint, for other people’s benefit and well-being who might be in a hospital. I was lying in bed and a female nurse walked up to my left side, grabbed my left-hand and pulled extremely hard to sit me up, and this hurt my left shoulder intensely. I called for Dr. Daniels to tell her this happened to have her check my shoulder for any injury, but she flat out refused to look at my shoulder insisting it did not happen and that I only felt pain on my left side because I had suffered a stroke. I might have suffered a stroke, but I know that the proper way to lift a patient into a sitting position is to put your hand under their back and ask them to sit up as you assist them, by lifting on their back. No Dr. or physiotherapist ever looked or felt my left shoulder. I thought it would be looked at by Dr. Nemith at the Pan Am Clinic; but he only told me to lift my left-hand and my shoulder snapped loud enough for him to hear it across the room and he said, “That is your rotator cuff.” I went over to my friend Terry Rempel’s one evening to use their swimming pool to assist me lifting my left-hand in the water; and a friend of his was there from overseas.

He was a therapist of some kind, but not working here in Canada. He looked at and felt my shoulder, telling me it had been partially dislocated, because he could still feel a space in the shoulder joint. It is impossible to prove this now though, because my shoulder was dislocated and the shoulder joint ball crushed by the SUV impacting me on December 10, 2005 and it is now an artificial shoulder joint. But thank God the doctor did not touch my left knee other than showing me how it could bend in all directions after the SUV impacted me and I was released from the hospital on December 22, 2005 wearing a G2 brace on my left leg, because I was fully mobile and relatively pain free; oh, the grace of God, for his glory, power, might and love to be revealed through me. I have sufficient reasons to write that my personal Dr. is insane, because she thinks it is more reasonable for me to perform self-surgery to castrate myself than accepting my suggestion for an alternative that I know is impossible for me to do; but it would have provided me the desired results the same as if I were to castrate myself. In addition, she thinks that I must continue to take the anti-seizure medication even though the only guarantee she can give me taking it is it will damage my liver. I think she thinks this is OK because God heals my liver perfectly proved to her repeatedly by the results of my three-month blood tests that continue to come back perfect, so I made my own decision to stop taking the anti-seizure medication; but I trust God that I will not have any future seizures if I do not take any painkiller medications either in the future. I must include the first complaint I ever verbally expressed in 2009, which was the

following: the SAP Support Services Department was the first department to move into 360 Portage Avenue in 2008, before the construction had been 100 percent completed on the atriums. My co-workers said, "It is going to be tough for you, because you cannot bring your personal heater into the new building. I did not even waste my time or energy responding to such comments, because I would not know if I needed my personal heater. I was required to work in the old drafty building at 820 Taylor Avenue, until after I had worked in the new building to know how it was for my personal comfort now in my condition of living half physically dead that I feel frozen constantly on the left side of my body; but it is unbearable if there is the slightest cool draft on my body. But I do not expect anyone else to be able to understand this, so I do not verbally complain about it; but I just do what I can to lessen the discomforts I do have. My complaint I verbally expressed was during a coffee break, as I sat and listened to all of my co-workers complaining about the temperature and noise in the new office building. I said, "You have all finally given me something I will complain about." They all responded with, "You never complain about anything." I completed my complaint, "I have to sit here and listen to you all complaining!" I only had one day that the temperature was uncomfortably cool on the floor, when John Kirby left his window open over night, but I did not complain. Instead, I closed the window to let the temperature slowly stabilize to the comfortable temperature it was set at, I do not join in the complaining coffee breaks anymore, but rather use my break time to run the stairs and to close my eyes in the quiet room over my

lunch break. Sometimes my eyes are sore and a headache begins from staring at my computer screen too long. When I hear healthy normal people complaining, it only makes me think of saying, *try living in my shoes for a day and then see what you have to complain about.* To be sure non TBI and other TBI people can understand that it is only by the grace of God, I am able to be as joyful and happy as I am now; I have come up with the following simulation of living with a half physically dead body! It involves your non dominant side of your body. I.E. your left side if you are right-handed and vice versa. I know how impossible it is for me to do one of the listed things continuously all day long, I would not recommend you try doing more than one at a time for an extended length of time; but in my reality if I wanted to appear non TBI or fully recovered, I would need to do the entire list continuously all day long! As mentioned previously, my left foot is turned inward as I take a step, so to simulate, try turning your left toe inward as you take a step. My left shoulder hangs down lower than normal, resulting in me having to consciously think about lifting it up to a normal position; to simulate, try holding your left shoulder down in a lower than normal position. My head is tilted over my left shoulder. I have no idea it is until I start to feel pain in my left shoulder and back. I must consciously think about tilting my head slightly over my right shoulder to know it is not tilted over my left shoulder; to simulate, try tilting your head over your left shoulder.

## The Perfect Life!

## Chapter Ten the Value of Complaining:

My left arm does not swing as I walk, but is motionless hanging on my left side. If I try to make it swing like normal, it messes up my walking that I must concentrate completely on by moving my left foot and leg to take a step; to simulate try holding your left arm motionless as you walk.

I do not have the sense of touch in my left-hand making it near impossible to use my left-hand for anything more than gross manual tasks. It is difficult for me to hold something big enough like my toothbrush, as I have to put it into my left-hand with my right-hand to squeeze the toothpaste onto the bristles; to simulate, try holding something in your left-hand all day to only have your right-hand to do everything with. I had these ideas of how a normal non TBI person could simulate having to live as a stroke survivor, after a man said, "If you know that your left foot is turned inward, just straighten it out." I have the normal functioning right side of my body that I was able to test my holding your shoulder down simulation to know that the moment I thought about something else I was required to do, my right shoulder was back in the normal position. I know from experiencing my entire left side of my body tightening up and becoming painful, from my head tilted over my left shoulder, while I was in the hospital in 2003 before I was discharged; so be careful if you do decide to try this simulation; but now I know the reason for this pain. If I feel the pain beginning I know to tilt my head slightly over my right shoulder and the pain disappears. I must conclude that I do not complain the least about everything that has happened to me, because God was justified in abasing me by making my entire physical brain swell to equal the size of my swollen thoughts of myself; after all, I was living such an evil, wicked and sinful life that was unthinkableably rebelling against my parents' strict Christian upbringing. I am thankful; I did not experience the unjust human prison system due to my sinful living, because I know that I am not a strong enough person to have survived it! <sup>1</sup> Chronicles 19 verse 13: And David said to Gad, "I am in great distress. Please let me fall into the hand of the LORD, for His mercies are very great; but do not let me fall into the hand of man." I am a strong enough person to survive the amount of changes in my life becoming a content 8-year-old man with 43 years' experience, half physically dead miracle man walking: all by the grace of God that he did not leave my side when I walked away from him living my sinful life; and it could only be by the Holy Spirit sustaining me now that I am able to survive living as a content 8-year-old man with 43 years' experience, half physically dead miracle man walking!

## **Chapter Eleven Negatives of Personal Possessions:**

### **Chapter Eleven Negatives of Personal Possessions:**

Personal possessions cause nothing but worry, anxiety, stress, fear and discontentment. The greater number of personal possessions one owns only increases your worry, anxiety, stress and fear! Isaiah 55 verses 1 and 2: <sup>1</sup> “Ho, everyone who thirsts, come to the waters; and you who have no money, come buy and eat. Yes, come, buy wine and milk without money and without price. <sup>2</sup> Why do you spend money for what is not bread? And your wages for what does not satisfy? Listen diligently to me, and eat what is good, and let your soul delight itself in abundance.”

## Chapter Twelve Positive Personal Possessions:

### **Chapter Twelve Positive Personal Possessions:**

If a personal possession is required for survival, it is positive.

## Chapter Thirteen Complete Positive:

I have found myself in situations trying to think of an idea or way to accomplish the task at hand. In the four examples below they were not simply wants, but more needs. Not critical needs, but of high importance to me. 1 - My common law spouse, Teri, had always carried the blue recycle bin and garbage to the curb on garbage day for pick up. She was gone for a two-week vacation leaving me at home alone, not of any concern of either. I had not tried to twist tie the black garbage bags yet or carry anything of much weight with my non-feeling left-hand and artificial left shoulder. During this two-week period there was a garbage day. My first concern was getting the garbage out to the curb. The challenge would be to hold the bag in the air with my left hand twisting the bag, then twisting on the twist tie. Once tied, I had no problem carrying the bags to the curb. Next was the blue bin, I was somewhat hesitant to try carrying this bin with my left-hand. I stood there looking at it for a time finally saying to myself I have no option; I **will** do it, with one hand. I slid it off the counter in the garage holding it tight against my right hip and walking to the curb. It took another moment of hesitation before I slide it down my leg to the ground. In November 2005, my Mom suggested I write a nightcap of my day's activities. I started doing this soon



adding many more recipients to my cap list. I started with my immediate family, soon adding aunts, uncles and cousins, naming this new list to extended family. 2 - I started to write one afternoon that we all gather at the next family function to brainstorm for an idea to enable me to know where the void of my left field of vision starts. I wanted to include an idea in this cap to initiate some brainstorming remotely. I was thinking and thinking, mainly how confident the great thinking brains in my cap list would for sure do well at thinking of a solution to enable me to know where this void begins. Without knowing where it begins or where my vision stops, I do not know when to turn my head to see further to my left. After quite some time thinking with no results, I changed my thinking to **I will** think of an idea and immediately I did. As such, only complete positive thoughts mean something, but you must think you will do it. This is thinking you have achieved success before starting; you leave yourself no option but to be successful; hence you are. My idea in this e-mail received no further thoughts from my cap list. My son recently suggested I have a hologram image or such put in my glasses to indicate where this void of my field of vision begins. Thinking of, "will" brings to mind the statement *where there's a will there's a way*. My previous thinking of the word will in this statement was having great desire or great enough want there's a way. Now I know it is how you will achieve the task at hand simply by thinking you will! Further, if you want to do something, don't just say I will **try**, but be

more assertively confident and say **I will do** this. 3 - In 2006, I was asked if I would like to give my motivational speech at the ITS conference. I said yes. A couple of days later, I was told the theme for the conference is overcoming obstacles. I immediately thought *I do not use those words in my speech anywhere*. I must rewrite a section of it to emphasize this theme. I thought for a couple of days with no results. I made the decision to change my thinking to **I will** think of the words to emphasize overcoming obstacles and almost immediately I did think of an idea to add to my speech. This idea grew over time eventually becoming the book

### The Human Mind Positively Can

The power of the subconscious! But the idea itself has become Chapter Two: The Most Common Obstacle. Number 4 - My brother Mark and I lived in a small basement suite in Saskatoon, Sk. in the early 1980s. Then sometime in 1982, we received a letter from the owner of the property stating that he was going to put the house up for sale and it would be in our best interest if we found an alternate place to live prior to him selling the property. Mark and I discussed our options in-depth. We first thought we would try to purchase the property; however, we soon learned that we required 25 percent down to purchase a revenue home. We didn't have any savings as we both were living paycheck to paycheck with nothing extra to place in savings. We were also unable to find another suite for even similar rent and neither of us

could afford any increase in rent. We then heard an ad that the government of Saskatchewan was providing financial assistance to first-time home buyers, so we thought maybe we could build/buy our first home and receive this assistance. We carefully considered the differences between building vs. buying a home, as neither of us had any experience in the construction industry. As we discussed this we said to each other: We do not have any options, **we will** build ourselves a house to live in! We looked into the option of Nelson Homes, a company that sells semi-prefab houses. By this I mean they build all of the walls, and deliver them along with all other materials required, to complete the house to the site. The purchaser then needed to assemble all these walls to complete the framing. That includes installing the windows and doors, shingles and siding, then completing the interior/electrical, plumbing and heating, insulation, vapor barrier, drywall, painting, finishing carpentry, and flooring. After much analysis/calculations, we decided on a floor plan from Nelson Homes; we were convinced and confident that we would be able to do this; now we had to convince the Saskatoon Credit Union that we could, and get approval for a mortgage. We finally got our mortgage after 21 applications were rejected; the 22nd was approved.



## Chapter Fourteen The End of the Age:

### Chapter Fourteen The End of the Age:

Will the end of the age end on a positive note, with the commencement of the restoration of the earth to its created beauty and splendor? Why is now the time of the end of the age? Mark 13 verse 8, “For nation will rise against nation, and kingdom against kingdom. And there will be earthquakes in various places, and there will be famines and troubles.” These *are* the beginnings of sorrows. Mark 13 verses 28 to 30, <sup>28</sup> “Now learn this parable from the fig tree: When its branch has already become tender, and puts forth leaves, you know that summer is near. <sup>29</sup> So you also, when you see these things happening, know that it is near— at the very doors! <sup>30</sup> Assuredly, I say to you, this generation will by no means pass away till all these things take place.” Hosea 9 verse 7, “The days of punishment have come; the days of recompense have come.” Israel knows! The prophet *is* a fool, The spiritual man *is* insane, Because of the greatness of your iniquity and great enmity.

Recent earthquakes and famines,

1 –East Africa famine November 8,2006.

2 – Haiti earthquake January 12,2010.

3 Japan earthquake April 7,2011.

These are absolute prophecies for the greatest reason every human being wants to live the perfect life of complete joy and

## Chapter Fourteen The End of the Age:

happiness; we humankind seek, desire and are required to be living now at the end of the age. We have been deceived into thinking we seek and desire to live a life of pleasure, by our love for mammon! But in truth is only a life of worry, anxiety, stress and fear. Revelation 9 verse 4 They were commanded not to harm the grass of the earth, or any green thing, or any tree, but only those men who do not have the seal of God on their foreheads. The seal of God is the cross of Christ marked on your forehead when you are baptized in the name of the Father and of the Son and of the Holy Spirit. Revelation 9 verses 20 and 21, <sup>20</sup> “But the rest of mankind, who were not killed by these plagues, did not repent of the works of their hands, that they should not worship demons, and idols of gold, silver, brass, stone, and wood, which can neither see nor hear nor walk. <sup>21</sup> And they did not repent of their murders or their sorceries or their sexual immorality or their thefts.” In addition Mark 8 verse 38, “For whoever is ashamed of Me and My words in this adulterous and sinful generation, of him the Son of Man also will be ashamed when He comes in the glory of His Father with the holy angels. We live in a day and age of great adultery and sinfulness. We live in the most abundant day and age in the history of civilization. We have the means and ability to provide every human being worldwide the total requirements for survival, but unthinkably we refuse to even try to do so. Because of this, God is about to release his wrath on humankind as the end of the age. However, this is also the beginning of the restoration of the earth to its created beauty, splendor and cleanness; free of all evil and the devastation of living evil lives. Luke 21 verse 23, “But woe to those who are

## Chapter Fourteen The End of the Age:

pregnant and to those who are nursing babies in those days! For there will be great distress in the land and wrath upon this people.” A number of the prophets wrote of the beginning of the end of the age, but none of them completed the details of how it will be accomplished. We have been instructed in detail how we must live in order to be resurrected at the end of times to live in this newly restored kingdom of God. We must live life **in** a giving from your heart true love, faith relationship **with** Jesus Christ and giving from your heart love your neighbor as yourself; but accept the truth that we are unable to live righteously, so still require Jesus’ healing, saving, grace, mercy and **forgiveness** to be saved unto everlasting life. Isaiah 24 verses 18 and 19,<sup>18</sup> “And it shall be that he who flees from the noise of the fear shall fall into the pit. And he who comes up from the midst of the pit shall be caught in the snare; For the windows from on high are open, and the foundations of the earth are shaken. <sup>19</sup> The earth is violently broken, The earth is split open, The earth is shaken exceedingly.” Ezekiel 38 verses 19 and 20, <sup>19</sup> “For in My jealousy and in **the fire of My wrath** I have spoken, ‘Surely in that day there shall be a **great earthquake** in the land of Israel, <sup>20</sup> so that the fish of the sea, the birds of the heavens, the beasts of the field, all creeping things that creep on the earth, and all men who are on the face of the earth shall shake at My presence. The mountains shall be thrown down, the steep places shall fall, and **every wall shall fall to the ground.**” Malachi 4 verses 1 and 2, <sup>1</sup> “For behold, the day is coming, **Burning like an oven**, And all the proud, yes, all who do wickedly will be stubble. And the day which is coming shall

## Chapter Fourteen The End of the Age:

burn them up,” Says the LORD of hosts, “That will leave them neither root nor branch. <sup>2</sup> But to you who fear My name The Sun of Righteousness shall arise With healing in His wings; And you shall go out And grow fat like stall-fed calves.” Revelation 12 verses 15 and 16, <sup>15</sup> “So the serpent spewed water out of his mouth like a flood after the woman, that he might cause her to be carried away by the flood. <sup>16</sup> But the earth helped the woman, and **the earth opened its mouth** and swallowed up the flood which the dragon had spewed out of his mouth.” Mark 13 verse 2, “And Jesus answered and said to him, ‘Do you see these great buildings? **Not one stone shall be left upon another, that shall not be thrown down.**’” Zechariah 14 verse 4, “And in that day His feet will stand on the Mount of Olives, Which faces Jerusalem on the east. And the Mount of Olives shall be split in two, From east to west, *Making* a very large valley; Half of the mountain shall move toward the north And half of it toward the south The earth opening its mouth to swallow the water spewed from the dragons mouth is what they all prophesied about.” The earth opening its mouth or splitting open will be the greatest earthquake ever been since creation and will result in not one building left standing worldwide. Hebrews 12,26 and 27, <sup>26</sup> whose voice then shook the earth; but now He has promised, saying, “*Yet once more I shake not only the earth, but also heaven* <sup>27</sup> Now this, “*Yet once more,*” indicates the **removal of those things** that are being shaken, as of things **that are made**, that the things which cannot be shaken may remain. Mark 13 verse 31, “Heaven and **earth will pass away**, but My



## Chapter Fourteen The End of the Age:

words will by no means pass away.” Haggai 2 verse 21, “Speak to Zerubbabel, governor of Judah, saying, “I will shake heaven and earth.” This is not located at the edges of two tectonic plates touching each other, but in the center of a tectonic plate. The water swallowed by the earth will become a layer of steam encircling the earth just below the surface. There will also be the release of sufficient volcanic ash to completely encircle the earth in the outer atmosphere. The steam will heat the surface of the earth like an oven, but it will also burst through in combination with magma at any point on the surface of the earth heavily contaminated with pollutants causing that surface area to become molten lava. Every ocean and sea will boil. Hebrews 12 verse 29, “For our God *is a consuming fire*. All of this released steam or water vapor will encircle the earth in the outer atmosphere, which will condense on the ash to form the greatest sized hailstones ever hailed on the earth as written Revelation 16 verses 20 and 21, <sup>20</sup> “Then every island fled away, and the mountains were not found. <sup>21</sup> And great hail from heaven fell upon men, *every hailstone* about the weight of a talent. And men blasphemed God because of the plague of the hail, since that plague was exceedingly great.” This hailstorm will be so great that combined with the sun blocked from the ash and steam in the outer atmosphere will become a near instant ice/ash age. The center of every hailstone is volcanic ash. Whatever life on earth that was not cooked in the oven, will be frozen in the ice/ash age. But then this will happen to end the ice/ash age by the brightness of Jesus’ great glory on his second coming. Matthew 24 verses 29 and 30, <sup>29</sup> “Immediately after the tribulation of those days the sun

## Chapter Fourteen The End of the Age:

will be darkened, and the moon will not give its light; the stars will fall from heaven, and the powers of the heavens will be shaken. <sup>30</sup> Then the sign of the Son of Man will appear in heaven, and then all the tribes of the earth will mourn, and they will see the Son of Man coming on the clouds of heaven with power and great glory. The outer atmosphere will be wiped clean and the sun will shine through, but will pale in comparison to the brightness of Jesus' glory." Revelation 22 verses 1 and 2, <sup>1</sup> "And he showed me a pure river of water of life, clear as crystal, proceeding from the throne of God and of the Lamb. <sup>2</sup> In the middle of its street, and on either side of the river, was the tree of life, which bore twelve fruits, each *tree* yielding its fruit every month. And the leaves of the tree *were* for the healing of the nations." As the ice melts away there will be left a very thick and fertile layer of volcanic ash soil the world over on which will immediately grow every type of plant and vegetation worldwide. This is the new kingdom of God we will be resurrected onto to kneel before the judgment throne of Jesus Christ. Mark 14 verse 25. "Assuredly, I say to you, I will no longer drink of the fruit of the vine until that day when I drink it new in the kingdom of God." John 11 verses 24 and 25, <sup>24</sup> Martha said to Him, "I know that he will rise again in the resurrection at the last day. <sup>25</sup> Jesus said to her, "I am the resurrection and the life. He who believes in Me, though he may die, he shall live. God ensures that whatever ways Satan tries to make God not true to his word result in the most positive perfect loving world for us humankind to live forevermore on with God." Genesis 9 verses 11 to 16, <sup>11</sup> "Thus I establish My covenant with you: Never again shall all flesh be cut off by the waters of the flood; never again shall there be a flood to

## Chapter Fourteen The End of the Age:

destroy the earth.”

<sup>12</sup> And God said: “This *is* the sign of the covenant which I make between Me and you, and every living creature that *is* with you, for perpetual generations: <sup>13</sup> I set My rainbow in the cloud, and it shall be for the sign of the covenant between Me and the earth. <sup>14</sup> It shall be, when I bring a cloud over the earth, that the rainbow shall be seen in the cloud; <sup>15</sup> and I will remember My covenant which *is* between Me and you and every living creature of all flesh; the waters shall never again become a flood to destroy all flesh. <sup>16</sup> The rainbow shall be in the cloud, and I will look on it to remember the everlasting covenant between God and every living creature of all flesh that *is* on the earth.”

## Chapter Fourteen The End of the Age:

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### About The Author:

I am passionate about convincing humankind of the absolute truth I know of the perfect life of complete joy and happiness; free of worry, anxiety, stress and fear! That we humankind seek, desire and are required to be living now at the end of the age, by my true life experiences that for the most part I am completely ashamed of, but I will reveal all; so humankind knows for certain that I am writing the truth! God is just in all that has befallen me! Nehemiah 9:33: “However You *are* just in all that has befallen us;

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For	You	have	dealt	faithfully,
But	we	have	done	wickedly.”

My first Life My Sinful, Lewd, Wanton Life

Preface:

## My first Life My Sinful, Lewd, Wanton Life

From the Beginning...so you and I will know whom I was!



The first of my paintings!

(key this into the command line of your browser to view the image on-line!  
[http://www.keithlistoe.ca/first\\_Picture\\_Painted.gif](http://www.keithlistoe.ca/first_Picture_Painted.gif))

Preface:

## **Preface:**

I am only able to write this book by the healing and saving grace, mercy and forgiveness of our unconditional loving Lord and Savior Jesus Christ. This book is to set the stage for my next two books. It has also provided in detail the things one should not do, or how one should not live their life, for mine was much too sinful.

Table of Contents:

**Table of Contents:**

**THE PERFECT LIFE! ..... 1**

**TABLE OF CONTENTS: ..... 1**

**PREFACE: ..... 7**

**CHAPTER ONE GIVING VS. RECEIVING:..... 20**

**Positive Actions Required Overcoming Any Negatives of Giving From Your Heart and Loving Your Neighbor as Yourself:..... 36**

**Volunteering:..... 38**

**CHAPTER TWO THE POWER OF THE SUBCONSCIOUS: ..... 39**

**CHAPTER THREE THE PERFECT LIFE:..... 44**

**Love: ..... 51**

**Perfect Sexual Intercourse:..... 55**

**Chapter Four Overcoming the Greatest Human Fear:..... 56**

**CHAPTER FIVE THE NEGATIVES OF HUMANKIND’S DECEPTION TO A SELF-IMPOSED DEATH SENTENCE: ..... 57**



## Table of Contents:

<b>CHAPTER SIX POSITIVELY A NEAR PERFECT WORLD:</b>	<b>61</b>
.....	
<b>Work:</b> .....	<b>64</b>
<b>Benefits:</b> .....	<b>66</b>
<b>Education:</b> .....	<b>69</b>
<b>Communication:</b> .....	<b>70</b>
<b>Transportation:</b> .....	<b>75</b>
<b>Love justice system:</b> .....	<b>76</b>
<b>Recreation:</b> .....	<b>81</b>
<b>CHAPTER SEVEN HANDLING CHANGE:</b> .....	<b>82</b>
<b>Ignorance is Bliss:</b> .....	<b>85</b>
<b>Managing Expectations:</b> .....	<b>122</b>
<b>Anger:</b> .....	<b>143</b>
<b>Expected Future Changes:</b> .....	<b>144</b>
<b>CHAPTER EIGHT THE POSITIVES OF BEING THANKFUL:</b> .....	<b>148</b>
<b>CHAPTER NINE THE POSITIVES OF BAWLING UNCONTROLLABLY:</b> .....	<b>174</b>
<b>CHAPTER TEN THE VALUE OF COMPLAINING:</b> .....	<b>176</b>

Table of Contents:

**CHAPTER ELEVEN NEGATIVES OF PERSONAL POSSESSIONS: ..... 182**

**CHAPTER TWELVE POSITIVE PERSONAL POSSESSIONS: ..... 183**

**CHAPTER THIRTEEN COMPLETE POSITIVE: ..... 184**

**CHAPTER FOURTEEN THE END OF THE AGE: ..... 189**

**ABOUT THE AUTHOR: ..... 196**

**MY FIRST LIFE MY SINFUL, LEWD, WANTON LIFE..... 198**

**FROM THE BEGINNING...SO YOU AND I WILL KNOW WHOM I WAS! ..... 198**

**PREFACE: ..... 199**

**TABLE OF CONTENTS: ..... 200**

**Chapter One Birth Details:.....Error! Bookmark not defined.**

**Chapter Two My Position in Family:Error! Bookmark not defined.**

**Chapter Three My Earliest Childhood Memory: ..... Error! Bookmark not defined.**

**Chapter Four My Second Childhood Memory:Error! Bookmark not defined.**

**Chapter Five My Burnt Hand:.....Error! Bookmark not defined.**

Table of Contents:

**Chapter Six My Starting to Skate:..Error! Bookmark not defined.**

**Chapter Seven My Childhood Fascination:Error! Bookmark not defined.**

**Chapter Eight Youth Adventures:..Error! Bookmark not defined.**

**CHAPTER NINE MY FIRST BIKE:ERROR! BOOKMARK NOT DEFINED.**

**Chapter Ten My Desire to Learn:..Error! Bookmark not defined.**

**Chapter Eleven My School Years:..Error! Bookmark not defined.**

**Chapter Twelve Our Own house: ..Error! Bookmark not defined.**

**Chapter Thirteen Our Log Fort: ...Error! Bookmark not defined.**

**Chapter Fourteen Stealing: .....Error! Bookmark not defined.**

**Chapter Fifteen Drinking: .....Error! Bookmark not defined.**

**Chapter Sixteen Skating Continued:Error! Bookmark not defined.**

**Chapter Seventeen Hockey:.....Error! Bookmark not defined.**

**Chapter Eighteen My One and Only Fistfight:Error! Bookmark not defined.**

**Chapter Nineteen My Crushes, Girlfriends and Sexual Escapades: .....Error! Bookmark not defined.**

Table of Contents:

**CHAPTER TWENTY MY YEARS IN HIGH SCHOOL:**  
.....ERROR! BOOKMARK NOT DEFINED.

**CHAPTER *TWENTY ONE* LEARNING TO SWIM:..** ERROR!  
BOOKMARK NOT DEFINED.

**CHAPTER *TWENTY TWO* DRUGS:ERROR!** BOOKMARK  
NOT DEFINED.

**CHAPTER TWENTY THREE MY GRADUATION: ..** ERROR!  
BOOKMARK NOT DEFINED.

**CHAPTER TWENTY FOUR MY WORK EXPERIENCES:**  
.....ERROR! BOOKMARK NOT DEFINED.

**CHAPTER TWENTY FIVE DRIVING:ERROR!** BOOKMARK  
NOT DEFINED.

**Chapter Twenty Six First Moved Away from Home:.....** Error!  
Bookmark not defined.

**Chapter Twenty Seven My Broken Finger:Error!** Bookmark not  
defined.

**Chapter Twenty Eight Gunn Chieftain:Error!** Bookmark not  
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Table of Contents:

**Chapter *Thirty One* The House My Brother Mark and I built:**  
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**Chapter *Thirty Two* Keith’s photographs of a House Fire:**  
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**Chapter *Thirty Three* Miscellaneous photos:**Error! Bookmark not defined.

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**Chapter *Thirty Eight* 66 Glenacres Crescent:**Error! Bookmark not defined.

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**Sailing:**..... Error! Bookmark not defined.

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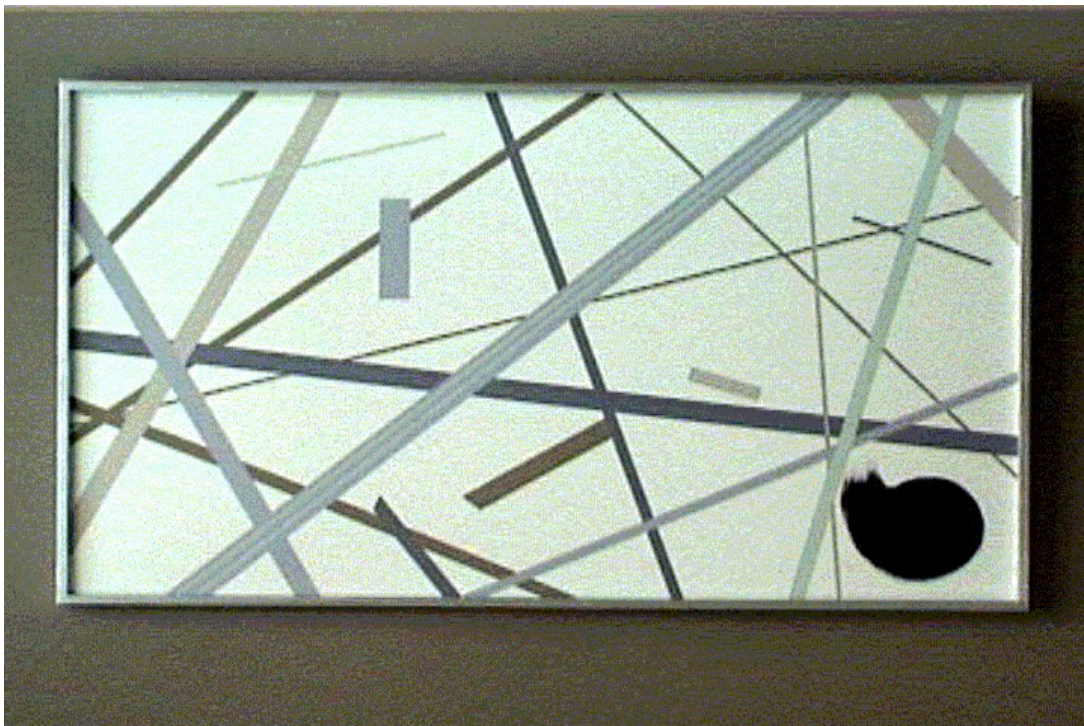
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My first Life My Sinful, Lewd, Wanton Life

Table of Contents:

## **My first Life My Sinful, Lewd, Wanton Life**

**From the Beginning...so you and I will know who I was!**



**the first of my paintings!**

**(click to enlarge)**

**Preface:**

I am only able to write this book by the healing and saving grace, mercy, and forgiveness of our unconditional loving Lord and Savior Jesus Christ. This book is to set the stage for my next two books. It has also provided in detail the things one should not do, or how one should not live their life, for mine was much too sinful.



## **Table of Contents:**

<b>MY FIRST LIFE MY SINFUL, LEWD, WANTON LIFE.....</b>	<b>207</b>
<b>FROM THE BEGINNING...SO YOU AND I WILL KNOW WHO I WAS!.....</b>	<b>207</b>
<b>PREFACE:.....</b>	<b>208</b>
<b>TABLE OF CONTENTS:.....</b>	<b>209</b>
<b>Chapter One Birth Details:.....</b>	<b>213</b>
<b>Chapter Two My Position in Family:.....</b>	<b>214</b>
<b>Chapter Three My Earliest Childhood Memory:.....</b>	<b>215</b>
<b>Chapter Four My Second Childhood Memory:.....</b>	<b>217</b>
<b>Chapter Five My Burnt Hand:.....</b>	<b>218</b>
<b>Chapter Six My Third Childhood Memory:.....</b>	<b>218</b>
<b>Chapter Seven My Starting to Skate:.....</b>	<b>220</b>
<b>Chapter Eight My childhood fascination:.....</b>	<b>223</b>
<b>Chapter Nine my desire to learn:.....</b>	<b>225</b>
<b>Chapter Ten Youth Adventures:.....</b>	<b>227</b>
<b>CHAPTER ELEVEN MY FIRST BIKE:.....</b>	<b>230</b>

My first Life My Sinful, Lewd, Wanton Life

Table of Contents:

<b>Chapter Twelve living in the Old Teacherage:</b> .....	<b>232</b>
<b>Chapter Thirteen Being Bullied:</b> .....	<b>233</b>
<b>Chapter Fourteen My Crushes, Girlfriends and Sexual Escapades:</b> .....	<b>234</b>
<b>Chapter Fifteen My School Years:</b> .....	<b>247</b>
<b>Chapter Sixteen Our own house:</b> .....	<b>250</b>
<b>Chapter Seventeen Our Log Fort:</b> .....	<b>251</b>
<b>Chapter Eighteen Stealing:</b> .....	<b>252</b>
<b>Chapter Nineteen Drinking:</b> .....	<b>257</b>
<b>Chapter Twenty Skating Continued:</b> .....	<b>263</b>
<b>Chapter Twenty-One Hockey:</b> .....	<b>264</b>
<b>Chapter Twenty- Two My One and Only Fistfight:</b> .....	<b>282</b>
<b>CHAPTER TWENTY- THREE THE MOTTOS I SET TO LIVE MY LIFE BY:</b> .....	<b>246</b>
<b>CHAPTER TWENTY- FOUR MY YEARS IN HIGH SCHOOL:</b> .....	<b>285</b>
<b>CHAPTER TWENTY- FIVE HUNTING AND TRAPPING:</b>	<b>287</b>
<b>CHAPTER TWENTY- SIX LEARNING TO SWIM:</b> .....	<b>289</b>
<b>CHAPTER TWENTY- SEVEN DRUGS:</b> .....	<b>291</b>

## Table of Contents:

<b>CHAPTER TWENTY- EIGHT MY GRADUATION:</b>	<b>..... 293</b>
<b>CHAPTER TWENTY- NINE MOVING OUT OF SPIRITWOOD:</b>	<b>..... 295</b>
<b>CHAPTER THIRTY MY WORK EXPERIENCES:</b>	<b>..... 295</b>
Gulf Service Station	..... 296
Spiritwood and District Co-op store:	..... 297
KLM Party Platters:	..... 298
Startco Engineering:	..... Error! Bookmark not defined.
Manitoba Hydro:	..... 350
<b>CHAPTER THIRTY-ONE DRIVING:</b>	<b>..... 361</b>
<b>CHAPTER THIRTY- TWO MY BROKEN FINGER:</b>	<b>..... 373</b>
Chapter Thirty- Three Gunn Chieftain:	..... 378
Chapter Thirty- Four, first time Laid Off:	..... 380
Chapter Thirty- <i>Five</i> , Keith's Photographs:	..... 387
Chapter <i>Thirty- Six</i> The House My Brother Mark and I built:	..... 395
Chapter Thirty- Seven, Keith's photographs of a House Fire:	..... 446
Chapter Thirty- Eight Miscellaneous photos:	..... 451

My first Life My Sinful, Lewd, Wanton Life

Table of Contents:

**CHAPTER THIRTY- NINE KEITH'S WILDLIFE  
PHOTOGRAPHS:..... 464**

**Chapter Forty Not so wild Animals:..... 502**

**MJ\_WAP:..... 502**

**CHAPTER FORTY-ONE MY POST-SECONDARY  
EDUCATION:..... 520**

**Chapter Forty- Two HAPPY Canada Day: ..... 522**

**Chapter Forty- Three, 66 Glenacres Crescent: ..... 536**

**CHAPTER FORTY- FOUR GOD'S LOVE, SAVING,  
GRACE, AND MERCY: ..... 551**

**Sailing:..... 572**

**Chapter Forty- Five, My Artwork:..... 574**

My first Life My Sinful, Lewd, Wanton Life

Chapter One Birth Details:

## **Chapter One Birth Details:**

I was born in the afternoon on February 28, 1963, all 9 pounds, 2 ounces. A fat baby nicknamed Roly Poly on the due date in the Town of Spiritwood, Saskatchewan. My parents are Danny and Bessie Listoe.

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## **Chapter Two My Position in Family:**

My brother Mark is two years older than I am. My brother Scott is four years older than I am. My sister Eileen is six years older than I am. My sister Deborah is four years younger than I am, and my brother Evan is eight years younger than I am. Mark and I got along very well as we were growing up. We seemed to enjoy bugging Scott very much, and Scott would lose his temper so easily. I was 11 or 12 years old, and one day, I was bugging Scott, and he got mad. I started running through the house to get away from him. I was hoping to run out the back door, but I had to make a 90-degree right turn to reach the door, and Scott pushed me as I was about to start this turn. I ran straight into the wall. I was standing there looking straight ahead and could see the 2X4 in the middle of the drywall. I was not hurt in any way, so I stepped out of the wall, and all I could think about was how I was going to tell my parents this happened. I do not remember what I told them or what their response was to the large hole in the wall. My Dad converted the hole into a closet.

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## **Chapter Three My Earliest Childhood Memory:**

When I was three years old, I was playing over at my friend Alvin Priestley's back yard; we were playing a game of running on the rungs of a ladder lying on the ground. Alvin's dad, Ken Priestley, explained he had put pieces of metal on both sides of the ladder to keep it from breaking, and I thought. It's great to know that metal is stronger than wood, which is the basis for my resourcefulness to build new things that I might require, until I lost my physical abilities to build anything myself, but I can still think of new ideas like my Keith's less toe protecting footwear steel toe cover that my son, Cody was able to construct and install on my footwear for me! I tripped on one rung falling with my forehead hitting the ironclad edge of the ladder. This resulted in a large, deep cut on my right forehead. Mrs. Priestly came out and carried me across the highway to my place. My parents took me to the hospital, and the cut required stitches, though it wasn't a serious head injury. I remember lying on a steel gurney with a cloth over the top of me with a small hole above my face through which I could see a bright light shining down on me, and then a doctor Michaud, arrived and started to stitch the cut. I remember feeling of the needle and then thread pulling through my skin; it was a very different strange feeling, being

My first Life My Sinful, Lewd, Wanton Life

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able to sense the difference between the smooth, hard surface of the needle and the rough, soft surface of the thread!



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## **Chapter Four My Second Childhood Memory:**

Again, I was playing with the Priestley's with my brother Mark this time; however, we were each on our sides of the highway. Mark was driving the tricycle, and I was standing on the platform at the back. We were throwing rocks across the highway to see who could throw a rock the highest, when a rather large rock landed on my toes, hurting them very much.

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## **Chapter Five My Burnt Hand:**

I remember watching my dad make his oatmeal caramel drop cookies one day, at four years of age, standing on a chair in front of the stove to see inside the pot. He turned the element off at the front of the stove he was cooking on, moving the pot to the back element. I could not see into the pot now. I remember thinking he turned the element off, so it won't burn me. I put my hand down on the element to lean over the stove to look inside the pot. I wanted to see what made the noise. As he put the last ingredient into the pot, I was burned instantly. I Looked down at my hand, and my hand was covered with onion looking ringed blisters the same as the rings of the element! I was in great pain! This was my right-hand. This happened in late spring or early summer of 1967, just before the family moved to Saskatoon, Saskatchewan, which occurred when I was four years old.

## **Chapter Six My Third Childhood Memory an ACE:**

In the summer of 1967, after we moved to Saskatoon, Sk. I was four years old. The entire family attended an Arlen Salte

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concert in the Centennial Auditorium. I was following my dad up some stairs with numerous people going up and down. I became separated from my dad.

I ended up walking up to the edge of a railing in a balcony overlooking the sitting area below. I was overwhelmed seeing such a mass of people sitting below me, and I started to cry. A worker at the Centennial Auditorium brought me out to an office area and asked me some questions. I then heard an announcement that a young Listoe girl was lost could a parent come to pick her up. I was so put off by being called a girl! I am convinced now that this was an ACE (Adverse Childhood Experience), which made me extremely shy insecure with low self-esteem, and no confidence to ask a girl out for a date.

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## **Chapter Seven My Starting to Skate:**

The Christmas after we moved to Saskatoon, I received skates for my Christmas present. Before this, I would ask my Mom when she was going to wax the floors again, so I could put on my big wool socks to polish the wax by pretending to skate on it. We lived in a house on the east side in McNab Park in Saskatoon, Saskatchewan. There was a skating rink in this park. I could not wait to go out and skate with my skates. I was so excited my Mom took me out to the rink she put my skates on me, then set me down on the ice, I skated across the ice to the other side turned around and skated back without falling once. It was as if I had been skating for years already with no hesitation at all on how to skate. And this felt great. The following spring, we moved back to Spiritwood, and I started kindergarten, as I was now five years old. Mrs. Mueller, the kindergarten teacher, decided to take the entire class to the arena for skating one day. However, most of the kids could not skate yet. I was the only one who could skate. There was a large wooden sleigh in the arena, which I started to use to give my classmates rides around the rink. Watching Hockey Night in Canada was the big weekly television to watch, but I had learned where the local arena was in which hockey games were played, so I went to the arena as often as possible to watch the games played in person. However, one game the puck was shot

My first Life My Sinful, Lewd, Wanton Life

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over the boards hitting me in the face cutting it. Mrs. Joyce Willick was there and took me into the washroom to clean it up.

My first Life My Sinful, Lewd, Wanton Life

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## **Chapter Eight My childhood fascination:**

When I was five years old, I would stop and watch the carpenters build houses around Spiritwood. I would stand and watch them for hours. I was so fascinated with construction. All too often, they would have to tell me to move back out of the yard as I moved closer to the house to see better. I always moved back when instructed, fearing if I did not, they would not let me watch from the street either.

My first Life My Sinful, Lewd, Wanton Life

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## **Chapter Nine An experience with Fire:**

When I was five or six years old. My brother Mark and I were playing a game in the rodeo grounds with our next door neighbour friend Chum Cross, who was my age. Chum suggested that he had to start a fire to keep the horses in the correct area of the field in the game that we were playing. He had matches and lit a fire in the corals that we were playing in. The fire seemed to almost explode along the coral boards. We immediately heard the town fire siren go off. We ran home as fast as we could. Dad had just finished loading the car for our summer vacation in Moose Jaw, Sk. We had no time to do anything but get into the car to drive to Moose Jaw!

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## **Chapter Ten My Sexual Curiosity:**

My curiosity to see the female body peeked or started when I was five years old. I convince my same aged cousin, Jean, to play a game that I called, Doctor, in which we would each reveal our private parts to the other. We were sitting in my bedroom closet about to start removing our clothes. My uncle Philip called her out to the car to go home before we had removed any clothes, which devastated me at the time, but now I am thankful this happened!

## **Chapter Eleven my desire to learn:**

During my preschool youth, my parents played Scrabble most evenings. Often there were heated debates over a word that was placed. They then always brought out this thick book to look up the word, and the debate ended. I wanted to know what this book was. They told me it was a dictionary; it contains every word in the English language and what each word means. I asked, "When would I learn how to read?" Being told in grade one, all I could think of is *I can't wait for school to start*. I want to go to grade one to learn how to read, and then I will read this dictionary to know every word in the English language and what each word means. I could then play Scrabble and win! I started grade one; after a week, I had not been taught how to read. I became very mad at my teacher, Elnora Berg. She asked,

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“Why are you so mad?” I answered, “I thought you would have taught me to read by now.” She then asked, “Why do you want to read so badly?” I answered, “Therefore, I can read the dictionary to know every word in the English language and what each word means, so I can win playing Scrabble.” Some time, later in grade one, I did learn how to read. I felt very bad about getting mad at my teacher. I decided I would be able to bake a cake now that I could read. I invited my teacher over for cake and coffee. She was very unsure if my mom would let me bake a cake. I told her I would check tonight and let her know the next day if it was OK. I rushed home after school, finding the cake recipe immediately. I then began getting all the ingredients I required to make this cake. My mom noticed me and asked me what I was doing. I explained my plans to have my teacher over for cake and coffee as my way of saying sorry to her for getting mad at her. My mom allowed me to try making this cake only to be sure to ask for help if required. I was determined to make this cake on my own because I could read. I did make this cake and invited my teacher over after school the next day.

## **Chapter Twelve Youth Adventures:**

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I was just over five years old when my brother Mark and I would compete against each other about who could walk the farthest on top of a single rail line before falling off. I do not remember who was the best or did walk the farthest in this competition. However, writing this, I can only assume it was not me. This is probably also the reason I continued walking on a single rail for years onward, soon being able to walk from the elevators on the edge of Spiritwood westward to the railway dugout west of town. This was a place I frequented for many adventures in my youth. There were beaver and muskrats in this dugout and creek on either end of it. One summer day, I was walking around this dugout, having to go through some rather tall grass. I am unable to remember what I was carrying, but I dropped it accidentally. Stopping, I looked down, not seeing it anywhere. Thinking it must have bounced off into this tall, thick grass, I bent down on my hands and knees. So, I started spreading the grass apart, looking for this item, after a minute or two, and doing this further and further into the grass. I spread the grass open and was very shocked to be looking directly at the butt of a skunk with its tail raised. I quickly let the grass close and stood up, turning, and walking away from the area. I was just so thankful the skunk did not spray me since I was that close, and my face was directly in the skunk's rear-end!

My first Life My Sinful, Lewd, Wanton Life

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## **Chapter Thirteen My First Bike:**

When I was four years old, the local McLeod's Store had new bikes for sale, and they were very nice bikes. However, they cost just over \$100, and my mom and dad thought they were too expensive to buy one for me. Therefore, I decided I would save enough money to buy it for myself. However, I soon had the gut feeling that saving my allowance of 25 cents per week would take a very long time to save enough money to buy this bike. So, I had a gut feeling for how I could get some extra money to save by picking up and returning empty bottles along the highway or from around town. Using a large gunnysack bag, I would walk through the ditches for miles picking bottles. The best time of year to get many bottles was rodeo weekend, as there were many dozens of bottles left around the rodeo grounds after the rodeo was over. I saved enough money to buy one of these bikes from McLeod's when I was five years old!

The refund for returning bottles then was only 1 cent or 2 cents per bottle. Shortly after buying this bike and riding it for a while, I remember one very vivid time riding my bike home, seeing a large bumblebee flying in behind me. I kept looking behind me to see where the bee was. It was getting closer; I thought this bee is trying to catch up with me to sting me. I

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decided I would go as fast as I can to get away from it; I never did get stung. It's most likely because the bee was going somewhere else and only crossed my path by coincidence; I rode my bike in front of it. I never did ride my bike that hard and fast again. When I was seven years old, the brakes stopped working on my bike. I took it in to the garage to use my dad's tools to take the rear axle hub apart to see what had broken and why the brakes no longer worked. I became very worried when numerous washer-like parts slipped off the axle, and each piece had a different shaped hole in the center. I managed to get them all back on the axle inside the hub. The brakes were working again also! I am unable to remember my age when I had to throw the bike out after the front axle hub wore out while I was riding it. Its front forks fell to the ground, and I flipped head over heels on the south side of the road going eastward on the side of the road north of the elementary schoolyard.

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## **Chapter Fourteen living in the Old Teacherage:**

There was a row of caragana trees between our house and the Cross house on the north side. I convinced my same aged female cousin, Jean, to play a game that I named doctor in which we would show each other our private parts. We were sitting in my bedroom closet about to start removing our clothes when my uncle Philip called her out to the car to go home before we removed any clothes, which devastated me then but now I am thankful that it happened. I saw a ruby-throated hummingbird one day in the caragana trees that initiated my interest in bird watching. My dad had a book that listed details of birds that I used to identify as many birds as possible around Spiritwood before I moved to Saskatoon in 1981. I would walk for hours around the countryside outside of Spiritwood looking for various birds. I remember seeing the following birds: Red-winged blackbird, Meadow Lark, Chickadee, barn swallow, American bittern, Great Blue Heron,

My brother Mark and I watched our dad closely to learn where he put the leather strap; he used to spank us because we were sure there were tacks in it, it hurt so much. We learned he kept it in the stairway on a ledge halfway down the stairs but levelled with the top of the stairs. We were able to climb up to the ledge to get the strap to learn it didn't have any tacks in the end! I would have been five and Mark seven years old.



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Mark and I noticed that Dad was consistent going pee and farting at the same time every night before he got into bed for the night. I was in my bunk bed one day and Mark threw a ceramic figurine monkey at me hitting me on my forehead hurting very much. When I was eight years old I found three pornography magazines in the garbage behind Sidoruk's convenience store in Spiritwood, Sk.

- 1- Playboy.
- 2- Penthouse.
- 3- Swank.

I was fascinated by the photos but I read the articles as well to be deceived reading one article that a nimble tongue is greater than the mightiest sword, which initiated me to bite the top of the Cherry Blossom bar off to lick the cherry and syrup out of the surrounding chocolate with my tongue to increase its nimbleness.

## **Chapter Fifteen Being Bullied:**

I never made the mental note of when this started or stopped in my life but I discern that it started when the grade six classes from the public elementary school and the Separate school were combined in the high school. Brent Tipton who was the backup goaltender was now in the same class as me and he started to bully me and he convinced numerous other rough boys in Spiritwood to bully me also, Ron Goller, Dean Gunderson, and Larry Houle.

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## **Chapter Sixteen My Crushes, Girlfriends and Sexual Escapades:**

Unfortunately, I suffered the ACE at four years old that made me extremely shy with low self-esteem and no confidence to ask a girl out for a date.

My sexual curiosity started when I was five years old. I convinced my same aged female cousin to play a game that I called doctor in which we would show each other our private parts. We were sitting in my bedroom closet about to start removing our clothes. My uncle Philip called her out to the car to go home before we had removed any clothes. I was devastated then that this happened, but now I am thankful that it happened. My first crush was on Michelle Willick in grade one. I initially saw Michelle in the rink, as I played hockey with her older brother Reg, and she was not in my grade one class, so I had the idea to run over to the Separate school on the bell ringing to end the day, to see if I could see her exit the Separate school to follow her home to know where she lived in Spiritwood. I was extremely disappointed to determine that she attended the separate school and got on a bus after school to go home on a farm somewhere, which meant it was impossible for me to get to know her in Spiritwood! When I was eight years old, I found three pornography magazines in the garbage behind Sidoruk's convenience store:

- 1- Playboy.
- 2- Penthouse.
- 3- Swank.

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I was fascinated by the photos, but I also read the articles to be deceived reading one article that a nimble tongue is greater than the mightiest sword, which motivated me to bite the top off a Cherry Blossom bar to lick the cherry and syrup out of the surrounding chocolate to increase the nimbleness of my tongue, which I discern now made me a sexual pervert. My second crush was on Terra Walz in grade seven, but I was too shy to ask her out on a date. I was so excited one evening in the late fall after the first snowfall when her younger sister, Ivy, told me that, Terra, was babysitting at the Olson's and wanted me to go visit with her babysitting. I had extreme fantasies of what I could do with Terra sexually. I finally worked up enough courage to kiss Terra, each of us experiencing our first kiss, but the Olsons pulled into the parking stall just as I did. I bolted out the front door, as they entered the back door. Brent Tipton started to date Terra the next day, so I could not ask her out on a follow up, date to our first kiss together. I finally worked up enough courage to ask, Diane Szabo, out on a date. She refused, telling me that she would not date me because she wanted to date my brother Mark. This pushed me over the edge into near suicidal depression!

I have no idea when this happened, but my first wet dream was about Arlene Tipewan, who was a native girl in my class. On my sixteenth birthday, Lanna Thumann, who I knew through Luther League asked me if I and my group of friends sitting in the restaurant wanted to go out to her farm for my sixteenth birthday party. Either, Keith or Darrel Boyer, offered to drive everyone out to her farm in their parent's white station wagon car. There was a light snowfall happening and whoever drove off the grid road into the snowbank getting the car unmovable stuck, but it was close enough to walk to Lanna's farmhouse. We could not get a tow truck until the morning, so we were forced to sleep overnight at Lanna's. I was assigned to sleep with Lanna's friend on the second floor. I was too embarrassed to go downstairs to use the washroom hearing my friends, downstairs, so I opened the window and crawled out onto the roof to pee off the back corner of the house. I unexpectedly lost my virginity that night, which led to me unthinkingly misusing my sexuality to overcome my high

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level of near depression. I took my younger sister, Deborah, and her best friend, Wanda Parent, who I was attracted to, to a party at the Martodam's in the wintertime, driving Mark's 1973 standard Chevy van that was upgraded into a somewhat of a motorhome with a bed, fridge and sink. I drank a couple of beers and the girls wanted to go home, so I dropped, Deborah, off first hoping to get it on with Wanda on the bed. Wanda, conveniently moved to sit beside me on the floor between the two front seats. I turned a left corner on the street past the high school. I shifted into third gear and wrapped my right arm around Wanda, looking over at her and our eyes locked, resulting in me leaning over kissing her. I looked back in front of the van to see that I was just about to crash head-on into a parked car on the incorrect side of the street. I slammed on both the brake and the clutch to no avail, crashing instantly into the parked car. I am astounded that I, not wearing my seatbelt and of course, Wanda, wasn't wearing a seatbelt. I held both of us from flying forward into the front of the van. I noticed, as I was getting out of the van that the steering wheel, a flat chrome wheel with slats of wood on the top and the bottom, was bent over on top of itself towards the center of the van, and I felt a burning sensation on the outside right side of my knee, which I had no idea why until I arrived home and could remove my pants to look at it. I concluded that the carpet burn on my knee must have been from my knee pressing against the engine cowling in front of, Wanda. I discern now that this was the Lord protecting, Wanda from me having sexual intercourse with her, because she was too young to have sexual intercourse, being four years younger than me, and to provide me with the experience of

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performing a superhuman feat that is only possible by the Holy Spirit being our subconscious mind to control our reflex reactions! This happened in front of the Principle, Collin Maxwell's, house, and he came out to see what happened, and I asked him if I could use his phone to call the police and my parents. He suggested that I wait a couple of hours before calling the police. I did not wait, as I was responsible for my actions, and there would be no advantage of waiting. The call to the police was answered by the RCMP detachment in North Battleford, and it took a couple hours for the police to arrive. The car was totaled, but Mark's van wasn't, as no damage to the expensive interior! I did start dating, Janice Marks, shortly after this, but I broke up with her to try to start dating, Adelle Deni, who was the fastest girl skater, and she was more petit physically attractive than Janice! However, the hottest girl in the area, Wanda Brewer, from Shell Lake wanted me to talk to her after one of my hockey games. I bought my normal large orange pop after the game, and I started looking for Wanda. I saw her and her friends sitting on a bench next to the wall. I could not take my eyes off looking at Wanda as I walked towards her. I tripped on a lip/ridge in the floor just in front of Wanda. I spilled my entire orange pop on Wanda. I am still astounded that I managed to talk to her after this happening, the most embarrassing moment of my life to that point, but I did, and Wanda asked me if I wanted to take her to a dance-a-thon in Shell Lake because she was sure that her parents would let her go to it with me. I had attended Norwegian lessons with my parents at Wanda's parents before this. Wanda's dad operated a horse ride service on his farm with numerous horses to ride.

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Wanda and I often went horseback riding together. The first time that we went, which was my first time riding a horse. I made the mistake of letting the reigns hang loose in front of the horse and the horse laid down almost rolling over onto my leg. Dad phoned me one day at Wanda's telling me that I had to drive to Glaslyn by such a time to pick Scott up arriving on the bus. I lost track of time and thought if I drive fast enough, I could still make it in time to Glaslyn, so Wanda and I took off in dad's Old's Delta 88 Supreme brougham. Wanda lived about twenty-five miles from Spiritwood and I made it to Spiritwood in ten minutes but I had to stop to change the rear passenger tire, as the belts had separated shaking the car violently, and there was a loud hissing noise coming from the engine when I stepped on the gas, but I did slow down to normal highway speed and made it to Glaslyn in time to pick Scott up. One night driving Wanda home from Spiritwood I convinced Wanda to sit in my lap while I was driving. Wanda was a great dancer and taught me numerous new dances that I cannot remember the names of now, other than the polka, and I guess chartreuse, . I bought Wanda a nice silver necklace and earring set for her birthday gift when I was in grade twelve, and Wanda broke up with me claiming that I was getting too serious, which resulted in me not having a girlfriend to ask to be my grad escort, so mom ended up dancing the first dance with me at the graduation dance. I often met my uncle John after moving to Saskatoon in 1981, to go out drinking and looking for a woman to date. One night John talked to two women on the street outside of the bar and we each took one home for the night. I did start dating, Janet Gatzke in 1982, but then she moved to Fort

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Saskatchewan just north of Edmonton, Ab. She was terrified of getting pregnant, so having sex with her was not possible, but we communicated very well with each other. I was shocked by, Allison Short, one afternoon in the Safeway checkout in the summer of 1982, asking me if I wanted to come over to her place later for some popcorn, which is my favourite snack, so of course I agreed. She shared accommodations on Avenue D north just north of me with Connie Long, which was comical because Allison Short, was tall and slender, and Connie Long, was short and frumpy. After we finished the popcorn, she asked me to tuck her into bed. I made sure to use the washroom before going into her bedroom to tuck her in. She was already under the blankets when I got into her bedroom, so I calmly tucked the blankets in under her chin. She reached out pulling me down onto her bed, saying, point blank. Aren't you going to fuck me? I replied, "yes," but I will need to get undressed first." I stripped as quickly as possible and pulled the blankets down to lie down beside her in bed, and she was already stark naked. She ended up having a boyfriend living in Medstead, so we could not be in an open relationship, but we enjoyed each other sexually until she ended it after Christmas. I Then recognized a woman, Shelley Currie, at a cabaret dance at the Western Development Museum from the bus to work each morning and I asked her to dance. We both misused our sexuality to start a relationship. When Mark and I started to construct our house, she asked me if I wanted to share her apartment just off 33<sup>rd</sup> street. Shelley was extremely controlling by rudely interrupting me halfway through my sentence to finish my sentence for me and then when I finished my sentence as I

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intended to she would call me a liar, but I was too insecure to stand up for myself against her controlling nature. The condom broke one night, and Shelley got pregnant. We communicated for the first time in our relationship to mutually agree that she should have an abortion. I lied to myself that Shelley was too insecure for me to breakup with her after this, as Shelley might commit suicide, but I now know that I was too insecure to break up with her and not be in a sexual relationship. I was so disappointed one night at Terry McKnight's wife Laura's birthday party that they called off the wet gotch concert after Laura did not win the wet t-shirt contest. I felt for the young woman who won the wet t-shirt contest, as she was surrounded by a group of bikers at the party. Shelley had gone home, so I asked the winner if she wanted to come talk to me in the kitchen to get her out of the bikers encircling her. She was so thankful that I did this, we ended up fucking the night away on their living room couch. I had to rush getting dressed in the morning when Shelley arrived at the back door, and I put my gotch into my right front pocket, which Shelley questioned me what was in my pocket as she was driving me home. I got a new job at Northern telecom, which provided me with the confidence that I could now afford to support a family. I had one, one night affair with a coworker at Northern Telecom after the Christmas party in 1984. I made the greatest mistake of asking Shelley to marry me, so I could continue our sexual relationship. We got married on Saturday, June 29/1985. I got laid off at Northern Telecom in the fall of 1986, and my hiring manager, Dianna Boldis, told me that she hired me because I had such a nice tight ass. Shelley was expecting our first child in the



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spring of 1987, and I had to start looking for a new job because my 90% severance pay on top of my unemployment  $\frac{1}{2}$  insurance was about to end. I was blessed with a summer job at Petro Canada from Shelley's parent's friend Ken Ophiem, with my first day of work on April 27/1987. I did well, working for Petro Canada, but I had to accept a promotion with relocation to Winnipeg, Mb. in September of 1991. Petro Canada asked me in March of 1992, if I wanted to be part of the implementation team located in Mississauga, On. for a new computer system named SAP, which meant I would be on the road living out of a hotel in Mississauga, but I accepted this exciting new work. I found the check in agent at the Holiday Inn hotel attractive and she started to communicate with me, which was even more attractive, and I started a sexual affair with her. I lied to her one night when she asked me if I was married because I went back to Winnipeg, every weekend. I lied no, I must go back to Winnipeg to play hockey every weekend, which was a greater turn on for her, as she was fascinated with hockey players. I had to travel to each of the ten lubricants warehouses across Canada for the project, and when I was in Edmonton, Ab. I phoned, Janet Gatzke, to see how she was because I never broke up with her on starting my sexual relationship with Allison Short. Janet came over to my hotel and insisted that we sleep together after all these years. I then had to perform a week of work in Burnaby, BC. warehouse, so I booked myself into a resort close to Burnaby and had Janet join me for the week in Burnaby. I ended up on the Manitoba Hydro SAP implementation project in Winnipeg, working for IBM from 1994-1997. At the end of the project I made the mistake of going to tap,

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Maureen Moore, on the shoulder standing behind her to get her attention, and she turned around to face me faster than I realized and instead of tapping her shoulder I tapped her breast, which led to her asking me to drive her to her hotel room in the Fort Garry Hotel, which I did and started a sexual affair with Maureen, whose initials suited her physical appearance perfectly because she was mm good. I resigned from IBM after the go-live at Manitoba Hydro on April 1/1997, and started my own numbered SAP consulting business with a contract at Agreevo N/A in Regina, Sk under Tullamore Advantage on a subcontract under Ernst & Young on July 1/1997. My second contract was with Aventis Pasteur in Toronto where Maureen lived, so I stayed with Maureen on my business trips to Toronto. Maureen then relocated to Calgary, Ab. and my third contract was with Agrium in Calgary, so I met up with Maureen in Calgary. My fourth contract was with Hercules in Wilmington, Delaware, which included work in Toronto, On. I met the sexiest most attractive woman, Jacqueline Taboada, in the Toronto office. She wore the shortest miniskirts to work each day, and one day she sat down on the left side of my desktop with her legs spread open. I am still astounded that I refrained myself from dropping my pen onto the floor to bend down between her legs to pick it up to look up into her open crotch, as I thought she was not wearing panties! Shortly after this another woman, Terry Barager in the Toronto office asked me to go out for supper with her if she could drive me to the restaurant, to which I agreed. After supper, as we were in her car to drive me back to the hotel, she asked me if she could give me a blowjob, to which I agreed, as it was the first time that a woman had asked me that, and she was very

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thankful for the size of my erect penis and was insistent that I fuck her, which I obliged, only to contract chlamydia, which I gave to Shelley that forced me to separate from Shelley on January 1/2000. I registered on an online dating site through which I met several women for one night stands. One woman I met through other casual acquaintance, and she refused to date me again because her vagina was sore for two weeks after we had sexual intercourse. I met a woman, Teri Berry online using the ICQ chat software in early 2000. We chatted until I asked to meet in person, which we did at the Old Spaghetti Factory at the Forks in downtown Winnipeg, on September 10/2001. We did not rush into a sexual relationship, until one night we met for drinks at Bailey's restaurant and bar in downtown Winnipeg on Lombard Avenue, and Teri unexpectedly initiated our sexual relationship. I did not have a condom on my person, but it was in my truck parked blocks away from where Teri and I were in her van. She did not allow me to go to my truck for my condom. She insisted that I did not ejaculate inside of her. I pulled out just in time to shock both of us with the quantity of my ejaculate. I just continued on and on and on until Teri was soaked in my semen! We dated, which included Teri being my assistant painting the large abstract paintings for my own interior decorating my house until I heard in September of 2002 that she was having problems with the landlord of the apartment that she was living in the north end of Winnipeg, and I asked her to move into my big two-story house at 280 Barlow Crescent, and Teri moved in October of 2002. I suffered an unknown bleed in my brain on Friday, December 2/2002, while I was playing a hockey game when I skated head

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down at full speed into an opposition player. The headache disappeared, as normal after the game after I guzzled two ice cold glasses of water. The second bleed in my brain occurred on Tuesday morning December 11/2002, as I ejaculated after an extended session of sexual intercourse with Teri, so I fucked my brains out! I was struggling having my three children live with me fifty percent of the time because I could no longer drive them back and forth to school or Shelley's on the west side of the red river. Teri assisted me in buying a home on the west side of the Red river at 199 Kirkbridge Drive, which in the process I became aware that I had lost my sense of smell, as Teri told me that one house, we toured that I liked stunk. I asked Teri if she could show me where her "G-Spot" was in her vagina to stimulate her to a female ejaculation orgasm, which she eagerly did, which resulted in me the perfectionist that I am developing a theory for how to perform perfect sexual intercourse, which was as I stimulated her "G-Spot", it swelled so that I could feel it just before Teri exploded in a female ejaculation orgasm, and her "G-Spot" was only about two or three inches inside of her vagina, so I knew that the male erect penis was not required to be longer than two or three inches to perform perfect sexual intercourse, which I discern is how God created us to be in the perfect marriage relationship guaranteed until death we will not part if a couple remains virgins until after the man has proposed marriage the man will receive the gift from, Jesus Christ of touching his to be wife's "G-Spot", when she initiates their true marriage in the sight of god the judge of performing sexual intercourse on the first ovulation post being proposed to, which is perfect sexual foreplay, so when the man

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inserts his erect penis into his to be wife's perfectly stimulated "G-Spot" the glands of his penis will contact her "G-Spot, I could not bring myself to try with Teri after I made the mistake after moving into this new house of lying to Teri that I did not meet Terry in Toronto on my business trip to Wilmington, Delaware through Toronto overnight in March of 2004, which unknowingly made it impossible for me to continue my open honest considerate communication with Teri that made her fall in love with me perfectly giving from her heart love, by which she forsook her parents, siblings, friends, and two children from her previous marriage to be by my side until she was confident that I could manage on my own. I blamed my inability to communicate with Teri on my brain damage. By September of 2006, Teri could not stand living with the uncommunicative me, and told me that she was leaving me. We sold my house, and each moved into our own apartments in October of 2006!

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## **Chapter Seventeen The Mottos I set to live my Life by:**

I was near suicidal, depressed in grade seven because I was so small, skinny, and shy. I had a gut feeling to set the following four mottos to live my life by:

- 1- It does not matter where I am or what I am doing. I will have fun!
- 2- I will have had a great day if I have learned something new!
- 3- I will do the best I can with whatever I have!
- 4- I can do anything because I can learn!

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## **Chapter Eighteen My School Years:**

In grades one and two, all the boys created this game we called, catch the girls and kiss them. I found this to be a great game; as I was able to run so fast, I could catch most of the girls any time I wanted to. The only girl I had difficulty catching was Vivian Parker. She ran very fast as well. The elementary school had monkey bars play structures, all made out of metal piping back in those days. The most common game I played on the monkey bars was trying to pull the person in front of you down off the monkey bars using your legs. Again, I enjoyed this game as I was very flexible and had no problem holding my weight upon the bars for a very long period. This was all done while swinging from one end of the bars to the other end. Therefore, the timing was a big factor. Because if timed properly, the person in front of you was only holding on to the bar with one hand as they swung to the next bar to grab hold of it.

The government of Canada developed a program, Participaction, that required performing a set number of various physical activities to achieve four different award levels: Bronze, Silver, Gold, and Supreme. I knew I was going to be able to get Supreme. Serendipity came into play as my last activity; they said “done” before I reached the Supreme level. This was hanging on a bar for a certain

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length of time. I was allowed to redo this activity when the teacher agreed she had said incorrectly recorded it. I did hang on much longer than the required time this time. Some of the other activities were doing sit-ups. I did 64 sit-ups in one minute, well above the required number in a minute. I also ran some distances in a certain time or less and did push-ups.

I did receive the Supreme award. I participated in track and field events from grade one through junior high school, but I was not participating in track and field by high school. In junior high school, I did go to the provincial track meet in North Battleford, Saskatchewan, running the 200-meter dash; but I was not fast enough to place in the top at this level of competition. I did not like the softer sandy surface of the track in North Battleford, for the sand would get into my shoes while running, becoming extremely uncomfortable. I ran the first heat barefoot. I was the first place in this heat. The next race, they would not allow me to run barefoot. I was nowhere near first place in this race. In junior high school, I played a lot of badminton, going into the provincials but not winning anything. I was most disappointed in myself for this loss and level of competition. I was also playing a lot of curling, as the skip of the junior boys' curling team. We won First in the second event in 1977!



My first Life My Sinful, Lewd, Wanton Life

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Click on the image or key this [www.keithlistoe.com/1977-curling.jpg](http://www.keithlistoe.com/1977-curling.jpg) into your browser's command line to view the enlarged image online: Another game I enjoyed in junior high school was volleyball. Particularly my serving, which was a spike serve. I could make the ball drop just over the net or swerve from side to side, by placing the needle valve in the correct location before tossing the ball up to serve it. In high school, I also played baseball, being the back-catcher. I used my great glove hand to catch the pitches, which is very similar to playing goalie in hockey. My disappointment when playing baseball was batting, as I never did get the ability to hit a pitched baseball. However, when playing slow-pitch ball later in my life, I was a switch-hitter, being able to bat swinging either left-handed or right-handed. I was astounded the most by being able to hit the ball where I wanted to!

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## **Chapter Nineteen Our own house:**

Mom and Dad bought our house when I was ten years old. It was a large, two-story house with enough bedrooms for everyone, as each of us children had a bedroom on the second floor. My room was in the southwest corner of the house. Each of us was able to choose the interior decorating for our bedroom. I chose a nice blue for the walls and a unique textured plaster ceiling by putting on thick plaster with a trowel and then pulling the trowel off. This created medium length spikes hanging from the ceiling. When I was in grade twelve I was always in such a rush to leave the house, I wanted a way to ensure the door was always closed behind me, so I trained Deborah's dog, Sox, to close the door behind me as I left!

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## **Chapter Twenty Our Log Fort:**

One of the most memorable things I remember Mark and I doing in our youth was chopping down trees. I was 10 or 12 years old, and Mark would have been 12 or 14 years old. We found a couple of axes somewhere and used them to chop down trees and build a log cabin fort in the bush south of Spiritwood. We had a lumber floor and a closet in one corner. We even had two car batteries and a car radio for the music system in our fort. A trap door was on the floor, which covered a deep storage space we had dug in the ground. Also, we constructed a complete roof over the fort and siding of some kind on the outside walls. This made the fort very weatherproof. One day Mark and I were going home from our fort and came across Eric Klynod walking towards us through the field south of the rodeo grounds carrying his pellet gun. He took a shot at us with his pellet gun for some reason, but fortunately, he missed us both.

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## **Chapter Twenty-One Stealing:**

I was ten years old, just after moving into our house. One day I had a strong craving for a chocolate bar, but no money to buy one. I walked over to the Martodam's General Store on Main Street to look at how much they were. A coffee crisp bar caught my attention. I decided I would take it out of the store. I took it home and was sitting down in the back yard to eat it. I was starting to open the wrapper when my mom walked around the corner, asking me where I got the chocolate bar. I said Martodam's General Store. She was very mad at me, asking me where I had got the money to buy it. I had to tell her I did not have any money. Now she was even madder saying that is shoplifting, stealing. You had better get the money for it and take it back to Martodam's and pay for it right now! Mom gave me the money, but it was hard to walk into the store with the bar to pay for it. The clerk thanked me for coming back and paying for the bar I had stolen from the store, but do not do it again because I would not be let off so easily if there were a next time. I did not shoplift again in Spiritwood or ever again.

One day I was in McLeod's looking, at some small toys, I started to walk to the exit, and Mr. Poulin, the owner, grabbed me, asking if I was shoplifting? I said nothing. He said he was sure he saw me put something into my pocket. I

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let him check each of my pockets, and he found nothing, of course, because I was not shoplifting. However, my activities soon changed. Elmer Thompson, the owner of a car wrecker service, had numerous buildings around town full of car parts. I was interested in looking at these parts over closer, and one evening, I broke into one of his buildings. I did not steal anything but was so excited I was able to break into it so easily. I decided I would see what other buildings in town into which I could break. I successfully broke into the Legion Hall one night. I am unable to remember what I stole; the thrill was to break into as many buildings as possible. I broke into the curling rink and the skating rink. One day I climbed up onto the rooftops of the stores on Main Street to determine if there might be a way to break into any of them.

I discovered a small open window in the convenience store owned by Boris Sidoruk. It was only a single pane of glass missing from one section of the four sections of the window. I decided I would attempt breaking into his store that evening. I was skinny enough to crawl through this small open section of the window. There were many wood shavings on the floor or top of the ceiling of this store. The next day I looked at the ceiling from inside the store to know if there was a door anywhere into the attic. I discovered there was one just above the front counter. That night I went into the attic again through the window, dug through the

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wood shavings, and found the door in the ceiling. I did open this door, getting into the store itself.

I tried to open one of the pinball games to get the quarters to be able to play more pinball. I was not able to break into a pinball game. I did steal some food items. I continued this for a week or two. One night I had Bradley Pearson staying overnight at my place. I brought him with me to break into this store, asking him what he wanted from the store. I would get it for him. He refused to take anything. I know the only building I did not break into was the Jehovah's Witness Church. I think the only other building I did not break into was Martodam's General Store; most other buildings were quite easy for me into which to break. The closest I ever came to getting caught was after breaking into the attic of Sidoruk's store by climbing on the roof and crawling through a single square pane of broken out glass one night. I continued going into this store each night for a week; one Saturday night, I am not sure what I sat on after getting out again but noticed that my butt was covered with green paint or ink of some kind.

This was very late Saturday night. After church on Sunday morning, the police came by asking me to hold out my hands looking for any green colouring on them. There wasn't as I had scrubbed for hours to remove any of the green colours anywhere I could find it on myself, knowing someone would be looking for it to know who was climbing into the attic of

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this store. They found none, so I was off the hook. This was the most difficult place to get into as the size of this window hole was only one-quarter of the full window size.

Nevertheless, I was small enough to fit through this small hole. I was also very agile. I say this as I broke into the carwash by climbing up the cinder-concrete block wall. I did this by putting my back against the wall and using my feet against the overhead door tracks to push myself up the wall to the top and grabbing the top to pull myself over the narrow space left open at the top of this tall wall. I then went down on the inside on various shelving and pipes to the floor and was able to walk out the door to leave.

I stole some quarters from the carwash with which to play pinball. The one mistake I made was telling this other kid, Eric Klynod, I was able to do this. He wanted to see me do it, so I showed him, but on opening the door, he wanted in to steal some quarters from the carwash operation controls that were open inside this room. Therefore, we both took a handful of quarters. I only used mine to play the pinball machines as I would break into Sidoruk's store to steal any junk food I wanted, but Eric would buy candies and such with his being caught as the quarters were marked, and he squealed on me, so I was caught as well. It was the last time I ever told anyone what I could do or had done. I can't remember the specifics about how I broke into any of the other buildings now but know I was in most of the buildings

My first Life My Sinful, Lewd, Wanton Life

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at one point just keeping track of them all in my mind. Nothing was written down about any of it just in case. I do remember being inside the Spiritwood Centennial Arena several times, as well as the curling rink, the high school, and the co-op store, as well as the Catholic Church and the Free Methodist Church. One building I broke into through the ductwork for the heating system for the building's fresh air duct, I suppose it was. I cannot remember which building this was in Spiritwood.



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## **Chapter Twenty-Two Drinking:**

My brother Mark and I found a Mickey of lemon gin one day in Spiritwood. The bottle had not been opened, so we thought we would try it. It was a very good-tasting drink. It had a warning label that it may cause blindness if drunk straight. We ignored the warning as we had no idea what it even meant at the time; we assumed this would only happen if too great a quantity were imbibed at one time. The next thing I ever drank was a variety of wine or champagne after winning a hockey game in midget hockey. I threw up after I arrived home and never touched this wine or champagne drink again in my life. When I began going to parties in Spiritwood, most of the people brought beer to drink. I did not like the taste of beer, but to fit in with the crowd, I would take a beer-sipping on it then dumping the majority somewhere in the house sink or toilet. Returning to the main room of the party with very little beer left in my bottle.

Occasionally I drank in front of everyone, learning that I would drink more beer faster if it were just on the verge of freezing. Reducing the taste of it immensely, at one party at the Martodam's house, a group was playing a card game, is a game with all the cards turned face down around the table, then four cards were face upturned. The starting player who would make a bet by pouring some beer into a juice pitcher, and then turning one card face up if it matched one of the four cards, the pitcher had to be guzzled and then passed to the next player. Around the table, it went. I had to guzzle the

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full pitcher one game, which I surprised even myself that I was able to do it. On the first bus skiing package I went on with Shelley Currie, we went to a local nightclub for drinks one night in Banff, Alberta. As we entered, there was a big commotion going on at the bar. It was a contest to see who could guzzle a pitcher full of beer the fastest; the winner would receive a keg of beer. I watched the first two contestants as they poured a glass full out of the pitcher and could not even guzzle the glass full. I said to my counterparts would you all like the keg of beer for the weekend skiing. They said yes, but how will we win? Who can guzzle a pitcher of beer? I knew I could, so I went up to the bartender and asked, can I guzzle from the pitcher. Or do I have to use a glass? He said, "However you want, but just be sure not to spill any." I did guzzle this pitcher of beer, winning the keg only to learn there was too much beer in a keg to be consumed by everyone over the weekend.

In the early '80s, Raymond Dumas was sharing accommodations with me in the basement suite of 928 Ave. D. north in Saskatoon, Saskatchewan. Raymond had to go home by Spiritwood to pick up his paycheck. We left Saskatoon just after work at about 6 p.m. with two dozen beers. I was driving his new white truck. We were out of beer by the time we reached Shell Lake, Sk. We stopped to buy another two dozen beers; Raymond was much bigger and heavier than I was. Arriving back home in Saskatoon about 10 p.m., Raymond was passed out in the passenger seat. It was very cold out. I thought, *there is no way I can leave Raymond out in the truck overnight*. It took all I had to drag Raymond out of the truck into the basement suite we lived

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in, but somehow, I managed. In the morning, he could not believe I outdrank him and dragged him into the suite without injuring him. He is probably twice my size. The next time I remember going back to Spiritwood to drink was to attend a birthday party for Alvin Priestly. We left Saskatoon right after work, and I had not eaten any lunch this day but thought I would eat on the way or shortly after arriving in Spiritwood.

However, we went straight to the party and started by drinking several beers. Then Alvin opened the gift everyone had bought him, which was a Texas Mickey of Canadian Club rye whiskey. It had a pump nozzle on top to dispense the rye into glasses. However, this was too slow, so we positioned it on a coffee table with the end of the nozzle hanging over the edge. This allowed each of us to lie on the floor and pump the rye directly into our mouths. The top of the pump had a small hole in it. A normal pump would dispense 1 ounce of rye. However, we soon learned that if one closed the air hole while pumping it full, it would dispense about 5 ounces of rye per pump. I took three of these plugged pumps in a row near the end of the party. And very quickly, my stomach began to ache as I had never felt before in my life. I walked outside to go home, but Mark's car was at another location, so I required a ride to there. I got a ride from Jeff Willick in his small Honda Civic. I sat down in the passenger seat, and Jeff got in to drive. I said I think I will be sick. I remember reaching down to unroll the window and swinging my hand around and around. However, I did not have a hold of the window crank. So the window did not open, but I thought the window was open and pointed my mouth towards the closed window, throwing up all over the

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inside of the door of Jeff's car. He did drive me to where I needed to go. The next day he took his car to the carwash using the spray hose on the inside passenger door to clean my disgusting mess from it.

I am so thankful that Jeff is such a nice understanding man. It must have been very difficult for him to be nice to me after this, although he laughed about it once as he was wondering what I was doing swinging my hand around by the door, not holding on to anything. This is the only time I have ever been sick to my stomach from drinking. Knowing how much I drank that night without eating anything most of the day, I can only be thankful I did throw up. I just wish I was not in Jeff's car when I did! To this day, I have not missed any work due to my overdrinking. Quite remarkable per the next time drinking during the project, I was on in Regina; we would go out for supper each night after work as we were all from out of town. The one restaurant we went to often had a big promotion on for Vesper martinis and James Bond martinis. Vodka, gin, and vermouth are used to make it.

Charlotte McKinty suggested before supper that we have a drinking contest. Pat Montegarry volunteered to be the drink recorder. Charlotte McKinty was talking about how much she could drink, on and on and on. I never said a word about my drinking. I just made sure I had a large meal for supper. I had duck a l'orange, very tasty. The count was 1 point for each ounce consumed. Therefore, the Vesper martinis were worth 3 points, as it was 3 ounces of alcohol and no mix. We all agreed that these were not sipping martinis but should be drunk in three swallows. I won this drinking contest with a

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total score of 34 points. After that, I drove everyone to another nightclub in Regina to do some dancing. I was at work 8 a.m. sharp the next morning, bugging Charlotte immensely once she arrived at work on beating her at the drinking contest.

The strangest feeling I ever had from drinking was when I drank too many shooters in an evening. My calves would become very painful, lasting through the night until the following morning. The first time I remember this occurring was after drinking too many flaming slippery nipples shooters in Saskatoon one night at the bar in the Sands Hotel. Why I do not remember, this was also the first time I drank a shooter on fire. I do not remember what is in a slippery nipple. Only that the main deal that night in the bar was drinking them on fire. After the rye drinking experience, I stopped drinking rye and started drinking rum and coke as my standard drink. I could drink as much rum in an evening as I wanted without having a hangover the next morning. I started off drinking Bacardi's white rum, then switching to Captain Morgan's spiced rum; the white rum I began drinking with a wedge of lime, making it a much better-tasting drink. The best drink I ever tasted was red wine in the Sheraton Cavalier Hotel restaurant in Saskatoon, Saskatchewan. During supper there, when working for Petro Canada, Victor Hetzmannchuck, the national distribution manager, was in town. Taking us all out for supper, he read the wine list. On reading this one wine, he said, "I wish I knew you had this in stock. I would have phoned to have you open a bottle two hours ago to let it breathe but open a bottle now before supper, and as it empties, bring another bottle." I am not

My first Life My Sinful, Lewd, Wanton Life

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sure how many bottles of this red wine we drank, but it was the best-tasting drink I have ever drank. I do not remember the name or year of this wine, either. It's a real shame as I wanted to buy some myself later for drinking at home when friends over for supper. I often think it was a variety of Beaujolais.

Nevertheless, nothing more than that comes to mind, other than he exclaimed it was from a particular year. I have not attempted trying various bottles of Beaujolais to discover if this was the correct type of wine. I am not a big red wine drinker. I prefer a white Riesling German wine or the ice wine from Niagara Falls, Canada. It's very expensive, though, but well worth the price in taste. If I bought it once a year, I was lucky. Probably more like once every six years. I am not a very big fan of drinking wine.

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## **Chapter      Twenty-Three      Skating**

### **Continued:**

Some organization in Spiritwood had the idea to raise money by holding a skate-a-thon. Each skater would get pledges for each lap around the rink skating. The length of time to skate was set to two hours. I started skating and soon paired up with Chris Simon. We were passing all the other skaters time and time again on each lap around the rink. Each skater had a person in the bleachers counting the laps skated. I skated 276 laps in two hours. The skater with the most laps would receive a prize of some sort. I was sure I had the most laps as no one passed me the entire two hours. However, when I attended the ceremonies to give out the prize, the person called up who skated the most laps was Leo Loiselle. His counter had cheated and recorded the incorrect number of laps for Leo, as he was a very slow skater; I just forgot about it all, there was nothing I could do to correct it. Near the end of the first hour, they had to move the pylons to new locations as the ice-worn away completely with the gravel showing through at the bottom around each pylon.

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## **Chapter Twenty- Four Hockey:**

I enjoyed skating, but I wanted to play hockey. After the first game in which I received many body checks, I decided I wanted to play goalie to avoid the body checking. I was very small; I could skate well and fast but still got body checked too much to enjoy playing. I started playing goalie and learning the position. My first coach, Steve Helgason, told me that if I wanted to play goal, I must move out of the net to reduce the amount of the net the opposing team's players could see. I understood this concept but immediately had a gut feeling that I would be foolish to move out of the net unless I could skate back to either post from anywhere in front of the net without looking behind me. I started practicing doing this looking behind me. I was quite good at goaltending. In my second year of playing goalie, I received the best goaltender trophy for the Wee Mites' League I was playing in.



**Best goaltender Wee Mites!**

**Click on the image or key this into your browser's command line to view the enlarged image online:**



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[www.keithlistoe.com/Wee-Mites.jpg](http://www.keithlistoe.com/Wee-Mites.jpg)



**best goaltender, Wee Pee!**

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[www.keithlistoe.com/Wee-Pee.jpg](http://www.keithlistoe.com/Wee-Pee.jpg)

The League supplied all the goaltending equipment, so I never had to buy my equipment. This was very fortunate, as I do not believe my dad made enough money to afford such expensive equipment for a sport. I believe my goaltending was so good because of my great ability to skate well along with incredible balance and extremely wide peripheral vision, and the Holy Spirit is my subconscious mind controlling my reflex reactions. I increased my strength for skating by going to the rink with my skates and stick each night before a hockey game was played. I scraped the ice between periods using a large metal scraper. Skating around the rink and pushing the snow into the center, I created two strips of snow by making one trip at the beginning down center ice. I

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would eventually push these two strips of snow to the end of the rink, where there were two doors above the boards to open and shovel the snow out. If I cleared the ice before the time was up, I could skate around the ice shooting a puck. I never did acquire any skill at handling a puck/passing or shooting. Although, as I played more goalie, I practiced very often to increase my shooting with my goalie equipment, soon thinking if I could shoot the puck high enough and far enough, I could score if the opposition pulled their goalie. I never did get my shot this strong. Nevertheless, I did get to be a very good roaming goaltender being able to handle the puck and shoot the puck very well wearing my goal equipment. I always would come out of my net to play the puck in time to do so before the opposition's player reached the puck.

Although I am sure, this style of goaltending gave many frights to my coaches and fans over the years. However, I enjoyed being able to do this, so I did. I do not know what made a couple of men from Spiritwood say to me one day that I was a combination of watching Dryden and Tretiak playing goalie. I do not remember the year it was in or my exact age. It is the only goal I remember being scored on me. Not meaning only one goal ever scored on me, but this is the only one of the many with a lasting impact on me as a goaltender. We were playing a game in Big River, Saskatchewan, known in the area for having good hockey

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teams, it was about two hours north of Spiritwood. The game has only seconds left in it. We were winning 2-0; I was so excited about getting another shutout. I wanted to know how much time was left to end the game, but the scoreboard was behind me. I turned around to look at the clock, seeing three seconds; suddenly, there was a huge cheer. I looked at the net to see the puck in it; they had scored on me. I never took my eyes off the play again while playing goalie to look at the time. At least we still won the game. I had just lost getting a shutout.

I was 12 years old when my coach, Dr. Furniss, forced me to play out as a forward, as he claimed my speed skating could work better as a forward than a goaltender. He thought this because I could skate with my teammates wearing my goalie equipment. I'm amazed I could do this wearing my goalie equipment because I did not have a pair of goalie's skates but kept my regular skates quite dull to be able to slide sideways while playing goal. This game we were playing in Glaslyn, Saskatchewan, which had a very good player named Conrad Reid. He was bigger and faster than most players, allowing him to skate through all at will and score whenever he wanted to. During this game, he body-checked me very hard one shift. I hollered after him that it was not necessary for that kind of body contact. Moreover, as such, I would be sure to play goalie next time playing Glaslyn, not allowing him to score at all. He just laughed and said we

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would see. He said he would score if he wanted to. Glaslyn won this game. The next game against Glaslyn was in Spiritwood, and I was playing goalie, as promised to Conrad. Shortly after the game started, he came down for his first attempt to score, which I stopped, hollering at him to try again if he thought he could score. I also stopped his next attempt to score, and his teammates were hollering at him to pass the puck instead of trying to do everything himself. I hollered at him again, really bugging him as he was unable to score like he thought he could whenever he wanted. He got very upset, hitting his stick on the boards and getting a two-minute unsportsmanlike penalty. I had to skate by the penalty box, hollering at him that he finally found what it was he could get whenever he wanted, a penalty. Go ahead and get as many of those as you want, I said. On returning to the net past my coach, he said, "OK, you are a much better goalie than a forward." The Glaslyn team did not play as a team, for with Conrad hogging the puck each game, they never had an opportunity to play as a team. My team did play as a team and combined; I had a shutout winning the game. The following year when I was thirteen years old, I received a letter from the North Battleford Barons Junior A hockey team, asking me to move to North Battleford to play goal for their triple-A Midget hockey team. I never did think about moving away from home this early to play hockey was required.

My first Life My Sinful, Lewd, Wanton Life

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**best Bantam goalie in 1977!**

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**best goalie!**

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[www.keithlistoe.com/Bantams.jpg](http://www.keithlistoe.com/Bantams.jpg)

Therefore, I never did play for this triple-A midget team. When I was 14 years old, the Spiritwood Midget team asked me to play with them, as their goaltender, Harry Cote', could not arrive in time to start the game. I started a game played

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in Medstead, Saskatchewan. In the first half of the game, before the regular goaltender arrived, I had not allowed a goal, stopping 88 shots. He went in to play and had two quick goals scored on him. His teammates hollered at him; they wanted me to go back in net to be sure to win the game. The coach never did pull the regular goalie, and they did lose this game. In the summer of 1979, I went to Montreal, Qc. to attend the National Hockey School operated by the Montreal Canadians NHL Hockey team. I had to fly from Saskatoon, Saskatchewan to Montreal, Quebec, through Toronto, Ontario. In the Toronto Airport, I had to walk from one end where I got off the plane to almost the other end of the airport to catch the next plane to Montreal. I was very surprised there was a moving walkway like an escalator at the airport. I arrived in Montreal near midnight.

Finding my luggage quickly but not seeing my equipment or sticks anywhere, I was starting to panic when I finally did see an oversized luggage booth off to the one side; going there, I did find my equipment and sticks. Now I was trying to find the person from the hockey school who was supposed to meet me at the airport. I could not find him. I was so glad the travel agent, Gordon Thompson, in Spiritwood had suggested I book a hotel room for this night in case I needed one. I saw a large board with pictures of each hotel and a number with a bunch of phones at the bottom to contact the hotel for a shuttle from the airport to the hotel. I thought this

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is great and phoned the hotel at which I had a reservation. Just now, having to wait by the post, they told me to wait by for the shuttle to arrive. As I was waiting, a couple came and stood beside me. When the shuttle arrived, they started loading their luggage into the back.

The driver came up to them, asking them what they were doing and throwing their luggage out of the back, loading mine into the shuttle. He then told me to get in the front seat and loaded the couple's luggage back into the shuttle, telling them to get into the back as the ride was for me, not for them, but he would take them if they were going to the same hotel as me. He got in asking me if I wanted a tour of Montreal on the way to the hotel, I said, "Yes, that will be great!" I remember going by the big O Olympic stadium on this tour, but the couple in the back just wanted to go directly to the hotel. They did nothing but whine and complain the whole time to the hotel. I had a great sleep in this hotel room that night, thinking I will phone the school in the morning after breakfast to arrange the time to pick me up from the hotel to the hockey school. When I phoned the school the guy on the phone was so excited, I was OK in Montreal, as they could not find me anywhere at the airport. I arranged to pick me up just after lunch.

The driver arrived but spoke only broken English. He started driving very fast as I realized all drivers in Montreal did. He went right past the first exit for the street I thought he said he

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needed to turn off on to get to the school. He did the same on the next exit saying it was OK there was one more exit for this street to take, so it was not a problem. I noticed the next exit, and he was not slowing down, so I said, is that the exit there. He said yes but again could not slow down fast enough to turn onto the exit; instead, he went by it. He put the car in reverse in the middle of this freeway, with many cars going by us honking their horns at the fast speed at which Montreal motorists drive. I thought for sure this was it. I will not make it to the hockey school or anything else in life with this man driving like this. I was fortunate we were not run into and made it to the school, located at a university campus. I think it was using the dorms in which for everyone to sleep. The first day we were shown where everything was for the school, learning the rink was a fair distance to walk. We had to pass a girls' ballet college or summer school with all the girls out in the yard practicing, quite the distraction for mid-teenaged boys at hockey school.

The cafeteria for breakfast lunch and suppers were in the basement of the dorm facility. I soon learned it did not provide any good-tasting meals, and only Tang to drink in the morning for breakfast, giving me quite the painful upset stomach after three days, not feeling well at all. I think it was about this time I walked to this sports store to buy some new, better upper body protection. I passed a small restaurant with great-smelling food in it on the way to the



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store. The next night I decided I would climb down the outside of the second-floor window I was in as the doors locked early for curfew each night. I wanted a good meal for a change. I made it to this restaurant ordering a pizza and a beer. My items arrived at my table just as some of the coaches from the school walked by. They took my beer, but made me pay for it, and telling me to get back to my room ASAP! I did but had to climb back up to my room, as the doors were all locked now. A couple of days later, they decided to take shots on the goaltenders' present, lining ten pucks up center ice at the top of the circles in front of one end's net. There were three goaltenders present; one of the other goalies was first as Yvan Cournoyer came up to shoot. His first shot hit the goalie in the chest, knocking him out cold. They took him off the ice by stretcher. The other goalie went in next when Réjean Houle come up to shoot; his first shot rebounded into the net off the left post, and his second shot rebounded into the net off the right post; he alternated posts scoring all ten shots.

I then went in net as Yvan Cournoyer came up to shoot again. His first shot was on the glove side that I caught. His second shot came in low and to the right side, which I dropped kicked out with my right foot stopping it as well. He was getting upset he could not score on me. He came in and deeked on me for his third shot, which I believe he scored on me by doing this. He continued deeking, but only scoring

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four out of ten pucks. This made me very happy I could stop more than he scored, especially a player of his calibre. This was the highlight of my two weeks in Montreal. However, I did learn that the puck hurt very much even through the goalie equipment; even the thick leg pads hurt through them, so I started wearing small kid's shin pads under my goal pads to stop being hurt on my shins.

The next day they split everyone up into two teams with a goalie for each team then played a game. I was most disappointed as I let in one goal during this game. This was Yvan Cournoyer coming over the red line with no one even to try slowing him down. I had moved out well into the circle on my right side and was able to skate backward fast enough not to allow him just to shoot, but he knew what he could do, and I had no idea he would do. He went behind the net, skating directly into the far-left corner. He shot the puck, rebounding it into the net off my calf before his feet crossed the goal line. On returning home to Spiritwood, I decided I would try out for the Baron's Junior A team. They told me they had a goaltender that has been playing for our triple-A midget team, which I had refused to play on so they would not look at me now to play for them. Sorry.

The following year I played for the midget team again as well as the juvenile team, then started playing for the Spiritwood Imperials Hockey team. I played on three different teams that winter. It was a very hectic and busy schedule trying to

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ensure I did not have any conflicts. One night I was late arriving at the arena to catch the team bus to a game in Rabbit Lake, Saskatchewan, with the Imperials hockey team. I had my Dad's Old's Delta 88, Supreme Brougham supreme. I started driving fast to Rabbit Lake; about three-quarters of the way there, I went flying by the RCMP police officer playing on the team and driving there in the police cruiser. When he arrived in the dressing room, he jokingly said, "You are so lucky I knew it was you needing to get here for this game." Spiritwood had a very good Midget team. We played in the Provincials. Before one of our first games in the Provincials, my teammates were taking warm-up shots. Stuart Simon took a snapshot close into the goal, and the puck rose very fast, hitting me in the right eye. I quickly removed my mask and scraped up snow to place over the area. I kept the snow on until my right cheek felt numb. Down to the dressing room I went, as we were sitting there, my coach asked my dad, "Dan, can Keith play the game?" He replied, "I don't know? Why you don't ask him!" I answered, "I could only play if my younger brother Evan's helmet and cage fits me as I cannot wear this plastic mask; it fits too tightly on my face, which would hurt my right cheek all swelled out." So, My dad went home and brought back Evan's helmet. It fit perfectly so out I went to play the game; we did not have a backup goaltender. My right eye was swollen completely shut, and I could not see out of it at all. I soon learned that vision with only one eye; there is no depth

My first Life My Sinful, Lewd, Wanton Life

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perception, making playing goal quite challenging. However, I played well, making some great saves, and we won the game. The doctor was very upset with me for not coming out right away to get it stitched up; I had a large cut on my right cheek and my right eyelid. This made me realize how dangerous it was to play goalie with the cheap plastic face mask I was wearing. So I had my brother Mark make a mould of my face to use to make a custom-formed fibreglass mask, which he successfully made for me.



**My custom-made fibreglass mask!**

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[www.keithlistoe.com/mymask.jpg](http://www.keithlistoe.com/mymask.jpg)

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**the Hubert Hawkins memorial most dedicated player  
trophy I received in 1977-78!**

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[www.keithlistoe.com/Hubert-Hawkins-Memorial.jpg.JPG](http://www.keithlistoe.com/Hubert-Hawkins-Memorial.jpg.JPG)

When I started playing goal for the Spiritwood Imperials, the men's hockey team in Spiritwood, Coach Boris Sidoruk, was quite concerned that I would not play well given my small size. This did not bother me, though, playing goalie. I think it was the second game I played in, and the opposing team got a two-person breakaway. The guy with the puck could not take his eyes off the wide-open left side of my glove hand. I used it well to know where they would shoot before they did; he tried to get a rebound by shooting hard on the ice into my stick. I controlled the puck and shot it out to my forwards, just coming over the red line. They turned around and went down and scored; it was great to make the save on a two on none-breakaway and get an assist on our team's goal. I wish I could remember the name of the team we were playing this game, but it is of little importance. Another memorable event was during a game against the Medstead team in Midget

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hockey. Their top player was Dwayne Long. He had the hardest, fastest wrist shot I had ever seen. During this game, he got the puck all alone at the hash marks on the left side of the goal. He had his eyes fixed on the left side. As he shot, I wondered if I would be able to catch his fast shot. I was very surprised as my glove hand moved, and I caught the puck, making the save. I knew that if I ever had to think about moving my glove, I would be too late, but if it moved as a reflex reaction, I would make the save. Also, by using the glove, there were no rebounds about which to worry.

The U of S Engineering College accepted my application to attend this faculty in 1981. My first thoughts were finding out who the coach is of the Huskies Hockey team and talk to him about playing for the Huskies in the winter of 1981. I found out that the coach was Dave King, and I went to talk to him. His first words when I entered his office were: "I know you. You play goalie, correct?" I said, "Yes" and wanted details on when and where tryouts started for the Huskies. He said, "Just show up, and you will be on the team." I should have gone back to him after I learned the student loan, I applied for was rejected, and I could not pay my tuition to stay in university. I'm sure he would have gotten me a scholarship to stay at the U of S and play for the Huskies. I talked to him again at a junior hockey game seven years later at the new arena in Saskatoon, and he asked me what happened as he took the Canadian Junior team over to Finland that year with

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Gretzky. He said he thought I would have been a great goaltender for this team.

I started playing recreational hockey in Saskatoon, and it was a lot of fun. Then after a couple of years, I thought I would try playing out instead of goaltending in this recreational hockey league. It all started by one of the defensemen asking why I could not stop the easy shots, and I replied with, "If you think it is that easy why don't you go in goal and try, I will play defence in front of you! By the end of the first period, playing goalie made this guy so played out; he could hardly get up off the ice. I was enjoying playing out as it was an entirely new game to me, and I did not have to worry about body contact in the recreational league. Then the next spring, several co-workers at NT asked me if I would like to play summer hockey with them as a couple of players from the NHL were going to play with us, as well.

These players include Guy Charbonneau and Brent Ashton as they were home in Saskatoon for the summer. Another player was Robin Bartel. He had just recently moved to Saskatoon. The following summer, the majority of my other teammates said they did not want these guys playing anymore, as they did not pass the puck. I disagree. I said, "They pass lots and talk to me, telling me what and when to do everything. As I had not played forward before, I stated they would pass to you if you were not behind them.

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Nevertheless, if you skate with them, they pass very well right on the tape, and if I pass to them, it just has to be near them, and they adjust to where the pass is and make it look like a good pass.” If we were ever unable to get two goaltenders for these games, I would always bring my goal equipment and play goalie. This was great to stop these guys from scoring at will, as they did on most goalies against which we played. They were amazed at my goaltending, and the ability to play out as well; however, I thank them for teaching me to play out.

My most memorable goal playing forward was while playing in Winnipeg after relocating there from Saskatoon in 1991. I was coming over the blue line with another forward, Kendal Kirkwood, on my left side. As we neared the net, I thought I would look over to my teammate, and when the goalie looks over to see where he is, I will shoot, which I did, and I scored. My second most memorable goal was when I picked up the puck on my off wing between the red line and the blue line. As I reached the blue line, I looked at the net and saw most of the left side open glove side on the goalie. I thought a quick shot might do it, so I took a quick snapshot and scored! I felt the most unbearable pain in my right knee sometime in 1980. My doctor said I would require arthroscopic surgery on it. All I could think of was how many problems Bobby Orr was having with his knees, and I was not even playing in the NHL yet. I never did proceed with



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having arthroscopic surgery on my knee. I also never continued to try or dream of playing in the NHL. However, if I had known then how near perfectly, I played goal, I would have tried to play in the NHL, regardless of the pain! I've learned the truth of my life that I unknowingly misused my sexuality to overcome my high level of near depression. I accept the truth now that Jesus Christ could not let me play in the NHL, because I would have used my fame and fortune for sexual promiscuity!

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## **Chapter Twenty- Five My One and Only Fistfight:**

I was only in one fistfight in my youth, which occurred because of Leo Louselle hitting me on the head with the edge of a small book while I was sitting in my desk during one of Ted Body's math classes in grade eight. My initial reaction was to grab the closest book and hit him back on his head. The only book I could grab was the math textbook, which was quite thick and heavy. I swung the book down on Leo, but could not hang on to it, and it flew across the room with a loud bang. Ted Body had seen it all and never said a word. I got up, retrieved my math book, and sat down. However, in heated discussions with Leo, a time was set for a fight after school. By the time school ended, my rage was gone, and I did not want to fight him anymore; but the time was set, and he had told many of his friends that it was going to happen, so they made sure I was there to fight him. I do not remember the details of this fight, but I do not believe I won the fight as I was not a big kid or into fighting. I'm unable to remember my exact age Brent Tipton started to bully me. He hung out with a couple of older rough boys, Ron Goller, and Dean Gunderson. I guess this started about grade six and continued through grade nine. I knew I couldn't fight with Brent, so I got even as best I could by

My first Life My Sinful, Lewd, Wanton Life

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playing for three hockey teams: Midget, Juvenile and Imperials in one season, so he had no team on which to play goal.

My first Life My Sinful, Lewd, Wanton Life

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## **Chapter Twenty- Six My years in High School:**

I was excited to begin my high school education, especially in the Industrial Arts Class, as I would begin learning how to weld and perform large engine refurbishing. My The initial teacher, Glen Delisle, was impressed with my ability and desire to weld. He asked me if I wanted to build a large engine motor mount/stand for this part of the class he had designed. I eagerly accepted welding/building this portable stand/mount for large vehicle engines. It had lockable dollies under it, so it could easily be moved to any location in the shop, The top rotated so the motor could be rotated to work on any part of the motor with ease, The mounting brackets were adjustable so various sizes and makes of engines could easily be mounted on the stand! My second project was to design and construct a static welding bench for the class with adjustable, moveable vice braces to hold two pieces of metal together at varying angles, with positions to assist in welding them together! I then used the motor stand to refurbish a slant six engine that I wanted to mount into a 1947 Pontiac car, as the flathead four engine in this car had frozen and split the water jacket, thus ruining the engine for any real use. I was successful in mounting the motor mounts from the slant six engine into the engine cavity of the '47 Pontiac; this required performing some overhead

My first Life My Sinful, Lewd, Wanton Life

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welding from under the '47 Pontiac car. Then I had to cut and weld the two drive shafts together with the front from the slant six vehicle, and the rear from the '47 Pontiac. However, I had to take it into a specialty shop in Prince Albert, Sk. to have them balance it, as the school did not have the required machines to do this work. My brother Scott had made a nice wood cassette holding case with black cloth interior, but the slots were too narrow for the cassettes to fit into it. I used his design to make one in grade twelve, and I corrected his error, so the cassettes fit perfectly into mine! I was the photographer for the yearbook in grade twelve and I developed all the photos in the Industrial Arts class

I was pleasantly surprised at my grade twelve graduation to be called up to receive the award for the Industrial Arts class!

## **Chapter Twenty- *Seven* Hunting and Trapping:**

Dad started including me in target practice in the gravel pit south of Spiritwood when I was eight or nine years old. I also accompanied him on his trapping line for mink. Dad used a number three jump trap for mink and was shocked to only find one claw from a mink in the trap one day. He continued setting his trap to be pleased to catch the mink with one missing claw! I never tried trapping mink but only muskrats and beaver using conibear traps. I preferred using his twenty-two rifle for hunting sharp-tailed or rough-necked grouse versus a shotgun only to shoot the head to avoid any bullets in the flesh being eaten. It also required perfect aiming. I would check my beaver traps in the creek south of the high school in the morning before going to school through my years in high school. I caught the biggest beaver on the morning of high school photos in grade twelve that I had to get my dad to help me lift it out of the ice. I had to fasten four, four by four stretching boards together to be large enough to stretch the pelt on, which made me late for school or not enough time to change my blue jeans only to notice after getting to school that my knees were soaked in beaver fat. In the fall of 1980, Mark and I noticed that the ice on the slough southeast of Spiritwood past the garbage dump was thick enough for us to walk on but thin enough to

My first Life My Sinful, Lewd, Wanton Life

Chapter Twenty- *Seven* Hunting and Trapping:

shoot the twenty-two through the ice to kill muskrats as they came out of their houses. As one of us kicked on the house while the other held the twenty-two above the ice over the exit/ entrance! We would then chop through the ice to pull the muskrat out of the water. We had to stop when Mark fell through the ice. I learned the greatest life lesson from trapping is that leather wool-lined mitts keep my hands warm even after getting wet, setting the trap in the water under the ice! My Dad bought an eighteen-foot flat bottom Springbok aluminum canoe when I was in grade ten. I could load-unload it from the car so that I would go fishing by myself in grade twelve. The most memorable fishing trip was to Chitek lake one day. The water was so clear I could see the Northern Pike swimming at the bottom of the lake, and I dropped my hook in front of it and watched it bite the hook!



## **Chapter Twenty- Seven Hunting and Trapping:**

Dad started including me in target practice in the gravel pit south of Spiritwood when I was eight or nine years old. I also accompanied him on his trapping line for mink. Dad used a number three jump trap for mink and was shocked to only find one claw from a mink in the trap one day. He continued setting his trap to be pleased to catch the mink with one missing claw! I never tried trapping mink but only muskrats and beaver using conibear traps. I preferred using his twenty-two rifle for hunting sharp-tailed or rough-necked grouse versus a shotgun only to shoot the head to avoid any bullets in the flesh being eaten. It also required perfect aiming. I would check my beaver traps in the creek south of the high school in the morning before going to school

## **Chapter *Twenty-* Eight Learning to Swim:**

In the summer of 1979, before I went to Montreal, Quebec, I was visiting my Uncle David Listoe's family in Loon Lake, Saskatchewan. We went to the lake to swim one day. The lake had a, t- shaped dock. With the water being about 3 feet deep, in front of the dock parallel to the shore and about 10 feet deep on the other side of it. I was on the shore side swimming as best I could while everyone else was on the deeper side swimming. I climbed up onto the dock to hear my cousin, Kathy, say, "Keith, here is something for you,"

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## **Chapter *Twenty*- Nine Drugs:**

I do not remember my age or the exact point in time this occurred, but I believe it was near the middle of my years in high school. I was riding around town in the Lestage's car full to the max; they stopped somewhere as some of the occupants wanted to smoke a joint. As it was being passed around, I thought I have never tried this before. I think I will now and see what it does that makes everyone want it so badly. I took several drags on the joint, feeling nothing at all. When the joint was finished, it left me without any buzz, so I believed that this stuff does not affect me. So, I never did try it again. When I was working for Northern Telecom, I was catching a ride to the Christmas party with another co-worker. He parked in the parking lot, pulling this plastic bag of white powder out of his pocket and a dollar bill. He rolled the bill into a tight roll then using it to snort some of the cocaine. He did the bag back up unrolling the bill stating it is covered with coke, what will I do with it? I replied, "Why don't you lick it off," which he did only having to open the door immediately to throw up; it was not a very pleasant sight on the way to eat Christmas dinner at this new hotel, The Saskatoon Inn, in Saskatoon, Sk. It was the nearest I ever came to cocaine my entire life. I just never had any desire to

My first Life My Sinful, Lewd, Wanton Life

Chapter *Twenty*- Nine Drugs:

do drugs; drinking alcohol was enough bad stuff to put in my body.

## **Chapter Thirty My Graduation:**

I graduated from high school on May 15, 1981, from Spiritwood High School. The day was a Friday; I had to be at school early this Friday morning to have grad pictures taken. I was up at 7 a.m. After school was the grad ceremony followed by a supper and then a dance. I didn't have a girlfriend and was too shy to ask anyone to be my grad escort, so I danced the first dance at the dance with my mom, then an all-night grad party out in a big open meadow south of Spiritwood. Our class had taken many nights and weeks before graduation to find the perfect location to have this party. We also had Jake Friesen build a 4X4 foot galvanized steel tray about 6 inches deep, which we could bury in the ground to build the bonfire in for the night. Using chainsaws over the week's prior, we cut and piled up lots of wood to use for the night long bonfire. I modified the rear speaker connections in my Dad's Delta '88 Oldsmobile to allow me to connect the larger speakers Mark and I had purchased to play music for dances. Then I played the music for the party all night long. At 8 a.m., we all went to one of the teacher's places, Gord Betcher, to eat breakfast. Then I went home to get ready to go to Leoville, as I had agreed to be Roseanne Tripathy's grad escort for her graduation on Saturday. When I arrived home, my dad went out to look at

the car and came in to ask me if I wanted him to clean the car before I left. I said thanks, great idea, as I showered and got ready for these next day's events. Saturday night, I stayed up all night again at the Leoville graduation party with breakfast served by one of their teachers in the morning. Then the Spiritwood grad class and the Leoville grad class met at Chitek Lake on Sunday for a combined grad party. Sunday evening, I had to drive home from Chitek Lake. It is normally a 40-minute drive. However, I was stopping every couple of minutes for a nap, so I would not fall asleep while driving home. I think it took me two hours to make it home this Sunday. I made it home safe and sound but slept for many hours on Sunday night.

**Chapter Thirty-One Moving out of Spiritwood:**

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Chapter Thirty-Two My Work Experiences:

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Chapter Thirty-Two My Work Experiences:

### **Star Phoenix**

I was the paperboy for three years delivering the Saskatoon Star Phoenix from eight to eleven years old. I had made an ice igloo in the back yard one winter and hid the paper bag of papers in it not to have to deliver them.

### **My godparents Rudolph and Tillie Link**

Hired me to assist them clean Spiritwood High School. They were the janitors.

## **Gulf Service Station**

My first job was at the local Gulf service station.

I was a gas jockey.



My first Life My Sinful, Lewd, Wanton Life

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Chapter Thirty-Two My Work Experiences:

### **Spiritwood and District Co-op store:**

My second job was at the local Spiritwood and District Co-op store;

My initial duties included being a gas jockey and operating the till. I then began taking filling orders for feed and bulk fuel, changing, repairing, and balancing tires, and then I started ordering the materials to re-supply the shelves as products got low. I worked at this job from grade nine through grade 12. When I was in grade ten, My brother Mark and I decided we would start our own business to play recorded music for dances. We were required to obtain a loan from the local Spiritwood Credit Union to enable us to purchase the high-powered audio equipment, and the

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Chapter Thirty-Two My Work Experiences:

records, cassettes, and 45s of the desired music required for playing loud dance music for this. We were successful in getting all of this, so we started the KLM Party Platters.

KLM Party Platters:

I made a light organ, an electronic device that made the lights attached to it blink with the music at three different frequencies. I then made an overall switch box and second light organ and strobe light. This device controlled the 50 or so lights we bought/stole to shine on the dance floor at any dances at which we played. I also designed and built a flash pot. After our first couple of dances, we learned that playing off records was not the best, as any slight bump of the table would cause a skip in the music. So, we pre-recorded several cassette tapes with a great variety of dance music. We would play these tapes at dances and only use the

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### Chapter Thirty-Two My Work Experiences:

records for songs requested if they were on a record. With these tapes, we were able to go out on the dance floor and dance. It was a great first business. We played at a couple of dances after I had graduated from grade 12 and moved to Saskatoon from Spiritwood. One was at a wedding in Beauval, Saskatchewan, some 278 miles north of Saskatoon. We only accepted this job because the profit was great. I had to find a job in Saskatoon. This was in September/October of 1981. My Uncle John was living in Saskatoon and was also looking for work. He was tired of being laid off every winter, and then getting back to work in the spring; he was working for the city of Saskatoon Parks and Recreation Department. He phoned me one Thursday afternoon with a request that I take his interview for a job the next day that he did not want, as it did not pay as much as he was getting from unemployment insurance. I phoned the interviewing company, Startco Engineering, to ask if it was

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Chapter Thirty-Two My Work Experiences:

OK if I came instead of my Uncle John; they said sure. I met with Garry Paulson, the owner-founder of the company, Startco Engineering, on Friday morning. At the end of the interview, he asked me if I was available to start work on Monday. I said, “Yes!” And I was hired.

## **Startco Engineering:**

This type of work was the electrical assembly of large power centers sold to the potash industry to control supply power to the large electric motors used in the mines. I had to learn how to assemble these machines, and it was all on-the-job training. After two weeks of training, the supervisor, Bill Landman, said I was ready to work on my own, which I was successful at doing. Then I was told this was the quickest anyone had been allowed to work on their own before! After a couple of months, they introduced a bonus plan to

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Chapter Thirty-Two My Work Experiences:

increase the best worker's pay; this worked as follows: Bill allotted so many hours to complete each machine. Each employee would time stamp in and out for the total number of hours worked on a machine. If the machine was finished in fewer hours than allotted for this machine, the difference in hours was added to the bonus pot. At the end of the month, Bill divided the bonus pot by the number of employees plus one, each employee's times were analyzed to determine which employee had contributed the most hours to the pot. This employee would receive the extra portion of the bonus pot; I received this bonus pay for six consecutive months. My co-workers were not very happy as they could not work faster than I could, even though they had been working there for two or three years. I wasn't even there a year yet. Another well memorable occurrence at Startco Engineering happened one day when we had a rush order for a machine. However, shortly after it arrived from

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### Chapter Thirty-Two My Work Experiences:

the steel shop, Bill noticed that one of the doors supplied was too long. It would require being cut off about an inch so the door would close. Everyone that worked there was so excited as they would not have time to return the machine to the steel shop to cut off and get it back in time to complete for the rush order. They said it is too thick and heavy steel to cut off with a hacksaw, and no one knew how to use a cutting torch. I quickly said, “If you have an oxy-acetylene cutting torch, I know how to operate one and will be glad to cut the part off right here.” So, they brought me the torch, and I used it to cut the door down to the correct length and then used a grinding wheel to smooth and straighten out the cut end. I sanded back the white paint and then repainted it with steel primer and white paint to match the existing paint job. We were able to complete this machine in time for the rush order date, and everyone was so astounded and surprised that I knew how to operate a cutting torch! I’m

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### Chapter Thirty-Two My Work Experiences:

unable to remember the reason I was late getting to Idyllwild drive at twenty-seventh street one morning in 1982, to catch the bus downtown to transfer to the next bus to Sutherland where Startco was located. I ran fast enough to the twenty-fourth street to catch the transfer bus to Sutherland. I bought a ten-speed bike after this to ride to work, which I surprised myself by riding to work as fast as taking the bus. Startco had a very slow year of sales in 1984, so there wasn't any assembly work and I asked Garry if I could be laid off to work on my house one hundred percent of the time, but Garry refused as it wouldn't look good for his company. I was asked by an engineer in the office if I wanted to assist her in correcting two FORTRAN programs that required the variable lengths reduced from eight characters to six characters because they had changed versions of the FORTRAN language. The first one I completed was a Star Wars game, which wasn't very interesting, so I moved on to

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Chapter Thirty-Two My Work Experiences:

the second one, which was a text, dungeons and dragons’ game. I finished correcting it and started playing the game. I soon got to a point that I couldn’t get past, so I looked through the code to learn I needed to be carrying a rod I walked past. I had what I thought would be my only opportunity of working underground in a potash mine to install the overhead rotating booms control center that Startco designed and constructed, and the overhead roof bolter crane control pedestal that I was asked to design construct and install on the new base Marietta mining machine with two new rotating booms mounted on top to be able to mine the entire seam of potash in one pass instead of three passes with the base Marietta mining machine. The mine had not made the preparations in time of notifying Sask. Power that they needed to turn the mining machine off, so I had to work on it live to install the control center. It was explained that thick soled rubber boots were required to



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Chapter Thirty-Two My Work Experiences:

work on the machine live to prevent any connection to ground. The tools used were also rubber covered handles to prevent contact with a metal surface doing the work. I had to bend over to close to the ground doing this work that made my back feel painful. I had one last wire to connect and I made the mistake of sitting down to finish the work. My fingers slipped off the rubber handle of the wire strippers as I was stripping the wire. I felt a shock in my testicles. I stood up finished the work and was so glad that it did not appear that I suffered any harm from this mistake on 120V power of the control center. I had brought my camera with me to take pictures in a mine that I thought would be the only time I would ever be underground in a mine.

<http://www.keithlistoe.com/startco.htm>



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Chapter Thirty-Two My Work Experiences:

### **end of Luscar power center!**

Click on the image or key this

[www.keithlistoe.com/startco\\_luscar\\_power\\_centre.jpg](http://www.keithlistoe.com/startco_luscar_power_centre.jpg)

**into your browser’s command line to view the enlarged image online:**



### **the side of the Luscar power center!**

Click on the image or key this

[www.keithlistoe.com/startco\\_luscar\\_power\\_centre2.jpg](http://www.keithlistoe.com/startco_luscar_power_centre2.jpg)

**into your browser’s command line to view the enlarged image online:**

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Chapter Thirty-Two My Work Experiences:



**loading completed Luscar power center on a flatbed trailer for delivery to the customer!**

**Click on the image or key this into your browser's command line to view the enlarged image online:**

[www.keithlistoe.com/startco\\_luscar\\_power\\_centre3.jpg](http://www.keithlistoe.com/startco_luscar_power_centre3.jpg)

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Chapter Thirty-Two My Work Experiences:



**the engineer who designed the installed control console  
for the two new overhead rotating booms on top of the  
base Marietta miner**

Click on the image or key this  
[www.keithlistoe.com/potash\\_miner New control centre.jpg](http://www.keithlistoe.com/potash_miner_New_control_centre.jpg)

**into your browser's command line to view the enlarged  
image online:**

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Chapter Thirty-Two My Work Experiences:



**Keith, in front of the mining machine in the Lanigan Potash mine!**

Click on the image or key this [www.keithlistoe.com/Keith in front of potash miner.jpg](http://www.keithlistoe.com/Keith_in_front_of_potash_miner.jpg)

**into your browser's command line to view the enlarged image online:**

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Chapter Thirty-Two My Work Experiences:



**mining machine in the Lanigan Potash mine!**

Click on the image or key this [www.keithlistoe.com/potash miner New overhead rotating booms closeup.jpg](http://www.keithlistoe.com/potash_miner_New_overhead_rotating_booms_closeup.jpg)

**into your browser's command line to view the enlarged image online:**

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Chapter Thirty-Two My Work Experiences:



**roof bolter & overhead crane control pedestal I assembled and installed on the mining machine in the Lanigan Potash mine!**

Click on the image or key this [www.keithlistoe.com/overhead\\_crane-roof\\_bolter\\_control\\_console I designed built-inst.jpg](http://www.keithlistoe.com/overhead_crane-roof_bolter_control_console_I_designed_built-inst.jpg)

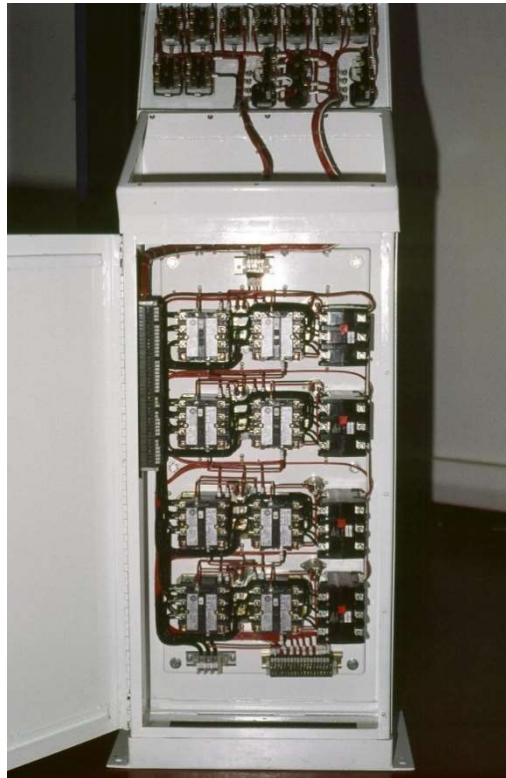
**into your browser's command line to view the enlarged image online:**



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Chapter Thirty-Two My Work Experiences:



**the interior of the roof bolter & overhead crane control pedestal I assembled and installed on the miner in the Lanigan Potash mine!**

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Chapter Thirty-Two My Work Experiences:

Click on the image or key this [www.keithlistoe.com/startco\\_my\\_crane-roof\\_bolter\\_pedestal\\_interior3.jpg](http://www.keithlistoe.com/startco_my_crane-roof_bolter_pedestal_interior3.jpg)

**into your browser’s command line to view the enlarged image online:**



**close-up of the roof bolter & overhead crane control pedestal I assembled and installed on the mining machine in the Lanigan Potash mine!**

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Click on the image or key this [www.keithlistoe.com/startco\\_my\\_crane-roof\\_bolter\\_pedestal\\_top.jpg](http://www.keithlistoe.com/startco_my_crane-roof_bolter_pedestal_top.jpg)

**into your browser’s command line to view the enlarged image online:**

I had my second opportunity of working underground in a potash mine to repair a 5KVA power center that was not turned off before it was mistakenly dragged over the live 5KVA line that obliterated every piece of electric component in the machine. I experienced a very close call serious injury one day tightening the ½ inch steel cables to hold a power center on the flatbed delivery truck using a come-a-long. The end of the cable pulled out of the c-clamp and the end of the cable cut my upper lip wide open, but did not hit my teeth fortunately. I still worked for Startco until near the end of 1984, when I started looking for another job with better pay rates. I was successful in getting a job, with Northern

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### Chapter Thirty-Two My Work Experiences:

Telecom in its electronics assembly division. They assembled the electronic equipment for transmitting and receiving information over the fibre optic cables they manufactured and sold. My pay rate at Startco was just over \$5 per hour, and my starting rate at Northern Telecom was \$9.25 per hour; when I went in to tell Garry Paulson that I was quitting and taking this better paying job, he asked, “How much are they offering?” I told him \$9.25 per hour. He said, “I would match their pay if you stayed here working for Startco, as well, I have plans to open another shop to assemble vibration controllers, which I was hoping you would operate for Startco.” I had to refuse, as I believed there was more opportunity at Northern Telecom. But when I went out to the back to say goodbye to my co-workers, I told them that Garry was offering over \$9 per hour. They should all talk to him. Garry was very mad at me for doing this as he gave them each this raise. However, many years later, I

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Chapter Thirty-Two My Work Experiences:

talked to him, and he was very grateful that I had done this. As after that, he had very little turn over in his staff, which was a major problem before this.

### **Northern Telecom:**

Northern Telecom seemed like a great company for which to work. Again, I learned very quickly. My first job there was in

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### Chapter Thirty-Two My Work Experiences:

First assembly. In the first six weeks of working at NT, I had five different jobs each one with an increase in pay; these jobs were First assembly, Second assembly, Quality Inspection, Supervisor – Evening Shift, Tester Two (almost doubling my starting wage in the process), as well as being able to work unlimited overtime. When I started working for NT, I was one of the six male employees in the plant. At the start of 1986, NT announced the electronic assembly plant was being moved to Quebec. Not everyone would be relocated to Quebec. Near the end of the summer of 1986, I was the last employee to be laid off. At this time, I learned from my hiring manager, Dianne Boldis, that I was hired because I had a nice tight ass. NT provided a couple of severance packages, either lump sums or enhancements to UI benefits up to 90 percent of my wages. I opted for the 90 percent. Over the winter I went downhill skiing twice once to Banff, the second at Big Sky, Montana. In the spring of 1987,

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Chapter Thirty-Two My Work Experiences:

I had to start looking for a job. My unemployment insurance was about to end, and my wife, Shelley, was expecting our first child. In mid-April, I received a phone call from Ken Ophiem, good friends of Shelley’s Mom and Dad. He asked me if I would like a summer job in the Lubes warehouse of Petro Canada.

### **Petro Canada:**

I started on Monday, April 27, 1987. I had to leave early on the 29<sup>th</sup> to take Shelley into the hospital at the start of her contractions. She was in contractions for about 30 hours. Finally, she had a C-section on April 30, 1987. On the next day at work, the manager of the warehouse, Tony Danaher, called me into his office. Exclaiming, it is hard to believe you started this new job working a day and a half then being paid. As the end of the summer neared, I was hoping to be

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### Chapter Thirty-Two My Work Experiences:

hired on permanently. However, Walter, the grumpy old foreman, did not want me hired permanently. The week before my last day it was announced the Regina Lubricants warehouse was being shut down, Ken Ophiem told me that if none of the workers there accepted the relocation package offered them, I would be hired permanently. In 1988-1989, there was one day both Walter and Bill were off. I arrived at work, seeing five boxcars on the south side of the warehouse. I knew I needed to pick the orders for the city deliveries first thing, and then I would start unloading the first boxcar till mid-afternoon. When I knew I needed to begin picking the orders for out-of-town deliveries; I worked as fast and safely as I possibly could. Surprising myself, I unloaded and put away all five boxcars by mid-afternoon. I then completed picking all the out-of-town orders.

The next day Walter and Bill asked me how many people I had hired to help me unload five boxcars and pick all the



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### Chapter Thirty-Two My Work Experiences:

orders. I replied, “None, without the two of you in my way slowing me down, I was able to work much faster and efficiently, completing it all safely with no problems or spills of any kind. In May of 1987, my second month working there, Walter, the grumpy old foreman, swung the back end of the drivable cat forklift under the end support of the upright shelving storage units full of product. I am still astounded the entire unit did not fall over as this was his normal manner of operating the forklifts. Ironically, he was a total critic of how unsafely, Bill, and I operated the forklifts. I would always choose to work outside or inside, depending on the area Walter was working in to be sure I was clear of his dangerous habits. Bill and Walter always wondered why I chose to load the empty boxcars with empty drums in the cold winter weather when there was plenty of work inside. I always said I would load the drums, and you work inside Walter, where it is warm for you. Most often, Bill would join

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Chapter Thirty-Two My Work Experiences:

me outside, leaving Walter inside working recklessly by himself.

Steel-toed work boots were required to work in this environment. I was extremely thankful and glad I discovered and bought winter steel-toed Sorrel work boots the second winter working there for my toes froze quickly working outside in the winter in normal steel-toed work boots. In 1990, I was asked to manage the ordering and storing a two-week supply of packaged lubricants for all Western Canada to cover a two-week maintenance shutdown of the refinery in Mississauga, Ontario. I first calculated the total requirements of every package size for each warehouse in Western Canada. I had to know the number of pallets of oil required to store, soon realizing it was more than could fit in our warehouse in Saskatoon. With my manager's assistance, we arranged another warehouse in Saskatoon to store this oil in;

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Chapter Thirty-Two My Work Experiences:

it was well over a million litres of packed lubricants. I calculated the following

50	number of boxcars ordered
	total number of pallets of packaged oil per
48	boxcar
660	Average litres of oil per pallet
31,668	litres of oil per boxcar
1,583,400	Total litres of oil ordered

to ship this oil to Saskatoon from Mississauga, Ontario. The majority of this oil was delivered to the western warehouses as ordered by them. Over the two-week shutdown, I was so thankful I had ordered only a slight amount of product above what was required. Moreover, we were not short of any package size of the product and the excess left over fit into

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Chapter Thirty-Two My Work Experiences:

the regular warehouse, so the temporary warehouse was no longer required. In 1991, I was required to accept a transfer to Winnipeg, MB.

I received a promotion to be the operations supervisor of the Lubricants warehouse. In 1992, one Thursday, two of my order entry clerks phoned in sick. I covered it myself by answering the phones. I received a call from Manitoba Hydro requesting 100,000 litres of hydraulic oil. They needed it to replace oil lost from one of the generator dams. This product was only sold in 205-litre drums. Our warehouse never did carry anything close to that amount. Shell previously supplied the oil. The sales rep for Manitoba Hydro, Jim Morrison, was not in the office this day either, making it quite the challenge to supply both availability and price before they would place the order; I did not have access to the sales pricing system. The current temporary manager, David Bradbury, was a previous sales rep. So, he knew the sales

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Chapter Thirty-Two My Work Experiences:

system. He worked on getting access to this system. I worked on getting the required quantity of product from the refinery in Mississauga, Ontario. The refinery also did not carry that quantity of this hydraulic oil. I talked to the refinery scheduler to arrange a special weekend crew to manufacture this oil for delivery direct to the hydro dam site, via CNR which I arranged along with CN's charge for this special rush order via rail line tank car. Once the manager had access to the sales system, we calculated the total additional costs to manufacture plus transport to the customer's site directly.

To create the lowest non-loss price to quote the customer, he wanted to increase the price drastically to be sure it was profitable as the customer was in a panic for the oil. I went out of my way to arrange the oil for them, including a sample of the newly manufactured oil. Flown to Hydro for quality inspection before they would accept the order, I convinced

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Dave only a penny or two was increase enough over base cost for if successful it would most likely acquire them as an ongoing customer, which the sales rep had been attempting to do for years. Hydro did order the oil, and it was successfully delivered to the dam on the requested date. Most unbelievable, they said they never expected Petro Canada to do this for them. It was only possible by the great teamwork of the Petro Canada employees. I was only fortunate enough to initiate. Only by knowing who to talk to in the refinery for I knew that was the key to making the sale. For without having the product, it is impossible to sell it to anyone at any time.

This was in late spring-early summer. In the fall, the president, Bob Burpee, of the lubricant's division of Petro Canada, arranged a party at our head office in Calgary, Ab. for each success story. It was a huge turn around year for the division, returning it to a profitable status. Each member

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### Chapter Thirty-Two My Work Experiences:

involved in this sale was invited to the party, where we had to tell the story of how we accomplished this sale. We all met the night before in the hotel to develop our presentation to the entire group invited to this party, including the top executives of Petro Canada. The temporary manager and I had both relocated to Winnipeg at the same time, also staying in the same hotel until we each bought our houses. We got to know each other quite well through this time. We had discussed the presentation briefly before entering the team meeting. We decided it would be best not to have one person tell the story from the podium, or by using an overhead presentation for that would most likely be the general presentation formats. This was our suggestion for the team to start the discussion. We came up with the idea to present in the Tonight Show format. The team members elected the temporary manager to be Johnny Carson, asking each member up to tell their part in the sale. There were bits

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Chapter Thirty-Two My Work Experiences:

of humour included in each person’s story. Also, the “p” word we had decided to use in each person’s story. After all, it was the key component to success in each area of the process to make it a successful, profitable sale to a new customer with great laughter in the audience.

The first two presenters before us read boringly from behind the podium, putting everyone to sleep. It seemed like they were each sales reps; none of the other sales reps wanted to present after our presentation was finished. In the hall after the presentations were over, all of the sales reps commented how crazy we were with that kind of presentation with the top execs of the entire company present. I simply replied, whose presentation will they remember. This was in the middle of the SAP Implementation project I was currently working on in Mississauga. Post this, I often had breakfast and detailed discussions with the vice president of the sales department,



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Chapter Thirty-Two My Work Experiences:

as we were staying in the same hotel in Mississauga. He wanted my ideas on generating profitable sales as per the one to Manitoba Hydro, where I was sure to include the costs to make the sale in determining the sale price, to be best for the customer yet profitable to Petro Canada. After many days' discussions, we both agreed that this type of sale was nearly impossible, for the sales reps to make now under the current organizational structure of Petro Canada Lubricants division, being split into two departments: one sale, the other distribution.

My idea of what was required was a combined profit center that had a manager with both sales and distribution responsibilities, thus ensuring distribution costs would be kept as low as possible, and these costs were taken into consideration for each sale quote given by the sales reps. There were ten distribution warehouses across Canada, which were the obvious locations to become these new profit

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### Chapter Thirty-Two My Work Experiences:

centers in the organization. I did very well in the SAP Implementation project. At the end of the project, I was asked by the top six SAP consultants if I would join them in starting a new SAP Consulting company. I said thanks for the offer; however, I must remain working at Petro Canada, providing support for the SAP System. I also was not 100 percent confident of myself being a consultant. I worked another six months then started to look for other employment as an SAP Consultant. The first company I talked to was SAP. I had a verbal agreement I would be hired if I had a written letter from Petro Canada where they were OK with me going to work for SAP. I did receive this letter as well as eight other written job offers. I put in my resignation, only to receive a phone call the following day from Peter Blackmore, the manager at SAP. I had received the verbal OK that I would be hired. He was in Waldorf, Germany at SAP

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Chapter Thirty-Two My Work Experiences:

headquarters and told me he could not hire me being a customer’s employee. I said great. I had already resigned.

The vice president of the sales department phoned me, exclaiming I did not think you would resign, for you have your choice to be the manager of any one of the ten new profit centers in Canada. Looking through my eight job offers to determine which one I would go to work, for now, I would not be working with my first choice SAP. IBM Canada had the best offer, which included relocation to Calgary, Ab. I never wanted to move to Winnipeg, preferring the west much better, but the salary they offered was three times my salary at Petro Canada. It was also in a position to help IBM Canada start their SAP consulting practice. I phoned there very quickly to arrange for the final interview to get hired.

**IBM Canada:**

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### Chapter Thirty-Two My Work Experiences:

I was hired instantly, having to report to work in the Toronto office the following Monday. Just show up and ask to see the hiring manager, Doug Croth, by name. I had also asked and received the OK that IBM would cover my expenses to travel to Toronto to work each week until other arrangements were made. I booked my flights and hotel room to fly there on Sunday night and returning the following Friday night to be home in Winnipeg for the weekend with my family. I arrived at the IBM headquarters on Monday morning, asking for the manager and telling them that I was a new employee. Surprisingly, I was told I must be wrong; they are not hiring but laying everyone off or at least most of the employees. It took quite some time to get into seeing this manager.

The first thing I had to do as a new employee of IBM Canada was to attend a training class on making presentations. The class was divided into groups. Each group was given a topic that they were to prepare a presentation to the class the next

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day. The group I was in was given the topic of Project Management. The sheet provided listed all the different aspects of Project Management. Our group decided to meet in a local bar after work to discuss the presentation. The memory of the great group presentation in the Tonight Show format, suggested by David Bradbury at Petro Canada in 1992, was stuck in the forefront of my mind but no ideas on how it could be used in this presentation. I ordered my standard white rum and coke with a lime drink. The drink was in an extra tall glass with a long clear stir stick. I immediately had a gut feeling of how I could use it in part of the presentation in the Tonight Show format. I only needed to buy a large bottle of Scope. My idea was to attach the clear stir stick to the bottom of the bottle of Scope with Scotch tape. I could then push the stir stick with my thumb under my fingers to make the bottle of Scope creep across the desk in front of me and away from my hand. As I was

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Chapter Thirty-Two My Work Experiences:

called up to present, I used the Scope creeping as part of my project management discussion. Another group member had the idea he would use a box of Kleenex as his gimmick prop to present issue management. I am unable to remember how many were in the group or any other gimmick props used in our presentation.

Our group was the first to present the next day, making the entire room rolling with laughter. None of the other groups wanted to make their presentations after we finished! Midway through this first week, I was required in Minneapolis to assist IBM US on their project at Toro, to perform the requirements gathering sessions for the WMS module. Then from there to fly to Pittsburgh, Pennsylvania, to be part of the team from IBM US to do a gap-fit analysis at US Steel in conjunction with SAP America, for US Steel could not decide if SAP was the correct solution to their problems. It took a good couple of weeks to complete this analysis in sufficient

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Chapter Thirty-Two My Work Experiences:

detail to provide the correct answers to their questions of the SAP System if it was what they wanted to buy. I created a graphical flow diagram of each process they had questions on, for both their current system and the SAP System. It became known as the pizza chart. Their team members were mostly the developers of their in-shop developed systems over the years, most of which they had sold along with consulting to numerous other steel companies.

They worked very well for the steel industries manufacturing requirements, only missing a good front-end order entry system, with pricing on the fly, by characteristics chosen or required of the steel being purchased. This was the big selling feature of the SAP System to them, pricing by characteristics, and new functionality in the newest release of the SAP Software. This was the only functionality they wanted to use from the SAP System. I had to be honest with them that to allow SAP's new functionality to operate, it

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Chapter Thirty-Two My Work Experiences:

required most of the other components of the SAP System. Thus it was not the correct system to meet their requirements. IBM and SAP were not happy with my opinion on this. For they just wanted the immense consulting contract, which would be required to make the system perform the way they required it to perform regardless of the cost to US Steel. I was sure I left my contact information with the project manager at US Steel. I was confident he was completely pleased with my honest opinion of the systems being evaluated. He was very impressed with the functionality of the SAP System. Post this project, the manager of the manager who hired me called me into his office to ask me why my expenses were higher than any other IBM employee. I was relieved it was not about the US Steel project. I explained the type of business SAP Consulting was my abilities were required for the work being



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Chapter Thirty-Two My Work Experiences:

done in numerous locations around North America in a week. He had no problems with my expenses.

After that, I was asked next to represent IBM Canada at Manitoba Hydro for IBM’s bid on their implementation contract in Winnipeg. IBM received this implementation contract. Shortly after the start of this project, there was an SAP training course available in the ABAP/4 module of the system. This is the programming language in the SAP System. The only area of the system I did not know but wanted to learn it if possible. One of the other consultants on the team also wanted to take this training. We both booked into this training session, along with about six other IBM legacy programmers at the same location. It was in Boston, Massachusetts. On the first day, I was there; the instructor asked me which language I programmed in and how long I had been programming. I had no programming experience. He said, are you sure you want to take this expensive a

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### Chapter Thirty-Two My Work Experiences:

course with no prerequisites. You will, for sure, not pass. Your manager must also be notified to approve you taking this course. As such, we phoned my manager together. He asked me if I was sure I wanted to take this course, and I could pass the course. I answered yes to both questions; he approved I was confident in learning this programming language. I had worked closely with numerous programmers through the project at Petro Canada to develop new functionality. I found it very easy to learn this programming language. I was only slightly worried about the final exam, much easier than my once only previous learning of a programming language, FORTRAN IV at the U of S in 1981, where I could not get a single program I wrote to execute. However, I did learn it well enough to be able to read a FORTRAN program to understand what was being done and why allowing me to convert a FORTRAN program into an Excel function module in 1991. The final exam required

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### Chapter Thirty-Two My Work Experiences:

writing two programs. The second required the results of the first program. It took me the entire day to complete, including the extra time requested by several of the other IBM programmers. I did complete this exam successfully, totally surprising myself. Even more shocking as I was the only one who passed the course of the IBMers who took it that week. It felt so great to have this combined knowledge of the SAP System, both a functional configuration in the MM, SD, WMS, FICO and QM modules and the ABAP/4 programming module, especially in the SD module that has configurable user-exits, transaction, VOFM. I experienced a very negative session with the IBM project manager, Peter Earle, about halfway through the Manitoba Hydro implementation project. He told me that he did not want to hear me say I do not know in response to one of their questions because they hired us because we know the system to answer their questions. I immediately decided that I could no longer work for IBM if

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### Chapter Thirty-Two My Work Experiences:

that were their approach to consulting because I am not one to BS! I would never hesitate to say I do not know but would research the question to provide the truth of how the system worked the next day! The SAP employee Allan Hildebrandt I was working with extensively to determine why I couldn't configure the system in the SD module to display the CO Internal order to be used for account assignment in the free of charge SD sales order to use to distribute materials around the Province. He said, “You will need to comment out the lines of code I discovered using the debugger to not display the field for CO Internal Order if it was configured to be used in this account assignment configuration. I immediately decided I must find an alternate method to distribute materials around the Province. I knew the only other type of order to generate the required SD delivery document was a Stock Transport Order, but I also knew that addressing would be a problem as the address only came

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### Chapter Thirty-Two My Work Experiences:

from the plant. Lyall Douglas had suggested using one reference plant to initially create each material code in then extend to the other plants it would be used. I originally disliked his idea because I had no idea how to prevent or stop the users from increasing inventory in this reference plant. I tested creating a Stock Transport Order to determine if it might be possible to perform the required account assignment in this type of order process. I was thankful that it did have account assignment functionality for both the required cost centre and CO Internal Orders. I also learned about new functionality in the version of SAP being implemented of appending a field to a standard SAP table. I had a gut feeling that using storage locations for the addressing would work well under this reference plant, as the material master would automatically extend to any new storage locations created for addressing purposes. I was thankful that the SAP system automatically generated the

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Chapter Thirty-Two My Work Experiences:

address maintenance screens for the new view of the storage location table after I appended the address number field to this table. I then knew I would need to change the code in the create Stock Transport Order program to get the address from the storage location table. This was a much less of a risk change than commenting out the lines of code SAP had made in the create sales order configuration not to allow using CO Internal Orders for account assignment in a sales order. I did manage to get this functioning but only making the mistake of replacing the code SAP used to generate a new address record for the Stock Transport Order if the user manually changed the address in the order, so the system updated the storage location with this manual order address change. The mistake was corrected by one of Hydro's experienced programmers after go live, and the mistake was discovered.

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Chapter Thirty-Two My Work Experiences:

My first Life My Sinful, Lewd, Wanton Life

## Chapter Thirty-One Moving out of Spiritwood:

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Chapter Thirty-Two My Work Experiences:



## FRS\_MMS\_Implementation-team-photo-1997-04-01

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After the go live on April 1, 1997, I concentrated my life to finding a contract to be able to start my SAP consulting business. I could not spend a moment of my time working on the presentation for IBM's bid for the implementation



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### Chapter Thirty-Two My Work Experiences:

project for the government of Manitoba. I was fortunate to get a contract with Tullamore Advantage on a subcontract with Ernst and Young on the implementation project at Agreevo N/A in Regina, Sk. To get the contract, I had to have an interview with Al Driver. Al was the leader of the sales team working for Agreevo N/A He agreed with my idea that I would take the SAP pricing course with the Agreevo N/A team members because I knew nothing about pricing in SAP or had ever worked in sales. I was able to hear the question that the SAP instructor was not able to answer. To get this contract, I had to get a numbered company from my lawyer, Fred Klein. I started this contract on July 1, 1997.

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Chapter Thirty-Two My Work Experiences:

### **LISTUEN Corp:**

I then changed the name from the numbered company to LISTUEN Corp. I became known as the integration manager on the project. The other Ernst and Young consultants nicknamed me SAP Yoda! I had the following gut feeling to get my point across on the first requirements gathering meeting for the project: I wanted to be sure that every member of the team knew that the President of Agreevo N/A wanted them to honestly answer the questions to ensure the

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### Chapter Thirty-Two My Work Experiences:

system would be implemented correctly to support their business. I invited the President of Agreevo N/A to this first meeting. It was very obvious that the low-ranking employees were nervous about him being in the meeting with them. I had the gut feeling to put a thumbtack into his chair before the meeting started. This worked perfectly to ease everyone’s nerves. I answered his question of who put the thumbtack on my chair, with I wanted to be sure to get my point across that you were okay being in the meeting to be sure everyone answered the questions honestly. One of the Ernst and Young consultants, Charlotte McKinty, decided to be my accountant to complete my business tax returns for me. I received a phone call from Manitoba Hydro shortly after the start of LISTUEN Corp. It was Val Dunsmore. She told me they had called IBM for some of my time to help with problem resolution. IBM offered to send another consultant

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Chapter Thirty-Two My Work Experiences:

because I no longer worked for IBM. Manitoba Hydro refused because they only wanted me to help them.

I managed to do work for both Agreevo N/A and Manitoba Hydro at the same time in Regina and Winnipeg. Immediately after the go-live at Agreevo N/A, I got a contract with Aventis Pasteur in Toronto, On. My next contract was with Agrium in Calgary, Ab. My next contract was with Hercules in Wilmington, Delaware. I then had a second contract with Hercules and, at the same time, a contract with Agreevo N/A in Wilmington, Delaware. I worked approximately 5,680 hours in the first three years of business. I took 14 weeks of paid vacation in the third year to be with my three children as much as possible.

I never spent a penny on advertising or marketing. I did spend approx. \$1.25 million in expenses the first three years of business, though that almost equalled my gross income

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Chapter Thirty-Two My Work Experiences:

over the first three years of operation. I am unable to remember the name of the oil company in Houston, Texas, that called me requesting my assistance to resolve their problem in the SD module. They received my name and contact information directly from SAP. They offered to pay me SAP's top consulting rate of \$5,000 per day. I refrained from giving them the answer to their problem over the phone and took three days to resolve it in person. I had resolved the identical problem when working for Petro Canada before I resigned.

I started working on the SAP system in March of 1992 in version 1.1 of the SAP R3 System. I finally dissolved LISTUEN Corp. on January 16, 2009. Charlotte McKinty had gotten married, started a family and stopped being my accountant. I made mistakes in keeping my books after I started working for Manitoba Hydro on June 14, 2004. Without Charlotte McKinty as my accountant, I was unable to

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Chapter Thirty-Two My Work Experiences:

complete my T2 tax returns for 2004-2009. I managed to find a new accountant locally in Winnipeg to do my late tax return filings. I took several days to personally correct the mistakes I made in my books, which enabled my new accountant to file my 2004, 2005, 2006, 2007, 2008 and 2009 T2 tax returns for a gross loss of approximately \$228,000.

## **Manitoba Hydro:**

I never had any thoughts of becoming an employee of Manitoba Hydro in September of 2003. When I had the gut feeling to see if I could volunteer at Manitoba Hydro to determine if I could still work as I did before I miraculously survived four bleeds in my brain due to burst aneurysms in December of 2002 and before I would bid on any new work under my business LISTUEN corp. I phoned Val Dunsmore at Manitoba Hydro to determine if I could perform some SAP consulting work voluntarily for them. I started as a volunteer

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Chapter Thirty-Two My Work Experiences:

in their SAP Support Services Department on December 15, 2003, at 820 Taylor Avenue. The first test I encountered was not being able to log in to the network on the computer I was told on which to work. I was repeatedly told that it could only be a keypunch error on my password or userID. I knew I was not making keypunch errors, so I did problem-solving myself. I discovered the network cable was not plugged into the back of my computer. I plugged it in and had no problems logging on after that. I was then able to provide suggestions after one week to enable them to resolve one long outstanding SAP problem. I now had great confidence. I was still able to work as I did before the bleeds in my brain. I was asked if I would like to try configuring a test system for the e-mail output functionality of Purchasing documents. I completed this newly learned configuration through January/February of 2004. The computer I was using at Hydro had the Frontpage software installed on it that I learned was

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Chapter Thirty-Two My Work Experiences:

used to develop .html files for internet content, and I taught myself how to develop webpages that have greatly expanded over the years. I received a phone call in March of 2004, from a previously used third party, Michael Seiffert, under LISTUEN Corp. He said. “We have heard of everything that has happened to you, but Hercules wants to know if you’re able to work as you did before?” I answered yes, I’m able to work as I did before, I only not able to drive now. I phoned the manager, now-retired, Charlie Carbo, I knew at Hercules to ask him the reason for this call. He responded. “We have had SAP working on our problems for the past two years, and they say it is impossible for the system to do what we need it to do, so we thought, our only hope of having our problems resolved is if you’re still able to work as you used to!” I accepted this work in Wilmington, Delaware, performing one week in Wilmington, Delaware and a second week remotely from home. I resolved one



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### Chapter Thirty-Two My Work Experiences:

problem one hundred percent that I was involved with the ABAP/4 programmer to develop the user exit code for profit center determination. Hercules had changed the configuration that made the user exit code invalid. I only proved to them that the SAP system could handle their second problem, I had to accept the truth that they were unable to provide me with the hard logic to resolve the problem one hundred percent. I remembered a four-character transaction code, VOFM, in 2004, that I learned in 1992, and nicknamed configurable user-exits, but never used. I knew the integration configuration so well I never needed to use this most powerful transaction I learned in the system that drove me to learn the ABAP/4 programming language in 1994, which enabled me to prove to Hercules that the SAP system could handle their problem! The new concept I had developed for the e-mail output functionality at Manitoba Hydro provided me with the gut feeling for a new

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### Chapter Thirty-Two My Work Experiences:

dynamic function module that would resolve the problem at Hercules perfectly user-friendly also. I had made the mistake of letting my insurance lapse for LISTUEN corp. in 2002, so I had no disability insurance to provide me income after I miraculously survived the four massive hemorrhagic strokes in December of 2002. I was living off my outstanding business and personal lines of credit, which left me in a deep financial hole. I was excited for the opportunity to do some work under LISTUEN corp. to be able to pay off my outstanding debt. Hercules paid the third party promptly, but the third party's check to me bounced, and I became angrier and angrier as this man would hang up the moment, he heard my voice. My debt was now double what it was before doing this work for Hercules. I became sickened by my thoughts of what I could, should and would do to make this man pay me without the hassle and expense of using lawyers. Through my daily devotional readings that I started

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### Chapter Thirty-Two My Work Experiences:

in April of 2006, with Jesus Christ guiding my fingers to open the Bible, his word, to the scripture passage, he wants me to read as his message to me today. In 2007, I decided to forgive this man his debt to me, instantly receiving complete peace of heart, soul and mind. I accepted that this was God returning my stealing back on myself to teach me the true power, meaning and value of forgiveness. I received a request from Manitoba Hydro if I would like a paid position to cover another employee, Jackie Dumaine, going off on maternity leave. I accepted this offer and started as a paid employee on June 14, 2004. I received several temporary positions from the now-retired VP, and CFO, Vince Warden, until I received the great news on August 31, 2006, that the now-retired, President and CEO, Bob Brennan, had approved me for a full-time permanent position working for Manitoba Hydro! I was surprised to receive a check from Manitoba Public Insurance in November of 2007, of

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### Chapter Thirty-Two My Work Experiences:

approximately \$32000.00 for being a pedestrian struck by a vehicle that was only five thousand dollars short of paying off my outstanding debt. I took my brother Mark on a nine-day eight-night South Florida vacation package that included a three-day-two-night Caribbean cruise from Fort Lauderdale, Florida, to Nassau, Bahamas, in December of 2007. I learned from Mark on this vacation that the Business KAMAL Properties he had started with the fifty thousand dollars I gave him in 2003, had provided him enough to survive on. Until his long term, sick leave insurance started after he could no longer work from his terminal carcinoid tumour cancer that started in 2000 but was only diagnosed through exploratory surgery in December of 2004. He was upset that he had not given me a penny from this business. I asked him to start for us. I told him that if it provided him with what he required to survive, it was the best thing on which I could ever have spent that money. I have a full-time permanent

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### Chapter Thirty-Two My Work Experiences:

job, so I did not need anything from the business. Mark managed to sell one property he had a mortgage on for ten thousand more than the mortgage and mailed me a ten-thousand-dollar check. I knew I only needed five thousand dollars to clear my debt, so I mailed Mark back a check for five thousand dollars to be sure he had sufficient funds to close out the business. Mark didn't require this money to close the business, so he was able to use it to take his family on vacation with him. I made the mistake of following the suggestion of my supervisor Val to use standard SAP functionality and a co-worker, Annette Thiessen, discriminated against me by scheduling a demo of the e-mail output functionality to the business on a day I had booked off on vacation. She never told me anything about the demo or the business's likes or dislikes of the functionality. I had to introduce myself to, Peter Buscemi, in the business to ask him for details of the demo. He provided me with a complete

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### Chapter Thirty-Two My Work Experiences:

list of the missing business requirements for e-mail outputs of Purchasing documents. I managed to enhance the process to meet the majority of the requirements but could not resolve one problem of using a distribution list. Another employee, Ed Gawiak, had a great idea how to enable this through standard SAP functionality in the Vendor Master record, but then he also discriminated against me by implementing the new partially enhanced e-mail output functionality as a manual process that was the worst business process, I had ever seen working with the SAP system for 26 years. I Witnessed the frustration; the business users were experiencing with his worst business process inspired me to develop a whole new concept of making the SAP system work for the end-user and not just the end-user working on the SAP system. I heard for the first time demoing this new enhanced e-mail output functionality to the business. “This is perfect, user-friendly!” I

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### Chapter Thirty-Two My Work Experiences:

concentrated my time working for Hydro to learn how to stop users from inadvertently posting inventory into the reference plant that I did not know how to do in the implementation project from 1994-1997. I was successful in learning how to do this, but my supervisors discriminated against me by not allowing me to perform this configuration work in their SAP system. I also learned that the change I made to enable storage location addressing became standard SAP functionality in a subsequent release of their software. I also became aware of the greatest mistake I made in the implementation project of Manitoba Hydro, but this was the start of the week before my last day of working for Manitoba Hydro. I was unable to confirm my idea with the only employee I know, Xueshan Geng, if it would now be possible to make the configuration change to perfectly equalizing material costs in every district location throughout the Province!

My first Life My Sinful, Lewd, Wanton Life

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Chapter Thirty-Two My Work Experiences:



## **Chapter Thirty-Three Driving:**

I received my driver's license on the first attempt, just after my birthday in 1979. I took the test in the morning driving my Dad's Old's' Delta 88 Brougham supreme. I drove myself to school on receiving my license. I was going to park the car at the south end of the school gymnasium. As I turned into the parking lot, I misjudged the turn by the mud puddle near the entrance. Turning too late, causing the front tires to slide further into the mud puddle. I stepped on the gas to continue driving through this mud puddle, but the back end of the car spun rather quickly around in the mud puddle. I parked the car and went into my class. Minutes later, the police knocked on the door, asking me to come out into the hallway. The principal, Colin Maxwell, had phoned the police to do this as he claimed I was spinning donuts in the mud puddle unsafely. I explained what happened, but to no avail. I still received a ticket. I am not sure of the date, but one night I was driving as Mark, and I drove to Medstead to pick up a girl, Alison Short. We were driving back to Spiritwood with this girl in between us in the front seat. About halfway to Spiritwood, she decided she needed to go back to Medstead. While driving back, I was going 60 MPH, and suddenly, several deer jumped onto the road in front of us. I slammed on the brakes steering the car around the deer and

inadvertently making a 180 as I went past them, stopping, then turning around to continue driving back to Medstead. It happened so fast I had no thought of what to do but just so thankful that my reflexes responded correctly to avoid hitting these deer.

A couple of years later, I was driving my younger sister Deb and myself to Rabbit Lake to attend Luther League. This night it was pouring rain. I turned a slight corner on the highway then went over a slight hump in the road. There was no pavement on the highway past this hump as it was being resurfaced, therefore making the road very slippery in the rain. On cresting this hump, I saw two cows in the middle of the road. Again, with reflex reactions, I steered around the cows ending up in the right-hand ditch with very long grass. The grass did not provide enough traction for the car to drive up the side of the ditch and back onto the road. I thought I knew the closest farmer to this point on the highway. I walked to the farmer's house, asking him if he could go tow the car out of the ditch with his tractor. He agreed unwillingly, and even his tractor had a hard time driving up the side of the ditch and pulling the car, but we did get it out to continue driving to Rabbit Lake. We were very late for the Luther League, but I was also very thankful again that my reflex reactions provided the correct steering to avoid hitting those cows.

One day I had used the Old's Delta 88 to drive to Saskatoon for something; on returning home, my mom asked me to drive downtown to this store to pick something up for her. I pulled into the angled parking on Main Street, stopping the car. Suddenly there was a loud snap, and the passenger side of the front end of the car fell. I got out looking at this wheel and noticed that the tire was not in the correct position now, but I was unsure what was wrong. I walked home to tell my dad. A tow truck was called to tow the car to the local repair shop. We soon learned that the ball joint on this wheel had seized and broken the end of the axle off, as no grease had been placed into this joint when my dad had a garage do some work on the car the week before. I was very thankful this did not occur while I was driving 60 miles per hour to or from Saskatoon.

This Old's Delta 88 Supreme Brougham supreme had a 455 four-barrel engine in it, along with a trailer towing package in the drive train, making it very fast to start going or very easily spinning the tires when starting to drive forward. I used this car often to partake in drag races against these other kids in town who had hot rod cars they thought were so fast. I won every quarter mile drag race I was in with this four-door family car. It was a very fast car. My brother Mark and I often wondered what the top speed would be for this car. One day we measured a section of the highway that we knew we could drive through at top speed, allowing us to time how

long it took. We were then able to calculate the speed we were going, resulting in us knowing the car would go 153 miles per hour. Highway 3 east and west of Spiritwood was very good for this fast driving, as it had just been re-paved with 14 inches of new pavement; it was very smooth and bump-free for miles most of the way from Shell Lake to Spiritwood, which was about 20 miles of highway.

One night I was at Wanda Brewer's picking her up for something, and my dad phoned that I had to go to Glaslyn to pick up Scott at the bus depot there, giving me the time he arrived and all other required information. I lost track of time, however, and by the time I realized what time it was, I thought if I drive fast enough, I could still make it there in time, so off we went. The distance from Wanda's to Spiritwood was 25 miles, then another 35 miles to Glaslyn. I drove so fast I made it to Spiritwood in ten minutes. However, all the belts in one of the rear radial tires had separated as I arrived in Spiritwood, forcing me to change the tire with the spare before continuing to Glaslyn. The other problem was as I stepped on the gas, there was a loud hissing noise from the engine. I did continue to Glaslyn at normal highway speeds, making it there in time to pick Scott up at the bus depot.

My dad took the car in for repairs the following day, and it was discovered that the entire exhaust system was burnt out, and there was a small hole in one of the headers. This

occurred as one of the exhaust valves had stuck open, burning the hole in the header and burning out the exhaust system. I was thankful that nothing serious occurred to Wanda or me personally. The closest I came to serious injury was driving Mark's Chevy van one night in the wintertime. I went to a party at Martodam's and brought my younger sister, Deborah, and her friend, Wanda Parent, with me. A short time after getting there, the two girls wanted to go home, so I drove Deborah home and then was on my way driving Wanda home. Wanda was sitting on the floor in between the seats of the van on my right side. As I turned this corner then shifted into third gear, I looked over at Wanda, and a kiss happened. As I looked back in front, I noticed I was about to run into a parked car on the wrong side of the road. I slammed on the brakes and the clutch but could not stop in time. I was also not wearing my seatbelt. Somehow, I managed to hold Wanda and myself from flying through the front window.

The steering wheel was a flat chrome center with wood pieces above and below it. As I was getting out of the van, I noticed the steering wheel was bent over in half towards the center of the van. My right knee on the right side of it felt like it was burning. I did not know why, though, until I arrived home and could remove my pants to look at it. I saw a small section that looked like a carpet burn. I could only guess that my knee was pressing against the engine cowling. This

occurred right in front of Colin Maxwell's, the principal of the high school. I asked him if I could use his phone to call the police, and he advised me to wait a couple of hours. I did not wait as I was responsible for my actions, and nothing would be gained by waiting. Therefore, I phoned the police and my parents. The car was written off, but Mark's van was not as the entire interior was completed as a motor home with a sink, cupboards, fridge and a bed, none of which was damaged.

One day Mark and I drove my dad's old '66 Dodge Polaris to Chitek Lake with the 18-foot canoe tied on the top with ¼-inch nylon rope. Then we decided to return home. As we were pulling out of the parking lot; the car stopped suddenly as if the brakes had been slammed on as hard as they could be. On looking at the car outside, we saw the front tires were both pointing towards the outside of the car, not straight in front of the car. And as such, the car could not roll forward. Upon looking under the front of the car, we could see the tie rod end for each wheel had fallen apart. We discussed this at great length, being so glad this did not happen while we were driving to the lake at 60 miles per hour. Then we tried to determine how we were going to get this car and ourselves home. We decided we would try tying the tie rod ends back together with the ¼-inch rope for the canoe and drive home extra slow and cautiously. We were successful at tying them together and driving home with no incidents. We

then tried to find a garage in Spiritwood that could fix or replace these tie rod ends.

Nevertheless, none was found, so we thought we would try the old auto wrecker, Elmer Thompson, who had many buildings around town, each full of various car parts. We walked over to talk to him explaining the year and model of the car and what we thought we needed to repair it, and he said, "Yes, I have some; however, they are still attached, so you will need to take them apart to get them home. Have you ever taken tie rod ends apart before?" Neither of us had ever taken them apart before. We walked over to one of his buildings, and he walked in, directly to a shelf on the wall and reached in and pulled out these long rods. Bringing them over to a vice, he said, "Here are two hammers for each of you to use to take these apart after removing the nuts from the bolted end of each. Then hit the ball of each one with both hammers at the same time with one hammer on each side of the ball; if hit correctly, the center ball and threaded pin will fall out." After many hits, we were both successful in getting these tie rods apart for the pieces we required to fix our dad's car.

Probably the weirdest occurrence I had driving was after moving to Winnipeg in 1991. I was driving westward on Portage Ave., stopping at a red light in downtown Winnipeg. On the left side of me was a Winnipeg police car, also stopped at this red light. I was watching the police officer in

the car when he began to drive forward. I started to drive forward as well, assuming the light had turned green. Looking in front of me shortly after starting to move into the intersection, noticing the light was red still. I was already halfway through the intersection. I continued forward being so lucky no cars were going through the intersection to hit me, as I drove along I was sure I would get a ticket for running a red light, but I never did. The police officer must have had someplace to go in a hurry, not noticing me follow him through the red light! In 1981, a few months after moving to Saskatoon, I received a phone call from Kelsey Adam, telling me he was going to be in Spiritwood the next weekend, and it would be great if I could be there as well to give him a ride back to Calgary on Sunday. I agreed to do this for him, not seeing him since moving away from Spiritwood. And he had just moved to Calgary to attend a college there for journalism. I was driving my 1976 Old's Cutlass Supreme Brougham. I liked these Old's cars; they had great power trains and very smooth rides.

I do not remember what all we did in Spiritwood this weekend. But the drive to Calgary was most interesting. We left Spiritwood late Sunday afternoon. Arriving in Drumheller late Sunday night, we went looking for a gas station to fill up with gas. We did not have enough gas left to reach Calgary; we could not find an open gas station in Drumheller. So, we parked in a gas station lot thinking we may have to wait



there until the morning when it opened. While we were parked there, a police car pulled up. I asked the officer if there was any way we could get filled up even if it was at the gas station he filled up at after hours. He said no chance, there was not any gas station like that in Drumheller, but they wanted one. We jokingly said then you wouldn't arrest us if we siphon some gas from somewhere to prove to them here they need a 24-hour gas station. He laughed and agreed. But Kelsey said we have nothing to siphon gas with I said all we need is a container to siphon it into and a knife to cut a section of the bell hose from the gas station to use to siphon.

Just before this we discovered a car with two girls in it in the same predicament we were in, and we told them we were planning on siphoning gas from the cars over there if we could find a container to siphon into; they said they had a couple of large pop bottles, would they work? Yes, so we drove over to the cars after cutting the section of hose to use. I always carried a knife with me. And as I had worked at a gas station, I had the idea of using the bell hose, knowing each gas station had one. This was the first time I had ever tried to siphon something. Gasoline is not the best liquid to learn with, as it has a very disgusting flavour. We did manage to siphon several bottles of gas into each car. However, we did not think enough to put more gas in my big

gas guzzler; the girls were driving a smaller gas efficient car. Their car probably required half the gas my car required.

Nevertheless, away, we went trying to keep up with the two girls. We only had to stop again closer to Calgary and waited overnight until the station opened while the girls drove on to Calgary. Also, we were fortunate the girls had toothpaste that we could use to rinse our mouths out, clearing the awful taste of gas from our mouths.

We were not too concerned about keeping up or meeting up with these girls in Calgary, as we learned they were prostitutes working a circuit between Calgary and Saskatoon. But it was nice to help other stranded travellers in Drumheller. I was in grade 11, driving my dad's orange Volvo station wagon with a three-speed manual transmission. I was driving up and down Main Street. I was driving south in second gear as I neared the intersection used to make a U-turn. I began shifting down into first gear to turn the U-turn. I was shocked when the car immediately stopped as I let out the clutch, learning I shifted into reverse, not first. I was worried the transmission would be too badly damaged to drive the car now. I was surprised it worked no problem, not even any noise while I drove north on Main Street. I could not believe I was able to shift into reverse while rolling forward. In 2001, after I had gone sailing in the Gulf of Mexico, I decided it would be great to bring my 20-foot Mariah Z20 down there to take my children for a ride out

in the Gulf of Mexico. I was leasing a 2000 Chevy Silverado three-quarter-ton, full-crew cab truck with a 5000 Vortec engine to pull my 28.5-foot Terry fifth-wheel trailer and 20-foot Mariah boat combined or individually.

My initial plan was to drive down to Naples, Florida, from Winnipeg, Mb. It is a total of 3,700 kilometres and would take three or four days to make the drive. I left Winnipeg, Mb. at approximately seven a.m. I am unable to remember the exact route I drove or the cities or towns I drove through while going 75 miles per hour. I stopped for bathroom breaks and to fill up with gas as required and to eat lunch and supper. I felt fine driving for 18 hours but decided to get a hotel room for eight hours of sleep and continue the next day. I drove for 19 hours the next day, surprising myself; I was in Naples in two days' driving while towing my boat.

My first Life My Sinful, Lewd, Wanton Life

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## **Chapter Thirty- Four My Broken Finger:**

The year 1984 was quite the year for me., I was 21 years old and had started working for Northern Telecom at the beginning of the year. In the summer, I started playing coed flag football with my then-girlfriend, Shelley Currie. Due to my speed, I was a receiver and one game I was sent out for a long bomb. As I turned to see the ball, I noticed the quarterback had thrown the ball higher than he usually did, so I had to run back and wait for the ball to come down to me. As I was waiting, I could see two opposing players running towards me. These two players and the ball all hit me at the same time. However, I did not have the ball, so I ran after them grabbing their flags. As I did this, my left-hand felt very sore. I looked down at it and could not see the end of my left index finger. Not seeing the end of my finger caused my knees to buckle. I reached over with my right hand to feel the end of my finger hanging down by the backside loose floppy skin of the joint; my finger was not bleeding at this time. So, I got up and walked over to the sidelines to get some Kleenex. The finger was hyper-extended, breaking the joint and ripping the inside of the joint wide open. I asked Shelley to drive me to the emergency room to see what they could do for me.

On arriving there, after fighting with Shelley to calm down and drive there carefully, I had a large amount of Kleenex around it now as it was pouring blood. They initially did an x-

ray, then I heard the x-ray tech bugging Shelley that there was no hope for my finger; they would just cut it off, causing her to freak out even more than she already was. Then a doctor came into the room to look at my finger. I was sitting on top of a steel gurney. He had me lay my hand on the gurney with my palm in the air. Then he said this is going to hurt, but he needed to know what is damaged in there, so he knows the best way to fix it. He had a pair of tweezers in each hand and proceeded to dig around in my joint, pulling on various things inside my finger. Then he looked up at me and said, "You are very white. I think it may be best if you lay down." I responded with, "If you keep doing that, I do not think it will be a choice I will just fall over soon no matter what I think I want to do."

He then said the good news is the tendons did not rip, but the corners of the joint socket broke off with the tendons still attached to the bone chips. Therefore, he could sew the bone chips back in place, and then stitch up the inside of the joint, then the outside. Upon completing this, he put a spring splint on my finger and said he wanted me to remove this splint daily and bend my finger. And only bend it with the muscles of my finger; do not use my other hand to bend it. Nevertheless, I booked a review appointment for next week, and by that time, he wanted me to be able to bend my finger completely forward. If I did not do this, I would never bend my finger again. Therefore, over the next week, I bent my finger with great pain but could bend it completely by the followup appointment next week. Moreover, to this day, I

have full use of this finger, with only a slight scar on the inside of this joint to ever know it had been broken.

Then at the beginning of December of that year, I had a very sore throat. I went to the doctor, and he thought I best have my tonsils removed. So, I booked an appointment for this on the 22 of December 1984. I was wondering if I would be able to eat Christmas dinner only days after the surgery but thought it was better to have them removed than not just to ensure I could eat Christmas dinner. So, I had the surgery and recovered very quickly, going to Shelley's parents for Christmas dinner, where I ate with no problems of any kind.

While dating Shelley, she worked at SaskTel, which organized bus trips to the Rockies each winter for downhill skiing. I had always wanted to go skiing but wanted to go with someone who knew how so they could teach me, as I had no idea. So, one winter Shelley and I went on one of these bus trips to Sunshine then Lake Louise. Shelley said she would teach me how to downhill ski as she had done it before. I thought great. However, on arriving at Sunshine, we decided to go skiing the first time with her good friends, Deanna and Allan Parley, so we went up on the chairlift, but as we reached the top, Shelley wiped out while getting off the chair lift. Al, Deanna and I went over to the edge of the run waiting for Shelley to catch up with us, but she was crying hysterically, sitting down at the start of the easiest run at Sunshine. I asked her what I was going to do as she was going to teach me how to ski. I got no response just telling Al and Deanna to go ahead and ski down, and we would catch

up with them later in the day, so off they went as I watched them closely to learn as much as I could before starting down the run.

I asked Shelley to get up and ski down with me, but she didn't want to, so I started going down on my own. Al and Deanna were waiting about halfway down the run. I was surprised that I could ski without falling over, even stopping beside Allan and Deanna halfway down. We all stood there hollering to Shelley to come down, but it was a very long wait before she did. We did all make it down to the bottom. Also, we skied several more runs on the first day. There were a lot of good skiers from the SaskTel bus group, which we hooked up with to ski a couple of runs; the last run we did that first day was from the top mountain at Sunshine, going down the left side looking up the mountain. It was a blue run opposed to the green runs we had started skiing on. Shelley and I went up to ski a run by ourselves. But on the way down, we made an incorrect turn ending up on a black run, which was all covered with moguls and very steep; we skied down on top of each mogul. Going sideways more than down, but we made it to the bottom OK with no incidents of any kind. We also took the ski-out at the end of the day.

The next day we went skiing at Lake Louise, which was great with much longer runs than at Sunshine. Near the end of the day, the group we were skiing with wanted to ski this blue run over the very top of the mountain, and down the backside through this huge bowl. It was marked as a blue run but looked like a black run. We were at the top, and this



was the only way down. So away we went, successfully making it to the end of this run, then we went back up to the top to go back down on the front side of the mountain. We were now more or less separated into two groups. One of the men and one of the women, the men being myself, Al Parley, Dean Cook, and these other guys who had skied much more than I had. They wanted to ski down the men's downhill, but me not wanting to be left out, I went with them. The course was icy, and the cheap rental skis I had did not have much of an edge for skiing on ice. It made me very nervous, as we were going down getting faster and faster; my legs were shaking from the speed and nervousness of not being able to stop if required. But we all successfully made it to the bottom. I wish I knew how fast I was skiing on that run, but I did not go on it again even years later skiing at Lake Louise. After I started my own business in 1997, I had the time and the money to take all my children skiing at Sunshine. I wanted them to experience the thrill of downhill skiing, which they did.

## **Chapter Thirty- Five Gunn Chieftain:**

The Moose Jaw gathering of the Gunn's was held the 4th to the 6th of August 1995. In a "Sexy Legs" contest, Keith Arnold Listoe was the winner, thus becoming the "Chieftain" of the celebrations.

These sexy legs contest involved all the male participants in exposing their legs from above their knees down, and then stand in a line behind the half-lowered garage door, so only the legs could be seen by the voting ladies present. As each person was judged out, they would step back from the line, but remain in the garage. My brother Mark and I were the last two remaining. I believed his legs were much sexier than mine, so I started to do the highland dance and received the loudest cheers of all, thus winning the competition as Chieftain of the Celebrations; I was required to dance with every woman attending, which I thoroughly enjoyed, as I truly love to dance. I cannot play any musical instruments but enjoy listening to music and dancing to music even more! I would not claim that I am a great or good dancer. I enjoy getting into the music by letting my body move with the music. Some of my most memorable dancing was with Wanda Brewer while I was dating her; she taught me to dance many new dances that I had never heard of before. Unfortunately, I do not remember the names or the moves for any of them now, but maybe I would if I had someone to

My first Life My Sinful, Lewd, Wanton Life

dance with who knew these dances; the ones I do remember are the Polka and the butterfly. One I am unsure of is the chartreuse.

I did learn at my cousin Philip Brass' wedding dance in the summer of 2005, that I'm unable to dance the polka now in my half physically dead, the fully spiritually alive condition now!

## **Chapter Thirty- Six, first time Laid Off:**

I was very confident in the job I had with Northern Telecom in 1986 as the office I was in was always expanding, but then we received notice that the entire plant was being moved to someplace in Quebec, and as such, all employees in Saskatoon would be laid off. I was laid off in the fall of 1986. I received a top-up to my unemployment insurance from Northern Telecom to be about 90 percent of my working wage. As such, I had a great winter vacation going downhill skiing in the Rocky Mountains for an extended period. On arriving back home in Saskatoon, I started looking for a new job. However, nothing was available, and then I received a phone call from Ken Ophiem. He was very good friends of Shelley's parents and the regional manager for the Petro Canada Lubricants Division, asking me if I would like a summer job in the Lubes warehouse. I said, "Sure." And I started working there on April 27, 1987.

I had to leave work early on Wednesday, April 29, 1987, to take Shelley to the hospital at the start of contractions. Shelley was in contractions for an extremely long time thirty hours, finally having a C-section on Thursday, April 30, 1987, the day our daughter, Brandi, was born. On Friday, May 1, 1987, it was payday. My manager, Tony Danaher, of the warehouse, said he could not believe how it all worked

out. I started a new job, working one day, taking the majority of the next day off then being paid the next day. The new job at Petro Canada was an interesting new job as well. As co-worker Walter, the warehouse foreman did not appear like he wanted a new worker, especially after I worked there for several weeks. I had a gut feeling for an improvement in the position of products in the storage racking to improve efficiency. I did this because I'm inherently lazy, always looking for the easiest, fastest, most efficient way to do all I need to do. Therefore, I can complete my required work better and faster to give me more time to relax or do the things I want to do but work always comes first.

Bill Soloway, the other co-worker there, agreed almost completely with my new ideas. For some reason, the warehouse foreman did not like me much and make it very uncomfortable for me working there, but I got along great with my co-worker Bill Soloway, who the foreman did not like much either. Near the end of the summer, when my term was finished, I received the great news that they were closing the warehouse in Regina, Sk. If those employees did not accept the offer to relocate to the warehouse in Saskatoon, I would be hired on as permanent, which I was. In around my second or third year working there, one day, both Bill and Walter were off at the same time, so I was working by myself that day after picking and loading the city delivery truck orders for the day. I started to unload the five boxcars spotted the night before. I worked quickly unloading and putting the oil away in the overhead storage racks, etc.,

My first Life My Sinful, Lewd, Wanton Life

Chapter Thirty- Six, first time Laid Off:

by noon that day. The next day when Bill and Wally returned to work, they asked me how many helpers I hired to assist me unloading the boxcars. I replied, "None, without you two here slowing me down, I was able to complete all five of them by myself by noon, and then pick orders in the afternoon for the out-of-town deliveries due the next day." They refused to believe me that I did it myself.

I was working for Petro Canada in 1992 when they asked me to be a member of the project team to implement a new computer system named SAP for the Lubricants side of the business. I had recently been relocated to Winnipeg, Mb. from Saskatoon, Sk. In Saskatoon, I was working in the Lubes Warehouse as a warehouseman. In Winnipeg, they moved me into the office as the operations supervisor. They asked me to be on the team as I had assisted many of the sales reps in Saskatoon with their laptops to make them easier for them to use.

Over the next few years, I installed Windows Lotus 1 2 3 and Word Perfect. I then converted to Microsoft Office Suite of applications, Word and Excel are the main two I used. I did find that creating macros to automate repetitive tasks was much simpler in Excel than in Lotus 1 2 3. My first real use of Excel was to create multiple spreadsheets, one for each bank account/mortgage or loan, and then an overview spreadsheet linked to all these individual spreadsheets to produce an overall net worth report of my finances. As I

worked in the warehouse, I became aware of this lady in the office doing data entry in Word Perfect as a volunteer for the PRIDE (Parents Resource Institute for Drug Education) Organization. I watched her entering data for a couple of minutes, then suggested I could create a macro for her to enter the same information for each entry with a single keystroke. This information was for the city and province. I did this for her, and it greatly increased her productivity. The founder of this organization, Eloise Ophiem, heard of this and asked if I could do the same for each person entering data for other cities in the province. I said, "Sure," and got a list of all cities being entered and created a macro for each one.

Then in Winnipeg, they had large oil storage tanks that had to be measured and recorded every day to ensure no leaks were occurring. The volume had to be temperature corrected to 15 degrees Celsius. This was done by looking up a coefficient in a table for the viscosity and temperature of the oil being converted. Doing the readings would take an hour or more to complete each day. Also, there was no guarantee of noticing that there was a loss of oil from one day to the next. So I determined that it would be a good use of an Excel macro. A program written in the FORTRAN language produced the printed tables in the book. The FORTRAN code for this program was included at the end of this book. So I used this FORTRAN code to write an Excel function that would calculate the required coefficient. So, I created a macro to prompt for the daily tank readings and

My first Life My Sinful, Lewd, Wanton Life

Chapter Thirty- Six, first time Laid Off:

temperatures and finish with an ongoing overview that tracked the overall losses in each tank for days. With this new spreadsheet, the time for tank readings was reduced to less than 5 minutes and increased the likelihood of knowing a leak was occurring.

My knowledge of FORTRAN programming was acquired while attending a computer science class for two days at the University of Saskatchewan in 1981. I could not remain at the university, as I did not have the money to pay for my tuition. I had made a deposit to get registered initially with the thought I would receive a student loan to pay the balance; however, my student loan application was rejected, so no funds through a student loan. I was planning to get into aeronautical and thermodynamics engineering. Now on to my start with SAP software, I started training in March of 1992, with an overview of the SAP system in the SD Module. This was the new release of their software in the R3client-server version 1.1 SAP, and the people who could conduct the training sessions were very limited. Our first instructor had never operated a computer with a Windows operating system, and she was very unsure of how to use a mouse. I found this very frustrating, as she would use the mouse to select the next input field even though the cursor had already moved into this field upon reaching the last character space in the previous field.

I decided that I could learn more about the software on my own than watch her fumble with the mouse. After a week of



ignoring her and searching through/learning the system on my own, we got a new instructor named, Pascal Nass, who had just moved to Canada from Paris, France and was now learning how to use the English language. It was soon obvious that Pascal had in-depth knowledge of the SAP system. I had many questions for him. Our project manager soon asked me if I would like to take the classes for the other modules that were being implemented, which were MM, WMS, and FI-CO. I couldn't refuse. I was having fun learning this new software. By the end of the first week, Pascal thought we were ready to start the configuration of our own company in the system. I mentioned that I had already started my own. He said okay, I will use that as an example of what we haven't learned yet to make it functional." He started by creating materials in my company. Then a customer received some inventory into a plant for his material. Then he created a sales order for his customer for some of this material. He created the delivery for this sales order and goods issued the delivery. To his surprise, there were no errors in any transaction. He thought it would error on the financial side of the postings, as we had not had any training on this configuration yet. I was fortunate to be able to work very closely with Pascal and learned a lot from him on the detailed configuration. I was responsible for implementing the WMS module at ten warehouses across Canada. Petro Canada also implemented a barcode system with the implementation of the SAP system. Near the end of this project, I was receiving calls from the SAP help desk for

My first Life My Sinful, Lewd, Wanton Life

Chapter Thirty- Six, first time Laid Off:

my assistance in the WMS module, as they did not have any other companies using this module successfully yet in SAP R3.

My first Life My Sinful, Lewd, Wanton Life

Chapter Thirty- *Seven*, Keith's Photographs:

## Chapter Thirty- Seven, Keith's Photographs:



**Keith, in Aug. 2002!**

Click on the image or key this [www.keithlistoe.com/KeithAug2002.jpg](http://www.keithlistoe.com/KeithAug2002.jpg) into your browser's command line to view the enlarged image online:



**Occupational therapy in the HSC!**

Click on the image or key this [www.keithlistoe.com/OT.jpg](http://www.keithlistoe.com/OT.jpg) into your browser's command line to view the enlarged image online:

My first Life My Sinful, Lewd, Wanton Life

Chapter Thirty- *Seven*, Keith's Photographs:



### **learning to walk again!**

Click on the image or key this [www.keithlistoe.com/Walking1.jpg](http://www.keithlistoe.com/Walking1.jpg) into your browser's command line to view the enlarged image online:



### **trach weaning!**

Click on the image or key this [www.keithlistoe.com/TrachWeaning.jpg](http://www.keithlistoe.com/TrachWeaning.jpg) into your browser's command line to view the enlarged image online:

### **My best Non-Wildlife Photographs:**

#### **Flowers:**

I was living in a basement suite on 928 Ave. D North in Saskatoon, Saskatchewan, in 1981. There was a west-facing window in which I placed my Christmas cactus and

My first Life My Sinful, Lewd, Wanton Life

Chapter Thirty- *Seven*, Keith's Photographs:

Aloe Vera plants. One evening the sun was shining into the window directly behind the Christmas cactus flower with a new blossom on it, and the blossom was glowing iridescently. I thought I must at least try to photograph this flower, but the only location I could take the photo from was looking directly into the sun. We all know how awful photos turn out if taken into the sun instead of having the sun behind you. I also had an extremely difficult time focusing the camera while looking directly into the sun at the blossom. I remember making some strange f-stop settings hoping it would help. I am just unable to remember the details of this, for if I could, I would attempt taking more pictures like this, for it is an incredible photo. At least I think it is.

My first Life My Sinful, Lewd, Wanton Life

Chapter Thirty- *Seven*, Keith's Photographs:

## **Christmas cactus**



**My favourite photo was taken of a Christmas cactus blossom!**

Click on the image or key this [www.keithlistoe.com/christmas\\_cactus.jpg](http://www.keithlistoe.com/christmas_cactus.jpg) into your browser's command line to view the enlarged image online:



**comparison photo was taken weeks later!**

Click on the image or key this [www.keithlistoe.com/christmas\\_cactus\\_for\\_comparison.jpg](http://www.keithlistoe.com/christmas_cactus_for_comparison.jpg) into your browser's command line to view the enlarged image online:

The left photograph is the best photo I've ever taken. It's the one I'm most proud of the photo as well. But I must admit that when I took it, I did not believe it would even turn out as anything viewable. As I ignored all the commonly known knowledge of taking a good photograph, meaning never takes a picture with the sun behind the object you are photographing, but this is the result. I did have a gut feeling on what may help, which, if I remember correctly, was to set the f-stop to the smallest possible size. The second photo was taken after I received the first photo from the developers. Hence, the drooped look of the blossom in the second photo as it was also taken with the sun behind me as usual photos are taken. I only wish I knew for sure what exactly I did, taking, this first photo so that I could repeat the process now for more great flower photos. As I must say, it is just so much more than the second photo, and as I said, if I knew for sure, any flower I'm sure could be photographed like this if the correct location was present with the sun as well.

My first Life My Sinful, Lewd, Wanton Life

Chapter Thirty- *Seven*, Keith's Photographs:



**crossing the South Saskatchewan River daylight!**

Click on the image or key this [www.keithlistoe.com/photo at daylight of highway across south saskatchewan river on way to cypress hills.jpg](http://www.keithlistoe.com/photo_at_daylight_of_highway_across_south_saskatchewan_river_on_way_to_cypress_hills.jpg) into your browser's command line to view the enlarged image online:



**crossing the South Saskatchewan River nighttime!**

Click on the image or key this [www.keithlistoe.com/photo at night of highway across south saskatchewan river on way to cypress hills.jpg](http://www.keithlistoe.com/photo_at_night_of_highway_across_south_saskatchewan_river_on_way_to_cypress_hills.jpg) into your browser's command line to view the enlarged image online:



My first Life My Sinful, Lewd, Wanton Life

Chapter Thirty- *Seven*, Keith's Photographs:

I did not succeed in my attempt to take these two photos above from the same location for daylight and nighttime comparison set of photos.



**my second favourite sunlight photo!**

Click on the image or key this [www.keithlistoe.com/awesome\\_sunlight\\_through\\_tree.jpg](http://www.keithlistoe.com/awesome_sunlight_through_tree.jpg) into your browser's command line to view the enlarged image online:

Here is a unique photo opportunity I noticed while walking through the bush near Spiritwood while looking for ruffed grouse. This photograph is included later in this book on page 372; I also took this photo in the bush near Spiritwood, can you guess what it is?

My first Life My Sinful, Lewd, Wanton Life

Chapter Thirty- *Seven*, Keith's Photographs:



**A nature lover's photo!!!**

Click on the image or key this [www.keithlistoe.com/can\\_you\\_guess.jpg](http://www.keithlistoe.com/can_you_guess.jpg) into your browser's command line to view the enlarged image online:

The answer will be provided in:

My Second Life Against All Odds Miraculous

By Jesus Christ's unconditional love, healing, and saving, grace, mercy, and forgiveness!

## **cChapter *Thirty-* Eight The House My Brother Mark and I built:**

My brother Mark and I Lived in a small Basement suite in Saskatoon in the early 1980s, Then Sometime in 1982 We received a letter from the owner of the property, stating that He was going to put the house up for sale and in our best interest it would be best if we found an alternate place to live before him selling the property, Mark and I discussed our options in depth. We first thought we would try to purchase the property. However, we soon learned that we required 25% down to purchase a revenue home, and we didn't have any savings as both were living paycheck to paycheck with nothing extra to place in savings. We were also unable to find another suite for even similar rent, and neither of us could afford any increase in rent. Then we heard an ad that the Government of Saskatchewan was providing financial assistance to first time home buyers, so we thought maybe we could build/buy our first home and receive this assistance, from the government, we carefully considered the differences between building vs. buying a home, as neither of us had any experience in the construction industry, we looked into the option of Nelson Homes, A company that sells semi-prefab houses, by this I mean they build all of the walls, and supply them along with all other materials required to complete the house to the site. The purchaser then needs to assemble all these walls to complete the framing, install the windows and doors, shingles and siding, then complete the interior /electrical, plumbing and heating,

My first Life My Sinful, Lewd, Wanton Life

cChapter *Thirty*- Eight The House My Brother Mark and I built:

insulating, vapor barrier, drywall, painting, finishing  
carpentry, flooring

So, after much analysis/calculations, we decided on a floor plan from Nelson Homes, we were convinced and confident that we would be able to do this, now we had to convince the Credit Union That we could and get approval for a mortgage. we finally got our mortgage after 21 applications were rejected, the 22nd was approved, we had to borrow \$5000.00 from our cousin Greg Listoe to use as a deposit on the lot from the City of Saskatoon, we ordered the package from Nelson Homes for delivery on Friday, May 13, 1983, before the Long Weekend in May 1983. We also arranged a large work crew of friends and family to be available this long weekend to help with construction. We Hired Rempel Bros. Construction to excavate and pour the foundation before this weekend, so all was ready to begin framing when the package arrived. Which it did Friday morning. Mark and I and the Driver Had the entire package unloaded from the flat deck trailer by noon Friday, When we were finished the driver surprised us by asking for a check, as it was COD, we told Him He could load it back onto the trailer if he wanted, but we were not helping, as we went to phone the salesman at Nelson Homes to work out other arrangements, as the Mortgage we had was a construction mortgage meaning we only received money as the house was built, and the inspection was completed we were not able to pay Rempel bros. construction for many months until we received money from our mortgage he agreed to wait for payment. So Mark and I started assembling the pony walls - the top 4 feet of the foundation, our entire work crew arrived Friday afternoon, by Monday night we were putting on the roof

cChapter *Thirty*- Eight The House My Brother Mark and I built:

sheathing, We were in total shock that we had framed the entire house over the weekend, next was windows doors and shingles, then siding As the exterior finishing was progressing we decided that fieldstone would be great for the foundation finishing As we could not afford bricks, so off to the riverbank we went and found lots of stones to use for this, once the exterior was completed, we moved into the interior to complete that. I did all the electrical wiring. The electrical inspector congratulated me on having the neatest looking electrical panel he had ever seen. We hired a Plumber to do the plumbing and heating. my eyes became very itchy and sore as I was installing the insulation and I thought I must have gotten some insulation in my eyes. I went to my doctor to learn I had conjunctivitis and no insulation in my eyes. He provided me with a prescription for some eye drops that really relieved the itchiness and soreness. We completed the house by mid-October 1983 and moved in. We had plenty of time to organize a housewarming- Halloween Party Which was a great Party in our new house. We were \$5,000.00 over budget that prevented us from paying our cousin Greg back his money that he loaned us. Fortunately, we borrowed \$5,000.00 from our brother Scott to pay Greg and paid Scott back monthly over time. In May of 1984, Mark Married Veryl Coghill. They then moved into the house and we shared accommodations for some time, I then arranged my own financing to buy out Mark's share of the house, with this money, Mark and Veryl were able to Buy their own house in Saskatoon, I then Married Shelley Currie in June of 1985, over the next few years I built a garage in the back yard, I also finished the basement, with a washroom and family room with a potbelly wood burning stove in the front corner of the basement. I

cChapter *Thirty*- Eight The House My Brother Mark and I built:

got the idea and confidence that I could finish the basement? drywalling without having to do any sanding creating dust in the house, as I was working for Northern Telecom in the fibre optics electronic transmission division, and they had required some new offices built in the plant but were very strict that the dry waller could not sand -so it would be dust-free drywalling. I watched very closely how they would do this as when Mark and I did the first drywalling on the main floor; we seemed to sand off as much mud as we put on. It was very dusty, and I sure didn't want all that dust in the upstairs finished part of the house in which I was living. I was able to complete the drywalling in the basement dust free without having to sand at all!

Mark and I Learned As we were nearly complete in building this house that our mortgage was approved by a bet between Our Uncle, Carl Listoe. The head finance manager of the Saskatoon Credit Union and the remaining mortgage approval members, he told us how everyone was tired of our applications for a mortgage and asked him if we were related to him? He said yes, they are my nephews. They all said they wouldn't approve our mortgage as they bet we couldn't do it, our Uncle replied with "I bet they can do it" So the bet was on, and our mortgage was approved it was a great feeling to have done this on such a monumental undertaking as our first ever true construction of such only having built a small tree fort in the back yard one summer followed by building a log fort in the bush south of Spiritwood. This fort had a door and roof with a 12-volt electrical system inside to operate a car cassette radio for music in our fort. Both of us really enjoyed listening to music, as such we wired speaker wire in the walls of the house in Saskatoon before starting to

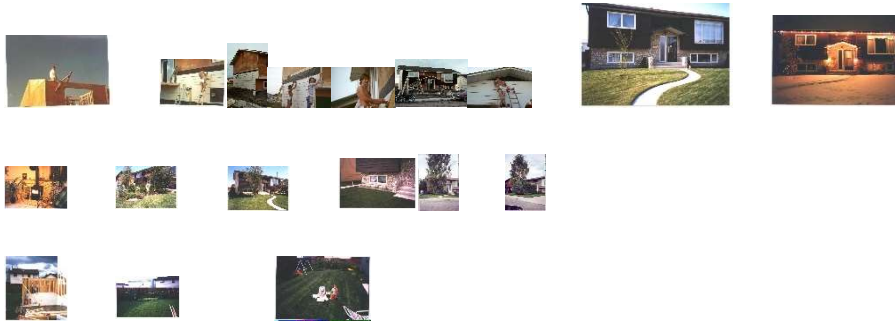
My first Life My Sinful, Lewd, Wanton Life

cChapter *Thirty*- Eight The House My Brother Mark and I built:

insulate and vapour barrier it was great to be able to add these features of any kind as thought of and afforded another being wiring a switch-controlled receptacle in the overhang to be used for Christmas lights.



Flood during construction:



House warming halloween party 346 Allegretto Cresc.



**Mark Listoe in front of 346 Allegretto Crescent first picture!**

My first Life My Sinful, Lewd, Wanton Life

cChapter *Thirty*- Eight The House My Brother Mark and I built:

Click on the image or key this [www.keithlistoe.com/346\\_allegretto\\_cresc\\_lot1\\_before\\_mar-28-83.jpg](http://www.keithlistoe.com/346_allegretto_cresc_lot1_before_mar-28-83.jpg) into your browser's command line to view the enlarged image online:



### **346 Allegretto Crescent!**

Click on the image or key this [www.keithlistoe.com/346\\_allegretto\\_cresc\\_lot2\\_before\\_mar-28-83.jpg](http://www.keithlistoe.com/346_allegretto_cresc_lot2_before_mar-28-83.jpg) into your browser's command line to view the enlarged image online:



My first Life My Sinful, Lewd, Wanton Life

cChapter *Thirty*- Eight The House My Brother Mark and I built:



### **346 Allegretto crescent excavated!**

Click on the image or key this [www.keithlistoe.com/346\\_allegretto\\_cresc\\_lot3\\_before\\_mar-28-83.jpg](http://www.keithlistoe.com/346_allegretto_cresc_lot3_before_mar-28-83.jpg) into your browser's command line to view the enlarged image online:



### **346 Allegretto crescent foundation poured!**

Click on the image or key this [www.keithlistoe.com/346\\_allegretto\\_cresc\\_lot4\\_april.jpg](http://www.keithlistoe.com/346_allegretto_cresc_lot4_april.jpg) into your browser's command line to view the enlarged image online:

My first Life My Sinful, Lewd, Wanton Life

cChapter *Thirty*- Eight The House My Brother Mark and I built:

My first Life My Sinful, Lewd, Wanton Life

cChapter *Thirty*- Eight The House My Brother Mark and I built:



### **Bessie Listoe and all house materials!**

Click on the image or key this [www.keithlistoe.com/underconstruction.jpg](http://www.keithlistoe.com/underconstruction.jpg) into your browser's command line to view the enlarged image online:



### **Uncle John and Keith!**

Click on the image or key this [www.keithlistoe.com/underconstruction1.jpg](http://www.keithlistoe.com/underconstruction1.jpg) into your browser's command line to view the enlarged image online:

My first Life My Sinful, Lewd, Wanton Life

cChapter *Thirty*- Eight The House My Brother Mark and I built:



### **Scott Listoe!**

Click on the image or key this [www.keithlistoe.com/underconstruction2.jpg](http://www.keithlistoe.com/underconstruction2.jpg) into your browser's command line to view the enlarged image online:



### **Colleen & Scott Listoe and Raymond Dumas!!**

Click on the image or key this [www.keithlistoe.com/underconstruction3.jpg](http://www.keithlistoe.com/underconstruction3.jpg) into your browser's command line to view the enlarged image online:

My first Life My Sinful, Lewd, Wanton Life

cChapter *Thirty*- Eight The House My Brother Mark and I built:



**Raymond Dumas and Keith!**

Click on the image or key this [www.keithlistoe.com/underconstruction4.jpg](http://www.keithlistoe.com/underconstruction4.jpg) into your browser's command line to view the enlarged image online:



**front entrance stairs!**

Click on the image or key this [www.keithlistoe.com/346 allegretto cresc basement progressin begin july-83.jpg](http://www.keithlistoe.com/346_allegretto_cresc_basement_progressin_begin_july-83.jpg) into your browser's command line to view the enlarged image online:

My first Life My Sinful, Lewd, Wanton Life

cChapter *Thirty*- Eight The House My Brother Mark and I built:



**plumbing & heating completed!**

Click on the image or key this [www.keithlistoe.com/346\\_allegretto\\_cresc\\_contracted\\_plumbing\\_heating\\_begin\\_july-83.jpg](http://www.keithlistoe.com/346_allegretto_cresc_contracted_plumbing_heating_begin_july-83.jpg) into your browser's command line to view the enlarged image online:



**shingling completed June 23, 1983!**

My first Life My Sinful, Lewd, Wanton Life

cChapter *Thirty*- Eight The House My Brother Mark and I built:

Click on the image or key this [www.keithlistoe.com/346\\_allegretto\\_cresc\\_siding3\\_end\\_june-83.jpg](http://www.keithlistoe.com/346_allegretto_cresc_siding3_end_june-83.jpg) into your browser's command line to view the enlarged image online:



**Danny Listoe!**

Click on the image or key this [www.keithlistoe.com/underconstruction5.jpg](http://www.keithlistoe.com/underconstruction5.jpg) into your browser's command line to view the enlarged image online:

My first Life My Sinful, Lewd, Wanton Life

cChapter *Thirty*- Eight The House My Brother Mark and I built:



**Stephen Listoe and Keith were installing cedartex siding!**

Click on the image or key this [www.keithlistoe.com/346 allegretto cresc Stephen-n-Keith siding beginning-of-July.jpg](http://www.keithlistoe.com/346_allegretto_cresc_Stephen-n-Keith_siding_beginning-of-July.jpg) into your browser's command line to view the enlarged image online:



My first Life My Sinful, Lewd, Wanton Life

cChapter *Thirty*- Eight The House My Brother Mark and I built:



**from the southwest corner!**

Click on the image or key this [www.keithlistoe.com/346 allegretto cresc siding2 end jun e-83.jpg](http://www.keithlistoe.com/346_allegretto_cresc_siding2_end_june-83.jpg) into your browser's command line to view the enlarged image online:

My first Life My Sinful, Lewd, Wanton Life

cChapter *Thirty*- Eight The House My Brother Mark and I built:



**Keith and Stephen Listoe were installing cedartex siding!**

Click on the image or key this [www.keithlistoe.com/346\\_allegretto\\_cresc\\_keith-n-stephen\\_siding\\_begin\\_july-83.jpg](http://www.keithlistoe.com/346_allegretto_cresc_keith-n-stephen_siding_begin_july-83.jpg) into your browser's command line to view the enlarged image online:



**Keith is installing cedartex siding!**

Click on the image or key this [www.keithlistoe.com/346\\_allegretto\\_cresc\\_keith\\_siding\\_begi](http://www.keithlistoe.com/346_allegretto_cresc_keith_siding_begi)

My first Life My Sinful, Lewd, Wanton Life

cChapter *Thirty-* Eight The House My Brother Mark and I built:

[n\\_july-83.jpg](#) into your browser's command line to view the enlarged image online:



**Mark is installing cedar siding!**

Click on the image or key this [www.keithlistoe.com/346\\_allegretto\\_cresc\\_mark\\_siding\\_beg\\_in\\_july-83.jpg](http://www.keithlistoe.com/346_allegretto_cresc_mark_siding_beg_in_july-83.jpg) into your browser's command line to view the enlarged image online:

My first Life My Sinful, Lewd, Wanton Life

cChapter *Thirty*- Eight The House My Brother Mark and I built:



**Keith is installing cedartex siding!**

Click on the image or key this [www.keithlistoe.com/346 allegretto cresc keith siding mid july-83.jpg](http://www.keithlistoe.com/346_allegretto_cresc_keith_siding_mid_july-83.jpg) into your browser's command line to view the enlarged image online:



**the first test of my switch controlled receptacle in the soffit for Christmas lights!**

My first Life My Sinful, Lewd, Wanton Life

cChapter *Thirty*- Eight The House My Brother Mark and I built:

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/the house marknl built3 001.jpg](http://www.keithlistoe.com/the%20house%20mark%20and%20I%20built3%20001.jpg)

My first Life My Sinful, Lewd, Wanton Life

cChapter *Thirty*- Eight The House My Brother Mark and I built:



**the completion of my front yard landscaping!**

Click on the image or key this [www.keithlistoe.com/the front yard.jpg](http://www.keithlistoe.com/the%20front%20yard.jpg) into your browser's command line to view the enlarged image online:



**the front yard from the southwest corner!**

Click on the image or key this [www.keithlistoe.com/the front yard2.jpg](http://www.keithlistoe.com/the%20front%20yard2.jpg) into your browser's command line to view the enlarged image online:

My first Life My Sinful, Lewd, Wanton Life

cChapter *Thirty*- Eight The House My Brother Mark and I built:



**fieldstone completed!**

Click on the image or key this [www.keithlistoe.com/the\\_house MarknI built2.jpg](http://www.keithlistoe.com/the_house_MarknI_built2.jpg) into your browser's command line to view the enlarged image online:



**Potbelly stove in the family room!**

Click on the image or key this [www.keithlistoe.com/346\\_allegretto\\_cresc\\_basement2.jpg](http://www.keithlistoe.com/346_allegretto_cresc_basement2.jpg) into your browser's command line to view the enlarged image online:

After I had completed this potbellied wood-burning stove, I learned I could not circulate the air well enough to spread the hot air from this stove throughout the house. It was difficult to keep the family room it was located in cool enough to stay in it very long. This stove was in the corner, as seen behind the stairs in the construction photo. The entire stairway was surrounded by walls and a doorway underneath the upstairs stairway. This prevented any air circulation from the lower family room up to the upstairs main level of the house. Because Shelley was so controlling to not let me finish my sentences. I had the gut feeling one day to reverse the stairs up and down, so I just cut the drywall off the wall to start, so Shelley would have no option but to let me finish the renovation ASAP. This enabled me to leave the stairway wide open and facing the stove with new oak railings on the entire stairway. I also installed a ceiling fan in the stairway entrance. This created excellent circulation, enabling the entire house to be heated with the stove and keeping the family room comfortable.



My first Life My Sinful, Lewd, Wanton Life

cChapter *Thirty*- Eight The House My Brother Mark and I built:



**garage under construction!**

Click on the image or key this [www.keithlistoe.com/garage\\_in\\_progress.jpg](http://www.keithlistoe.com/garage_in_progress.jpg) into your browser's command line to view the enlarged image online:



**backyard garden!**

My first Life My Sinful, Lewd, Wanton Life

cChapter *Thirty*- Eight The House My Brother Mark and I built:

Click on the image or key this [www.keithlistoe.com/Mybackyard.jpg](http://www.keithlistoe.com/Mybackyard.jpg) into your browser's command line to view the enlarged image online:



**Brandi and Vikki Listoe!!**

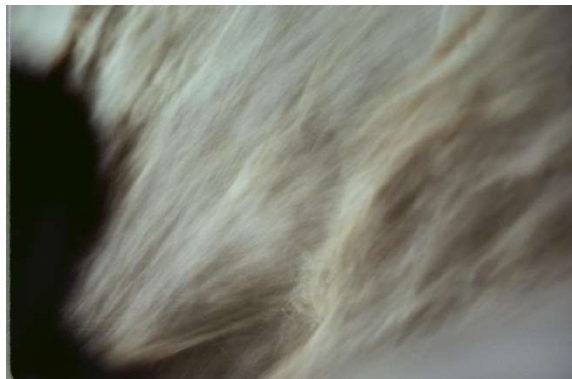
Click on the image or key this [www.keithlistoe.com/thebackyard3.jpg](http://www.keithlistoe.com/thebackyard3.jpg) into your browser's command line to view the enlarged image online:

Flood during construction:

My first Life My Sinful, Lewd, Wanton Life

cChapter *Thirty*- Eight The House My Brother Mark and I built:

This flood was a result of a massive flash rainstorm on Friday, June 24, 1983; it occurred while my brother Mark and I were building our house in Saskatoon. We were driving out to the house after work from downtown king's Tire where Mark worked. It was not like raindrops falling on the windshield, but as if someone was pouring water on the windshield. I have not seen rain like that before or after this one time! It only rained about 15-20 minutes. We were very fortunate to only have a small amount of water in our basement from water leaking in through the slight cracks in the wall sheathing. We had just finished the shingles, windows, and doors, but had just started on the siding. The house belonging to Randy and Ria Kokesch across the street from ours was a split level, and it had the lower level full of water.



**driving through flood water on Allegretto crescent just east of our house!**

Click on the image or key this

[www.keithlistoe.com/346 allegretto cresc driving through f](http://www.keithlistoe.com/346_allegretto_cresc_driving_through_f)

My first Life My Sinful, Lewd, Wanton Life

cChapter *Thirty*- Eight The House My Brother Mark and I built:

[lood water to house mid june-83.jpg](#) into your browser's command line to view the enlarged image online:



**looking west down flooded Allegretto crescent!**

Click on the image or key this [www.keithlistoe.com/346 allegretto cresc flood water west of house mid june-83.jpg](http://www.keithlistoe.com/346_allegretto_cresc_flood_water_west_of_house_mid_june-83.jpg) into your browser's command line to view the enlarged image online:



**looking east down flooded Allegretto crescent!**

My first Life My Sinful, Lewd, Wanton Life

cChapter *Thirty*- Eight The House My Brother Mark and I built:

Click on the image or key this [www.keithlistoe.com/346\\_allegretto\\_cresc\\_impassable\\_flood\\_water\\_east\\_of\\_house\\_mid\\_june-83.jpg](http://www.keithlistoe.com/346_allegretto_cresc_impassable_flood_water_east_of_house_mid_june-83.jpg) into your browser's command line to view the enlarged image online:



**bubbles from submerged vehicle east on flooded Allegretto crescent!!**

Click on the image or key this [www.keithlistoe.com/346\\_allegretto\\_cresc\\_impassable\\_flood\\_water\\_east\\_of\\_house2\\_mid\\_june-83.jpg](http://www.keithlistoe.com/346_allegretto_cresc_impassable_flood_water_east_of_house2_mid_june-83.jpg) into your browser's command line to view the enlarged image online:

My first Life My Sinful, Lewd, Wanton Life

cChapter *Thirty*- Eight The House My Brother Mark and I built:



**looking east on flooded Allegretto crescent!**

Click on the image or key this [www.keithlistoe.com/346 allegretto cresc impassable flood water east of house4 mid june-83.jpg](http://www.keithlistoe.com/346_allegretto_cresc_impassable_flood_water_east_of_house4_mid_june-83.jpg) into your browser's command line to view the enlarged image online:



**looking east on flooded Allegretto crescent!**

Click on the image or key this [www.keithlistoe.com/346 allegretto cresc impassable flood water east of house5 mid june-83.jpg](http://www.keithlistoe.com/346_allegretto_cresc_impassable_flood_water_east_of_house5_mid_june-83.jpg) into your browser's command line to view the enlarged image online:

My first Life My Sinful, Lewd, Wanton Life

cChapter *Thirty*- Eight The House My Brother Mark and I built:



**not as I remember the cloud taking this picture!**

Click on the image or key this [www.keithlistoe.com/ending\\_flood\\_cloud\\_in\\_saskatoon\\_mid\\_june-83.jpg](http://www.keithlistoe.com/ending_flood_cloud_in_saskatoon_mid_june-83.jpg) into your browser's command line to view the enlarged image online:

Cloud at the end of the deluge, there was a sun glaring face in the cloud that I remember so vividly!

Housewarming- Halloween party:

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cChapter *Thirty*- Eight The House My Brother Mark and I built:



### **Keith & Jack-O-Lantern!**

Click on the image or key this [www.keithlistoe.com/346 allegretto cresc halloween party\\_83 keith-n-jack.jpg](http://www.keithlistoe.com/346_allegretto_cresc_halloween_party_83_keith-n-jack.jpg) into your browser's command line to view the enlarged image online:



### **Keith, the carebear!**

Click on the image or key this [www.keithlistoe.com/346 allegretto cresc halloween party\\_83 keith-n-jack.jpg](http://www.keithlistoe.com/346_allegretto_cresc_halloween_party_83_keith-n-jack.jpg)



My first Life My Sinful, Lewd, Wanton Life

cChapter *Thirty*- Eight The House My Brother Mark and I built:

[\\_83 keith listoe.jpg](#) into your browser's command line to view the enlarged image online:



**Keith, as Dracula & Shelley, Currie, the carebear!**

Click on the image or key this [www.keithlistoe.com/346 allegretto cresc halloween party \\_83 keith listoe-n-shelley currie 2.jpg](http://www.keithlistoe.com/346_allegretto_cresc_halloween_party_83_keith_listoe-n-shelley_currie_2.jpg) into your browser's command line to view the enlarged image online:

My first Life My Sinful, Lewd, Wanton Life

cChapter *Thirty*- Eight The House My Brother Mark and I built:



### **the Arcand's**

Click on the image or key this [www.keithlistoe.com/346\\_allegretto\\_cresc\\_halloween\\_party\\_83\\_arcands.jpg](http://www.keithlistoe.com/346_allegretto_cresc_halloween_party_83_arcands.jpg) into your browser's command line to view the enlarged image online:



### **Bill Landman & others!**

Click on the image or key this [www.keithlistoe.com/346\\_allegretto\\_cresc\\_halloween\\_party](http://www.keithlistoe.com/346_allegretto_cresc_halloween_party)

My first Life My Sinful, Lewd, Wanton Life

cChapter *Thirty*- Eight The House My Brother Mark and I built:

[\\_83\\_bill\\_landman-n-unknowns.jpg](#) into your browser's command line to view the enlarged image online:



**Evan Listoe!**

Click on the image or key this [www.keithlistoe.com/346\\_allegretto\\_cresc\\_halloween\\_party](http://www.keithlistoe.com/346_allegretto_cresc_halloween_party) [\\_83\\_evan\\_listoe.jpg](#) into your browser's command line to view the enlarged image online:



**Mark Listoe!**

My first Life My Sinful, Lewd, Wanton Life

cChapter *Thirty*- Eight The House My Brother Mark and I built:

Click on the image or key this [www.keithlistoe.com/346 allegretto cresc halloween party\\_83 mark.jpg](http://www.keithlistoe.com/346_allegretto_cresc_halloween_party_83_mark.jpg) into your browser's command line to view the enlarged image online:



**Mark Stevenson!**

Click on the image or key this [www.keithlistoe.com/346 allegretto cresc halloween party\\_83 mark stevenson.jpg](http://www.keithlistoe.com/346_allegretto_cresc_halloween_party_83_mark_stevenson.jpg) into your browser's command line to view the enlarged image online:

My first Life My Sinful, Lewd, Wanton Life

cChapter *Thirty*- Eight The House My Brother Mark and I built:



### **Terry and Laura McKnight!**

Click on the image or key this [www.keithlistoe.com/346 allegretto cresc halloween party\\_83\\_mcknights.jpg](http://www.keithlistoe.com/346_allegretto_cresc_halloween_party_83_mcknights.jpg) into your browser's command line to view the enlarged image online:



### **Allan and Deanna Parley!**

Click on the image or key this [www.keithlistoe.com/346 allegretto cresc halloween party\\_83\\_parleys.jpg](http://www.keithlistoe.com/346_allegretto_cresc_halloween_party_83_parleys.jpg) into your browser's command line to view the enlarged image online:

My first Life My Sinful, Lewd, Wanton Life

cChapter *Thirty*- Eight The House My Brother Mark and I built:



**Allan and Deanna Parley!**

Click on the image or key this [www.keithlistoe.com/346 allegretto cresc halloween party\\_83 parleys2.jpg](http://www.keithlistoe.com/346_allegretto_cresc_halloween_party_83_parleys2.jpg) into your browser's command line to view the enlarged image online:

My first Life My Sinful, Lewd, Wanton Life

cChapter *Thirty*- Eight The House My Brother Mark and I built:



### **Randy Kokesch and Shelley Currie!**

Click on the image or key this [www.keithlistoe.com/346 allegretto cresc halloween party\\_83 randy kokesch-n-shelley currie.jpg](http://www.keithlistoe.com/346_allegretto_cresc_halloween_party_83_randy_kokesch-n-shelley_currie.jpg)

**into your browser's command line to view the enlarged image online:**

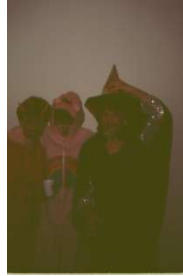


### **Shelley Currie and unremembered!**

Click on the image or key this [www.keithlistoe.com/346 allegretto cresc halloween party\\_83 shelley currie-n-unknown.jpg](http://www.keithlistoe.com/346_allegretto_cresc_halloween_party_83_shelley_currie-n-unknown.jpg) into your browser's command line to view the enlarged image online:

My first Life My Sinful, Lewd, Wanton Life

cChapter *Thirty*- Eight The House My Brother Mark and I built:



**unremembered, Shelley Currie and unremembered!**

Click on the image or key this [www.keithlistoe.com/346 allegretto cresc halloween party\\_83 shelley currie-n-unknowns.jpg](http://www.keithlistoe.com/346_allegretto_cresc_halloween_party_83_shelley_currie-n-unknowns.jpg) into your browser's command line to view the enlarged image online:



**unremembered!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/346 allegretto cresc halloween party\\_83 unknown.jpg](http://www.keithlistoe.com/346_allegretto_cresc_halloween_party_83_unknown.jpg)



My first Life My Sinful, Lewd, Wanton Life

cChapter *Thirty*- Eight The House My Brother Mark and I built:



**unremembered!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/346 allegretto cresc halloween party  
\\_83 unknown2.jpg](http://www.keithlistoe.com/346_allegretto_cresc_halloween_party_83_unknown2.jpg)



**Erin Bennett and Shelley Currie!**

Click on the image or key this

[www.keithlistoe.com/346 allegretto cresc halloween party  
\\_83 Erin Bennett-shelley currie.jpg](http://www.keithlistoe.com/346_allegretto_cresc_halloween_party_83_Erin_Bennett-shelley_currie.jpg)

into your browser's command line to view the enlarged image online:

My first Life My Sinful, Lewd, Wanton Life

cChapter *Thirty*- Eight The House My Brother Mark and I built:



### **Kelly and Wanda Friesen!**

Click on the image or key this [www.keithlistoe.com/346 allegretto cresc halloween party\\_83 unknown-n-wanda friesen.jpg](http://www.keithlistoe.com/346_allegretto_cresc_halloween_party_83_unknown-n-wanda_friesen.jpg) into your browser's command line to view the enlarged image online:



### **unremembered!**

Click on the image or key this [www.keithlistoe.com/346 allegretto cresc halloween party\\_83 unknowns.jpg](http://www.keithlistoe.com/346_allegretto_cresc_halloween_party_83_unknowns.jpg) into your browser's command line to view the enlarged image online:



### **unremembered!**

Click on the image or key this [www.keithlistoe.com/346 allegretto cresc halloween party](http://www.keithlistoe.com/346_allegretto_cresc_halloween_party)

My first Life My Sinful, Lewd, Wanton Life

cChapter *Thirty*- Eight The House My Brother Mark and I built:

[\\_83 unknowns2.jpg](#) into your browser's command line to view the enlarged image online:



### **unremembered and Rick Walrod!**

Click on the image or key this [www.keithlistoe.com/346 allegretto cresc halloween party](http://www.keithlistoe.com/346_allegretto_cresc_halloween_party) [\\_83 unknowns3.jpg](#) into your browser's command line to view the enlarged image online:



### **Bob and Lori Habetler!**

Click on the image or key this [www.keithlistoe.com/346 allegretto cresc halloween party](http://www.keithlistoe.com/346_allegretto_cresc_halloween_party) [\\_83 Bob and Lori Habetler.jpg](#) into your browser's command line to view the enlarged image online:

My first Life My Sinful, Lewd, Wanton Life

cChapter *Thirty*- Eight The House My Brother Mark and I built:



**unremembered!**

Click on the image or key this [www.keithlistoe.com/346 allegretto cresc halloween party\\_83 unknowns5.jpg](http://www.keithlistoe.com/346_allegretto_cresc_halloween_party_83_unknowns5.jpg) into your browser's command line to view the enlarged image online:

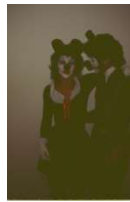
My first Life My Sinful, Lewd, Wanton Life

cChapter *Thirty*- Eight The House My Brother Mark and I built:



**Myron and Dan Herpberger!**

Click on the image or key this [www.keithlistoe.com/346 allegretto cresc halloween party\\_83 Myron and Dan Herpberger.jpg](http://www.keithlistoe.com/346_allegretto_cresc_halloween_party_83_Myron_and_Dan_Herpberger.jpg) into your browser's command line to view the enlarged image online:



**Bonnie and Warren!**

Click on the image or key this [www.keithlistoe.com/346 allegretto cresc halloween party\\_83 Bonnie and Warren.jpg](http://www.keithlistoe.com/346_allegretto_cresc_halloween_party_83_Bonnie_and_Warren.jpg) into your browser's command line to view the enlarged image online:



**Bonnie and Warren!**

My first Life My Sinful, Lewd, Wanton Life

cChapter *Thirty*- Eight The House My Brother Mark and I built:

Click on the image or key this [www.keithlistoe.com/346 allegretto cresc halloween party\\_83 Bonnie-and-Warren.jpg](http://www.keithlistoe.com/346_allegretto_cresc_halloween_party_83_Bonnie-and-Warren.jpg) into your browser's command line to view the enlarged image online:



**unremembered!**

Click on the image or key this [www.keithlistoe.com/346 allegretto cresc halloween party\\_83 unknowns9.jpg](http://www.keithlistoe.com/346_allegretto_cresc_halloween_party_83_unknowns9.jpg) into your browser's command line to view the enlarged image online:



**unremembered!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/346 allegretto cresc halloween party\\_83 unknowns10.jpg](http://www.keithlistoe.com/346_allegretto_cresc_halloween_party_83_unknowns10.jpg)

My first Life My Sinful, Lewd, Wanton Life

cChapter *Thirty*- Eight The House My Brother Mark and I built:



### **Wanda Friesen!**

Click on the image or key this [www.keithlistoe.com/346\\_allegretto\\_cresc\\_halloween\\_party\\_83\\_wanda\\_friesen.jpg](http://www.keithlistoe.com/346_allegretto_cresc_halloween_party_83_wanda_friesen.jpg) into your browser's command line to view the enlarged image online:



### **Wanda and Kelly!**

Click on the image or key this [www.keithlistoe.com/346\\_allegretto\\_cresc\\_halloween\\_party\\_83\\_wanda-n-unknown.jpg](http://www.keithlistoe.com/346_allegretto_cresc_halloween_party_83_wanda-n-unknown.jpg) into your browser's command line to view the enlarged image online:



**Mark Listoe, Yukafluts keeper and Veryl Coghill!!**

My first Life My Sinful, Lewd, Wanton Life

cChapter *Thirty*- Eight The House My Brother Mark and I built:

Click on the image or key this [www.keithlistoe.com/346 allegretto cresc halloween party\\_83 Mark-n-yuckafluts keeper-n-Veryl Coghill.jpg](http://www.keithlistoe.com/346_allegretto_cresc_halloween_party_83_Mark-n-yuckafluts_keeper-n-Veryl_Coghill.jpg) into your browser's command line to view the enlarged image online:



### **Dean and Dianna Cook!**

Click on the image or key this [www.keithlistoe.com/346 allegretto dresc halloween party\\_83 cooks.jpg](http://www.keithlistoe.com/346_allegretto_dresc_halloween_party_83_cooks.jpg) into your browser's command line to view the enlarged image online:



### **Perfect Halloween party drinks Yukafcuts!!!**

Click on the image or key this [www.keithlistoe.com/yukafcuts-bin.JPG](http://www.keithlistoe.com/yukafcuts-bin.JPG) into your browser's command line to view the enlarged image online:

I designed the landscaping for the front and back yards, ordering 70 yards of night soil topsoil, only because it was free and only requiring paying the company to deliver it. I did not want a basic boring front yard sidewalk to the front steps.



My first Life My Sinful, Lewd, Wanton Life

cChapter *Thirty*- Eight The House My Brother Mark and I built:

It was an immense challenge for Mark and me to put up the double-curved framing for this sidewalk.



**completed 346 Allegretto Crescent!!!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/the house Marknl built.jpg](http://www.keithlistoe.com/the house Marknl built.jpg)

We took four ice-cream pails with us on one trip back to Spiritwood to put birch seedlings in for trees in the yards, Shelley's parents had a large weeping birch in their yard. I picked a seedpod from this tree to hopefully grow a weeping birch for the front yard. I was successful in germinating this seed to grow into the tree planted on the left side of the front yard. The grass seemed to grow like a weed; it never required fertilizing. I really started to question after the vegetables in the garden were enormous, the corn was over 8 feet tall, I researched night soil to learn that most top golf courses will only use night soil from Chicago for the greens;

My first Life My Sinful, Lewd, Wanton Life

cChapter *Thirty*- Eight The House My Brother Mark and I built:

night soil is the best to use to grow grass, I agree plus much more. In May of 1984, Mark married Veryl Coghill; they then moved into the house, and we shared accommodations for some time. I then arranged my financing to buy out Mark's share of the house; with this money, Mark and Veryl were able to buy their own house in Saskatoon. I then married Shelley Currie in June of 1985. Over the next few years. I built a garage 26 by 30 feet in the back yard, I also finished the basement, with a washroom and a family room with a pot-bellied wood-burning stove in the front corner of the basement. Shelley's uncle, George Hagblom, did the brickwork.



### **potbelly stove in the family room!!!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/346\\_allegretto\\_cresc\\_basement2.jpg](http://www.keithlistoe.com/346_allegretto_cresc_basement2.jpg)

cChapter *Thirty*- Eight The House My Brother Mark and I built:

I got the idea and confidence that I could finish the basement, drywalling without having to do any sanding creating dust in the house. As I was working for Northern Telecom in the fibre optics electronic transmission division. They had required some new offices built in the plant. But they were very strict that the drywaller could not sand so that it would be dust-free drywalling, I watched very closely how they would do this for when Mark and I did the first drywalling on the main floor we seemed to sand off as much mud as we put on. It was very dusty, and I sure didn't want all that dust in the upstairs finished part of the house in which I was living. I was able to complete the drywalling in the basement dust free without having to sand at all! Mark and I learned as we were nearly complete in building this house that our mortgage was approved by a bet between our uncle, Carl Listoe. The head finance manager of the Saskatoon Credit Union and the remaining mortgage approval members, he told us how everyone was tired of our applications for a mortgage and asked him if we were related to him? He said. "Yes, they are my nephews." They all said they wouldn't approve our mortgage as they bet, we couldn't do it. Our uncle replied, "I bet they can do it." So, the bet was on, and our mortgage was approved. It was a great feeling to have done this in such a monumental undertaking as our first ever true construction of such. We only built a small tree fort in the back yard one summer, followed by building a log fort in the bush south of Spiritwood. Both of us enjoyed listening to music; as such, we wired speaker wire in the

My first Life My Sinful, Lewd, Wanton Life

cChapter *Thirty*- Eight The House My Brother Mark and I built:

walls of the house in Saskatoon before starting to insulate and vapour barrier. It was great to be able to add these features of any kind as the thought of and afford. Another feature I installed was wiring a switch-controlled receptacle in the overhang to be used for Christmas lights.



**post sold!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/346\\_allegretto\\_cresc\\_changed\\_post\\_sold.jpg](http://www.keithlistoe.com/346_allegretto_cresc_changed_post_sold.jpg)

My first Life My Sinful, Lewd, Wanton Life

cChapter *Thirty*- Eight The House My Brother Mark and I built:



**post sold!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/346\\_allegretto\\_cresc\\_changed\\_post\\_sold2.jpg](http://www.keithlistoe.com/346_allegretto_cresc_changed_post_sold2.jpg)

My first Life My Sinful, Lewd, Wanton Life

Chapter Thirty- Nine, Keith's photographs of a House Fire:

## **Chapter Thirty- Nine, Keith's photographs of a House Fire:**

I woke up this night from the fire truck making so much noise; it was on Avenue. C N., one Avenue east of the Avenue I was living on (928 Avenue. D N.) in Saskatoon in 1981. I grabbed my camera to, hopefully get some good photos of a fire in progress. I must let my readers decide if I did or not.

My first Life My Sinful, Lewd, Wanton Life

Chapter Thirty- Nine, Keith's photographs of a House Fire:



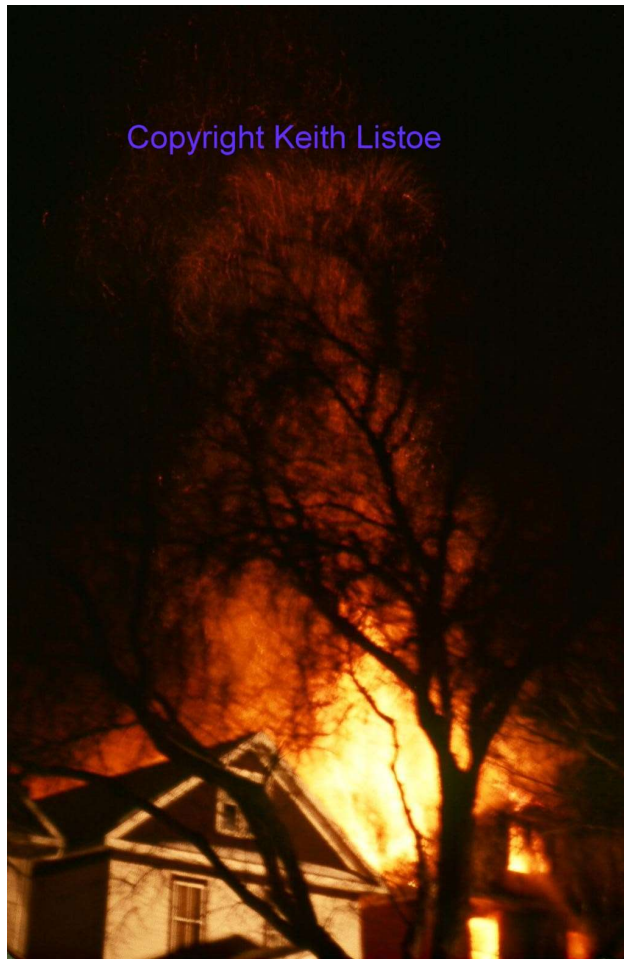
**It was freezing out, taking this picture!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/saskatoon\\_81\\_house\\_fire.jpg](http://www.keithlistoe.com/saskatoon_81_house_fire.jpg)

My first Life My Sinful, Lewd, Wanton Life

Chapter Thirty- Nine, Keith's photographs of a House Fire:



**large inferno!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/saskatoon\\_81\\_house\\_fire2.jpg](http://www.keithlistoe.com/saskatoon_81_house_fire2.jpg)



My first Life My Sinful, Lewd, Wanton Life

Chapter Thirty- Nine, Keith's photographs of a House Fire:



**they did well, not letting the house on the left catch fire!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/saskatoon\\_81\\_house\\_fire3.jpg](http://www.keithlistoe.com/saskatoon_81_house_fire3.jpg)

My first Life My Sinful, Lewd, Wanton Life

Chapter Thirty- Nine, Keith's photographs of a House Fire:



**near consumed!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/saskatoon\\_81\\_house\\_fire4.jpg](http://www.keithlistoe.com/saskatoon_81_house_fire4.jpg)



Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/saskatoon\\_81\\_house\\_fire5.jpg](http://www.keithlistoe.com/saskatoon_81_house_fire5.jpg)

## **Chapter Forty Miscellaneous photos:**

I took the following pictures in the Lanigan Potash mine when I was working for Startco Engineering. Startco was hired to design, build and install the control center (fourth photo) for the two new rotating booms installed on top of the base of the Marietta miner. The third photo is a control unit I designed, built and installed for an overhead crane and the roof bolter. The reason for the addition of the two new booms was to make it possible to mine the entire seam of potash in one pass. The base Marietta miner is 8 feet high. The seam of potash is 14-27 feet thick. With the new booms adjusted down to 14 feet and up to 27 feet, the entire seam could be mined in one pass. Also, these booms reduced the amount of clay removed with the potash. This was accomplished by using sensors in the teeth of the rotating booms to know when in clay or potash, thus the booms could be constantly controlled to only rotate in potash but not moving into the clay.

I am unable to remember any of the further details about this mining machine such as weight or quantity of potash bored per minute, on the other hand, details of working in the mine itself, like an increase in temperature, every so many feet descended or the total number of feet I descended into the mine. I guess 3,400 feet it was so hot I was sweating just sitting there; I had the most frightening experience during this work while wiring the control centre onto the mining machine; the machine drew too much electricity to be turned

Chapter Forty Miscellaneous photos:

off or on without mega preparation by Sask power to accommodate the mega variation in load on the distribution system. These preparations had not occurred, not allowing the mining machine to be turned off. The voltage of the control center being connected was 120 VAC normal house circuit levels. I had never wired anything live before; it was explained well the precautions taken to ensure we were safe live wiring included thick rubber-soled work boots. Having no ground worked great for without a ground, nothing happens if a live wire is touched.

Some electricians in the mine worked on live 600-volt lines. I felt safe starting to work with no concerns, only to become too confident. The work I was doing was low to the ground on top of the metal base mining machine. My back was getting sore. I made the mistake of sitting down to continue working. The wire cutters and tools had rubber-covered handles providing further protection. I had to strip an end of the wire while sitting on the metal machine, and my fingers slipped off the rubber-covered handle touching the bare metal as I stripped the wire. I felt an extreme shock in my testicles through my coveralls as that was the wettest spot on my body contacting metal, and even through the cloth, it conducts electricity. I was completely fortunate; no harm was done to either my fingers or my testicles; I was not supposed to take any pictures inside the mine. However, I was determined to take pictures of the only time I was sure I would be in a mine underground. I also took a small rock of potash with me when I left the mine. I lost it in one of my

eight moves over the years from 2004-2018. I thought how they would not miss it in the miles of corridors mined out of



the seams of potash so far.

**Keith, in front of the mining machine in the Lanigan  
Potash mine!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/Keith\\_in\\_front\\_of\\_potash\\_miner.jpg](http://www.keithlistoe.com/Keith_in_front_of_potash_miner.jpg)



**Keith & co-workers in front of the mining machine in the Lanigan Potash mine!!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/co-workers\\_n\\_potash\\_miner.jpg](http://www.keithlistoe.com/co-workers_n_potash_miner.jpg)



**side view of the new booms added on top of the base Marietta miner!**

Click on the image or key this into your browser's command line to view the enlarged image online:

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty Miscellaneous photos:

[www.keithlistoe.com/potash\\_miner\\_New\\_overhead\\_rotating\\_booms.jpg](http://www.keithlistoe.com/potash_miner_New_overhead_rotating_booms.jpg)



**roof bolter and overhead crane control pedestal I installed on the mining machine in the Lanigan Potash mine!!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/overhead\\_crane-roof\\_bolter\\_control\\_console\\_I\\_designed\\_built-inst.jpg](http://www.keithlistoe.com/overhead_crane-roof_bolter_control_console_I_designed_built-inst.jpg)



**The engineer who designed the installed control centre for the two new booms added on top of the base Marietta miner!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/potash\\_miner\\_New\\_control\\_centre.jpg](http://www.keithlistoe.com/potash_miner_New_control_centre.jpg)



**My third favourite sun picture through windmill in Fort Saskatchewan, Ab.**



My first Life My Sinful, Lewd, Wanton Life

Chapter Forty Miscellaneous photos:

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/windmill.jpg](http://www.keithlistoe.com/windmill.jpg)

I took this photo in the summer of 1982, on one of my trips to visit my girlfriend, Janet Gatzke, living in Fort Saskatchewan, Ab. just north of Edmonton, AB.

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty Miscellaneous photos:



**first fish caught in Manitoba!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/first\\_fish\\_caught\\_in\\_manitoba.jpg](http://www.keithlistoe.com/first_fish_caught_in_manitoba.jpg)

I caught my first fish in Manitoba after moving to Winnipeg in 1991. Also, it was the first time I took my children fishing.



**making Brandi's change table!**

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty Miscellaneous photos:

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/making\\_change\\_table.jpg](http://www.keithlistoe.com/making_change_table.jpg)

In this picture, I'm making a change table after Brandi was born in 1987. I needed to buy one only being disgusted at the cost of the cheap ugly metal ones most stores sold, and even more disgusted at the cost of a nicer wooden one. I decided I would make one nicer and cheaper than any I could buy. I had all the tools to do it, and I only needed to buy the wood, brass and paint for it to match her crib. I had always wanted to make furniture, thinking this would be a

great learning experience before I try making oak furniture



for a dining room table.

**completed change table!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/Completed\\_change\\_table.jpg](http://www.keithlistoe.com/Completed_change_table.jpg)

A picture of the completed change table in Brandi's

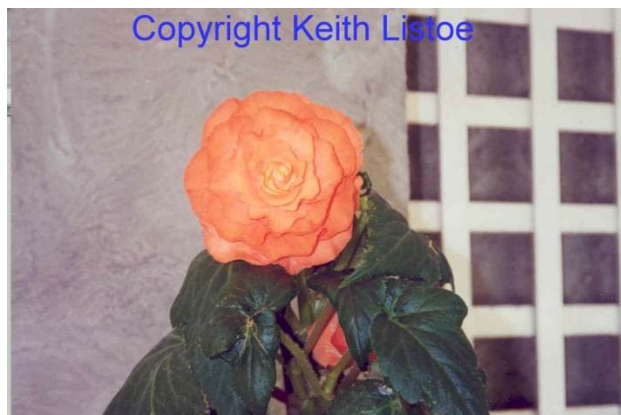


bedroom.

### **lilies or gladiolas**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/gladiolas3.jpg](http://www.keithlistoe.com/gladiolas3.jpg)



### **begonia!**

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty Miscellaneous photos:

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/bagonia.jpg](http://www.keithlistoe.com/bagonia.jpg)



**Halloween 2000!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/keith\\_n\\_boys\\_at\\_halloween.jpg](http://www.keithlistoe.com/keith_n_boys_at_halloween.jpg)

463

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty Miscellaneous photos:

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-One Keith's Wildlife Photographs:

### **Chapter Forty-One Keith's Wildlife Photographs:**

I took all these photos back in 1981 to 1984 while I was living in Saskatoon, Saskatchewan. I had just upgraded my camera from a Pentax to a Canon A1. However, I could not afford the zoom lens I wanted to be able to take great wildlife photos. I could only afford a 70-210 zoom lens. It would be about four times zoom lens today. I talked to my Grandfather, Ole Listoe. He explained a technique I could use that would allow me to get close to a wild animal anywhere. Using this technique, I took the following photos with this minor zoom lens! The antelope photos are the best demonstration of this technique. Just for the distance I used and the fact they had gone over the top of the hill. They hadn't seen me stop and get out of the car to be able to get this close to a pronghorn antelope. I took all these photographs with ASA 25 35 mm Kodak slide film, resulting in the extremely high resolution and clarity of the photographs. All were the manual focus as well.

My greatest disappointment in taking wildlife photographs was my first opportunity to photograph a pair of white-tailed deer, the same scenario as the pronghorn antelope. I saw the deer going over the top of a hill in the middle of a field on the left side of a bush. After my initial angled walk passed them, the doe moved closer to the bush as the buck moved towards me between the doe and me. I had to change my planned sequence of turns and angles of walking quickly. To avoid making either of them feel threatened, especially to



My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-One Keith's Wildlife Photographs:

have the buck fear, the doe was threatened. I feared he might attack me to protect the doe. I took numerous pictures as I got closer and closer to the buck, only having to stop as I was too close; the entire buck would not fit completely in the viewfinder of my camera. I was completely pleased with the incredible photos I knew I had taken, only to learn on arriving back at the car I did not have a roll of film in my camera. They would have been the best photos I took of any animal. Unfortunately, it will always be only in my mind now, though it was great to know I could get that close to a wild white-tailed deer with an extremely large rack. It was every hunter's dream buck. I had to accept, though, that I am human with the ability to make mistakes. It is a very vivid clear memory still.

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-One Keith's Wildlife Photographs:

## **Pronghorn Antelope:**

I took the following pictures on my way to Cypress Hills, Sk. from Saskatoon, Sk. in the summer of 1982.



**antelope on top of the hill!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/pronghorned\\_antelope1.jpg](http://www.keithlistoe.com/pronghorned_antelope1.jpg)

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-One Keith's Wildlife Photographs:



**antelope on another side of the hill!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/pronghorn\\_antelope2.jpg](http://www.keithlistoe.com/pronghorn_antelope2.jpg)



**slowly getting closer!**

Click on the image or key this into your browser's command line to view the enlarged image online:

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-One Keith's Wildlife Photographs:

[www.keithlistoe.com/pronghorn\\_antelope.jpg](http://www.keithlistoe.com/pronghorn_antelope.jpg)



**and closer!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/cu\\_antelope2.jpg](http://www.keithlistoe.com/cu_antelope2.jpg)

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-One Keith's Wildlife Photographs:



**and closer!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/cu\\_prong\\_horned\\_antelope4.jpg](http://www.keithlistoe.com/cu_prong_horned_antelope4.jpg)

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-One Keith's Wildlife Photographs:



**My favourite photo of the antelope!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/cu\\_antelope2.jpg](http://www.keithlistoe.com/cu_antelope2.jpg)



**somewhat startled!**

Click on the image or key this into your browser's command line to view the enlarged image online:

471

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-One Keith's Wildlife Photographs:

[www.keithlistoe.com/prong\\_horned\\_antelope5.jpg](http://www.keithlistoe.com/prong_horned_antelope5.jpg)

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-One Keith's Wildlife Photographs:



My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-One Keith's Wildlife Photographs:

## **Badger:**

I took these photos on my return home trip from Cypress Hills, Sk. in 1982, these were the scariest photos I ever took as the badger's back rose, followed by all the hair raising and snarling. I immediately left as I knew I had taken some great photos already.



## **Badger!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/cu\\_badger\\_face\\_on.jpg](http://www.keithlistoe.com/cu_badger_face_on.jpg)

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-One Keith's Wildlife Photographs:



### **Badger!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/cu\\_badger\\_left\\_side2.jpg](http://www.keithlistoe.com/cu_badger_left_side2.jpg)



### **Badger!**

Click on the image or key this into your browser's command line to view the enlarged image online:

475

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-One Keith's Wildlife Photographs:

[www.keithlistoe.com/cu\\_badger\\_left\\_side.jpg](http://www.keithlistoe.com/cu_badger_left_side.jpg)

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-One Keith's Wildlife Photographs:

### **Jackrabbit:**

I took these photos just north of my Grandparent Scott's house in Moose Jaw, Saskatchewan, in the summer of 1984.



### **jackrabbit!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/jack\\_rabbit2.jpg](http://www.keithlistoe.com/jack_rabbit2.jpg)

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-One Keith's Wildlife Photographs:



**startled and gone!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/jack\\_rabbit.jpg](http://www.keithlistoe.com/jack_rabbit.jpg)

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-One Keith's Wildlife Photographs:

## **Porcupine:**

I took these in the bush near Spiritwood, Saskatchewan in the late fall of 1982



## **Porcupine!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/cu\\_porcupine\\_g\\_face\\_on\\_g2.jpg](http://www.keithlistoe.com/cu_porcupine_g_face_on_g2.jpg)

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-One Keith's Wildlife Photographs:



**his fear only got him up in a tree!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/cu\\_porcupine\\_back.jpg](http://www.keithlistoe.com/cu_porcupine_back.jpg)



**Porcupine!**

Click on the image or key this into your browser's command line to view the enlarged image online:

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-One Keith's Wildlife Photographs:

[www.keithlistoe.com/cu\\_porcupine\\_face\\_on\\_t.jpg](http://www.keithlistoe.com/cu_porcupine_face_on_t.jpg)



**Porcupine!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/cu\\_porcupine\\_face\\_on\\_t2.jpg](http://www.keithlistoe.com/cu_porcupine_face_on_t2.jpg)



**Porcupine!**



My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-One Keith's Wildlife Photographs:

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/cu\\_porcupine\\_face\\_on.jpg](http://www.keithlistoe.com/cu_porcupine_face_on.jpg)

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-One Keith's Wildlife Photographs:

### **Ruffed Grouse:**

I took these photos in the bush near Spiritwood, Saskatchewan, in the late fall of 1982.



**ruffed grouse!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/cu\\_roughed\\_grouse\\_behind.jpg](http://www.keithlistoe.com/cu_roughed_grouse_behind.jpg)



**ruffed grouse!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/cu2\\_roughed\\_grouse.jpg](http://www.keithlistoe.com/cu2_roughed_grouse.jpg)

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-One Keith's Wildlife Photographs:



**ruffed grouse!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/cu\\_roughed\\_grouse\\_front\\_t.jpg](http://www.keithlistoe.com/cu_roughed_grouse_front_t.jpg)



**he must have wanted to show off his nice feathers!**

Click on the image or key this into your browser's command line to view the enlarged image online:

484

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-One Keith's Wildlife Photographs:

[www.keithlistoe.com/cu\\_roughed\\_grouse\\_face\\_on\\_tc.jpg](http://www.keithlistoe.com/cu_roughed_grouse_face_on_tc.jpg)

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-One Keith's Wildlife Photographs:

## **Trumpeter Swans:**

I took these photos on a trip to Fort Saskatchewan, Ab. From Saskatoon, Sk. In the summer of 1982, going to see my girlfriend, Janet Gatzke.



**trumpeter swan!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/swan.jpg](http://www.keithlistoe.com/swan.jpg)



**trumpeter swan!**

Click on the image or key this into your browser's command line to view the enlarged image online:

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-One Keith's Wildlife Photographs:

[www.keithlistoe.com/trumpeter\\_swan.jpg](http://www.keithlistoe.com/trumpeter_swan.jpg)



**trumpeter swans!!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/trumpeter\\_swans.jpg](http://www.keithlistoe.com/trumpeter_swans.jpg)



**the trumpeter swan was showing off!**

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-One Keith's Wildlife Photographs:

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/trumpeter\\_swan3.jpg](http://www.keithlistoe.com/trumpeter_swan3.jpg)



**the trumpeter swan was showing off!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/trumpeter\\_swan2.jpg](http://www.keithlistoe.com/trumpeter_swan2.jpg)

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-One Keith's Wildlife Photographs:



**trumpeter swan and geese!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/swan2.jpg](http://www.keithlistoe.com/swan2.jpg)



**it was time to go!**

Click on the image or key this into your browser's command line to view the enlarged image online:



My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-One Keith's Wildlife Photographs:

[www.keithlistoe.com/swan3.jpg](http://www.keithlistoe.com/swan3.jpg)

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-One Keith's Wildlife Photographs:

## **Hawk:**

I took these photos on my return home trip from visiting my girlfriend, Janet Gatzke, in Fort Saskatchewan, Ab. In the summer of 1982.



## **hawk!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/hawk3c.jpg](http://www.keithlistoe.com/hawk3c.jpg)

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-One Keith's Wildlife Photographs:



**hawk!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/hawk2c.jpg](http://www.keithlistoe.com/hawk2c.jpg)



**hawk!**

Click on the image or key this into your browser's command line to view the enlarged image online:

492

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-One Keith's Wildlife Photographs:

[www.keithlistoe.com/hawkc.jpg](http://www.keithlistoe.com/hawkc.jpg)

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-One Keith's Wildlife Photographs:

**Misc:**

**Wasps:**

I took these photos in the bush south of Spiritwood, Saskatchewan, in the summer of 1982.



**wasp nest!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/wasp\\_nest.jpg](http://www.keithlistoe.com/wasp_nest.jpg)



**wasp nest!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/wasp\\_nest2.jpg](http://www.keithlistoe.com/wasp_nest2.jpg)

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-One Keith's Wildlife Photographs:

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-One Keith's Wildlife Photographs:

## **Woodpecker:**

I took these photos in front of the basement suite on 928 Avenue. D N in Saskatoon, Saskatchewan, in the early fall of 1982.



### **woodpecker!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/cu\\_woodpecker.jpg](http://www.keithlistoe.com/cu_woodpecker.jpg)

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-One Keith's Wildlife Photographs:



**woodpeckers!!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/cu\\_woodpeckers.jpg](http://www.keithlistoe.com/cu_woodpeckers.jpg)



My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-One Keith's Wildlife Photographs:

## **Sparrow:**

I took these photos in the back yard of 346 Allegretto Crescent in Saskatoon, Saskatchewan, in the summer of 1984.



## **Sparrow!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/sparrow.jpg](http://www.keithlistoe.com/sparrow.jpg)



## **Sparrow!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/sparrow2.jpg](http://www.keithlistoe.com/sparrow2.jpg)

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-One Keith's Wildlife Photographs:

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-One Keith's Wildlife Photographs:

## **Red Squirrel:**

I took this photo in the Cypress Hills, Sk. in the summer of 1982.



**red squirrel!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/cu\\_red\\_squirrel.jpg](http://www.keithlistoe.com/cu_red_squirrel.jpg)

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-One Keith's Wildlife Photographs:

### **White-tailed deer:**

I took this photo just off the highway between Spiritwood, Saskatchewan and Saskatoon, Saskatchewan in the summer of 1982.



### **white-tailed deer!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/cu\\_white\\_tailed\\_buck\\_road\\_side.jpg](http://www.keithlistoe.com/cu_white_tailed_buck_road_side.jpg)

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-One Keith's Wildlife Photographs:

### **Optical illusion bird's wake:**

I took this photo from the shore of the North Saskatchewan River in Saskatoon, Saskatchewan, in the spring of 1984; with the conditions present, I waited for the opportunity to capture the moment guessing this might happen. I was very pleased with the result!



### **optical illusion birds wake!!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/oi\\_birds\\_wake.jpg](http://www.keithlistoe.com/oi_birds_wake.jpg)

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-Two Not so wild Animals:

## **Chapter Forty-Two Not so wild Animals:**

**MJ\_WAP:**

Some years ago, Moose Jaw Wild Animal Park was shut down, so it is not available to see in person any longer. There is one animal I know was in this park that I never took a picture of, the American Bison.

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-Two Not so wild Animals:

## Flamingos:



### **flamingos!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/mj\\_wap\\_flamingos.jpg](http://www.keithlistoe.com/mj_wap_flamingos.jpg)



### **flamingo was showing off!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/mj\\_wap\\_cu\\_flamingo.jpg](http://www.keithlistoe.com/mj_wap_cu_flamingo.jpg)

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-Two Not so wild Animals:



**flamingo!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/mj\\_wap\\_cu\\_flamingo2.jpg](http://www.keithlistoe.com/mj_wap_cu_flamingo2.jpg)



My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-Two Not so wild Animals:

## **Peregrine falcon:**



**peregrine falcon!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/peregrine\\_falcon.jpg](http://www.keithlistoe.com/peregrine_falcon.jpg)

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-Two Not so wild Animals:

## Unknowns:



### **unknown cranes!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/mj\\_wap\\_unknown\\_cranes.jpg](http://www.keithlistoe.com/mj_wap_unknown_cranes.jpg)



### **unknown cranes!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/mj\\_wap\\_unknown\\_cranes2.jpg](http://www.keithlistoe.com/mj_wap_unknown_cranes2.jpg)

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-Two Not so wild Animals:



**unknown animal!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/mj\\_wap\\_unknown.jpg](http://www.keithlistoe.com/mj_wap_unknown.jpg)



**unknown animals!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/mj\\_wap\\_unknown1.JPG](http://www.keithlistoe.com/mj_wap_unknown1.JPG)

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-Two Not so wild Animals:



**unknown animal!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/mj\\_wap\\_unknown3.jpg](http://www.keithlistoe.com/mj_wap_unknown3.jpg)

**Hippopotamus:**



**hippopotamus!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/mj\\_wap\\_Hippopotamus.jpg](http://www.keithlistoe.com/mj_wap_Hippopotamus.jpg)

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-Two Not so wild Animals:

## **Musk Ox:**



### **musk ox!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/mj\\_wap\\_muskox.jpg](http://www.keithlistoe.com/mj_wap_muskox.jpg)

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-Two Not so wild Animals:

## **Black Bear:**



### **black bear!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/mj\\_wap\\_bear.jpg](http://www.keithlistoe.com/mj_wap_bear.jpg)



### **black bear!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/mj\\_wap\\_bear2.jpg](http://www.keithlistoe.com/mj_wap_bear2.jpg)

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-Two Not so wild Animals:

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-Two Not so wild Animals:

## **Tiger:**



## **Tiger!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/mj\\_wap\\_tiger.jpg](http://www.keithlistoe.com/mj_wap_tiger.jpg)



My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-Two Not so wild Animals:

**Lion:**



**lion!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/mj\\_wap\\_lion.jpg](http://www.keithlistoe.com/mj_wap_lion.jpg)

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-Two Not so wild Animals:

## **Camels:**



### **camels!!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/mj\\_wap\\_camels.jpg](http://www.keithlistoe.com/mj_wap_camels.jpg)



### **camel!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/mj\\_wap\\_camel.jpg](http://www.keithlistoe.com/mj_wap_camel.jpg)

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-Two Not so wild Animals:

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-Two Not so wild Animals:

## **Giraffe:**



### **giraffe!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/mj\\_wap\\_girraffe.jpg](http://www.keithlistoe.com/mj_wap_girraffe.jpg)



### **giraffe!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/mj\\_wap\\_girrafe3.jpg](http://www.keithlistoe.com/mj_wap_girrafe3.jpg)

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-Two Not so wild Animals:

## **Golden Eagles:**



**golden eagles!!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/mj\\_wap\\_golden\\_eagles.jpg](http://www.keithlistoe.com/mj_wap_golden_eagles.jpg)

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-Two Not so wild Animals:



**golden eagle!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/mj\\_wap\\_golden\\_eagle.jpg](http://www.keithlistoe.com/mj_wap_golden_eagle.jpg)

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-Two Not so wild Animals:

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-Three My Post-Secondary Education:

## **Chapter Forty-Three My Post-Secondary Education:**

When I was working for NT. They had the benefit of paying for any post-secondary education. I decided to take advantage of this benefit and registered at the University of Saskatchewan for the Business Administration diploma course. I did not complete this course before being laid off in 1986. Petro Canada had a similar benefit, so I continued this education while working for Petro Canada. I did not complete this course before being relocated to Winnipeg, Mb. In 1991. The University of Manitoba was not accommodating enough to accept all the classes I had taken at the U of S to complete their equivalent course. The U of S was accommodating enough to let me know which course they would accept as the final class from the classes offered at the U of M required to complete the course from the U of S. I completed this class in 1993 and received my Business Administration diploma from the U of S on May 1, 1993.



**My Business Administration diploma!**



My first Life My Sinful, Lewd, Wanton Life

Chapter Forty-Three My Post-Secondary Education:

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/BA-Diploma.jpg](http://www.keithlistoe.com/BA-Diploma.jpg)

The professor of the accounting class at the U of S was astounded. I got 100 percent on his final exam. He was so astounded because I even answered his trick question correctly that he put on the exam to be sure no one could get 100 percent. I knew the question he was referring to was how to balance the accounts if the business experienced a loss, not a profit; that was all he taught in the class. My logical thinking mind concluded that if the retained earnings account is increased to balance the accounts for a profit, it would be decreased to balance the accounts for a loss! He wanted to tell me this because he gave me a mark from a bell curve, so I would not see the 100 percent on my marks I received from the university. My greatest learning from this was I did have the academic intelligence to get 100 percent if I put my education as the number one priority in my life. I did not do any last-minute studying for this exam. This was no different from every exam I wrote in high school also. The difference being I did all my assignments the moment I received them instead of putting them off doing other things first, so I properly learned the information as it was taught.

## Chapter Forty- Four HAPPY Canada Day:

### Fireworks:

I took these photos in Saskatoon, Saskatchewan in the summer of 1984, using a tripod. It took numerous rolls of film to get these photos. Learning while shooting, it is very difficult to photograph fireworks due to the extremely drastic change in the amount of light, prior and post the burst of fireworks. The automatic shutter speed was completely useless for these conditions. I only learned this for sure after I had the photos developed to see the pictures. If the shutter was open too long, the photo was completely washed out; too much light for the photo timing was critical to have achieved the photos included here, and these are a very small percentage of the total number of photos taken.



**One firework!**

Click on the image or key this into your browser's command line to view the enlarged image online:

523

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty- Four HAPPY Canada Day:

[www.keithlistoe.com/fireworks1.jpg](http://www.keithlistoe.com/fireworks1.jpg)

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty- Four HAPPY Canada Day:



### **Two fireworks!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/fireworks2.jpg](http://www.keithlistoe.com/fireworks2.jpg)



### **Three fireworks!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/fireworks3.jpg](http://www.keithlistoe.com/fireworks3.jpg)

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty- Four HAPPY Canada Day:



### **Four fireworks!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/fireworks4.jpg](http://www.keithlistoe.com/fireworks4.jpg)



### **Five fireworks!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/fireworks5.jpg](http://www.keithlistoe.com/fireworks5.jpg)

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty- Four HAPPY Canada Day:



### **Six fireworks!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/fireworks6.jpg](http://www.keithlistoe.com/fireworks6.jpg)



### **Seven fireworks!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/fireworks7.jpg](http://www.keithlistoe.com/fireworks7.jpg)

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty- Four HAPPY Canada Day:



### **Eight fireworks!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/fireworks8.jpg](http://www.keithlistoe.com/fireworks8.jpg)



### **Nine fireworks!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/fireworks9.jpg](http://www.keithlistoe.com/fireworks9.jpg)

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty- Four HAPPY Canada Day:



### **Ten fireworks!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/fireworks10.jpg](http://www.keithlistoe.com/fireworks10.jpg)



### **eleven fireworks!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/fireworks11.jpg](http://www.keithlistoe.com/fireworks11.jpg)



My first Life My Sinful, Lewd, Wanton Life

Chapter Forty- Four HAPPY Canada Day:



### **twelve fireworks!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/fireworks12.jpg](http://www.keithlistoe.com/fireworks12.jpg)



### **thirteen fireworks!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/fireworks13.jpg](http://www.keithlistoe.com/fireworks13.jpg)

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty- Four HAPPY Canada Day:



**fourteen fireworks!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/fireworks14.jpg](http://www.keithlistoe.com/fireworks14.jpg)



**fifteen fireworks!**

Click on the image or key this into your browser's command line to view the enlarged image online:

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty- Four HAPPY Canada Day:

[www.keithlistoe.com/fireworks15.jpg](http://www.keithlistoe.com/fireworks15.jpg)



**sixteen fireworks!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/fireworks16.jpg](http://www.keithlistoe.com/fireworks16.jpg)



**seventeen fireworks!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/fireworks17.jpg](http://www.keithlistoe.com/fireworks17.jpg)

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty- Four HAPPY Canada Day:



**eighteen fireworks!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/fireworks18.jpg](http://www.keithlistoe.com/fireworks18.jpg)



**nineteen fireworks!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/fireworks19.jpg](http://www.keithlistoe.com/fireworks19.jpg)

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty- Four HAPPY Canada Day:



**twenty fireworks!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/fireworks20.jpg](http://www.keithlistoe.com/fireworks20.jpg)

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Chapter Forty- Four HAPPY Canada Day:



### **Twenty-one fireworks!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/fireworks21.jpg](http://www.keithlistoe.com/fireworks21.jpg)

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Chapter Forty- Four HAPPY Canada Day:



**Twenty-two fireworks!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/fireworks22.jpg](http://www.keithlistoe.com/fireworks22.jpg)

## **Chapter Forty- Five, 66 Glenacres Crescent:**

In 1991, I was working for Petro Canada in the lubricants warehouse in Saskatoon, Sk. If I wanted to continue working for Petro Canada, I had to accept a promotion to Operations Supervisor and transfer to Winnipeg, Mb. We could not afford a very big house in Winnipeg. House prices were quite a bit more in Winnipeg than in Saskatoon, so we had a bi-level house built by Broadview Homes, which was about 1,700 square feet, including the finished lower level. The following year I was asked to be on the project to implement the SAP Software System. As a result, I was on the road for the entire time of the project; our third child was also born in May of 1992, making the small house even tighter with the additional child. I was on the road until getting on the SAP implementation project at Manitoba Hydro with IBM in 1994. As the project got going, I realized how different it was going to be working from home.

Moreover, the project hours were not as long as I was accustomed to on previous projects. I was wondering what I could do in the evenings to keep me busy. I had ideas of putting an addition onto the house.

The condition was if I could design an addition that looked like it was part of the original house plan, not an addition, so I started drawing ideas that may work. Our house was situated on the lot to the furthest possible northward location,



My first Life My Sinful, Lewd, Wanton Life

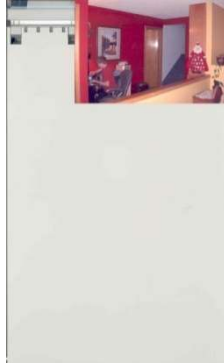
Chapter Forty- Five, 66 Glenacres Crescent:

leaving 13 feet of room on the south side of the house for an addition; the city requires 5 feet from the property line to the start of the house. I could add 8 feet on to the house on the south side. After many attempts, I finally came up with a suitable plan. And the plan was a new master bedroom and en suite above the garage, and 8 feet along the entire south side of the house and garage (as an insulated-heated workshop). The basement foundation was added on the 8 feet as well for a useable stand-up storage area, as the only other storage area was a crawl space under the living room.

Once I had come up with a suitable plan, I drafted the blueprints for it. I then knew I would require getting these blueprints stamped and certified by an engineer. I went to the city office and requested the original blueprints for my house from the copies kept on file. From these blueprints, I was able to determine who the original architect/engineer was for the house plan. I then contacted them to get an appointment to review my plans. The only changes the engineer required was adding underpinning piles under the existing garage grade beam where the beam support posts would be for the new floor above the garage. A new rear door was added to the center of the back of the house just next to the kitchen. This new entrance entered into the laundry area, relocated to the main floor and new mudroom washroom. The bedrooms were moved out the 8 feet, allowing for an extra-wide hallway sitting area to the new stairs going up to the new master bedroom,

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty- Five, 66 Glenacres Crescent:



### **Cody in the new extra-wide hallway!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/19\\_66\\_glenacres\\_interior\\_ul.jpg](http://www.keithlistoe.com/19_66_glenacres_interior_ul.jpg)

The new master bedroom floor had a high cathedral ceiling, the en suite had a corner two-person Jacuzzi tub, a corner shower, and toilet, with ceramic tile flooring and ceramic tiles on the wall around the tub. It also had a glass block window on the south wall behind the tub in the corner. I made the exterior wall connecting the new addition to the back corner of the house at a 45-degree angle; in this wall was a large window with a curved top section. This was the old master bedroom, which now became Brandi's room. The new rear entrance and mudroom/laundry room went into the location where the former master bedroom ensuite was. I had not completed the landscaping of the front yard yet only having grass in the back yard and south side of the house; this required me to rent a sod grass remover to be able to

remove the grass and reuse it after the renovation was complete. I do not remember the exact dimensions of this grass removed, but guess it was 15 inches wide and 6 feet long. I moved this grass onto the north side of the house out of the direct sun. I kept it well-watered, and this grass survived very well through the winter and spring, till the renovation was completed. I used this grass to complete the landscaping of the south front lawn. This part of the yard was badly cut up from the wheels of the backhoe brought in to dig the hole for the foundation. It was only a 4-foot high concrete foundation, so not a very deep hole needed to be dugout.

When I first discussed the cost of having a doorway cut through the existing foundation, the contractor asked if I was sure that is what I wanted to do. He said it would be very expensive to hire a crane to remove the section of concrete cut out. I quickly replied there would be no need for a crane, as I will dig a hole big enough to bury it in the middle of the floor before it is poured. He thought this was a great idea! In total, I added on 1,100 square feet, making the house 2,800 square feet, including the finished third level, and lower level. On this lower level, I renovated it to include an office area with French doors!

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty- Five, 66 Glenacres Crescent:



**new oak, glass, and brass French doors into new office area!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/20\\_66\\_glenacres\\_interior\\_II.jpg](http://www.keithlistoe.com/20_66_glenacres_interior_II.jpg)



**66 Glenacres crescent before the renovation!**

Click on the image or key this into your browser's command line to view the enlarged image online:

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty- Five, 66 Glenacres Crescent:

[www.keithlistoe.com/1\\_66\\_glenacres\\_prior\\_reno.jpg](http://www.keithlistoe.com/1_66_glenacres_prior_reno.jpg)



**the addition begins!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/2\\_66\\_glenacres\\_cresc\\_2\\_earliest\\_start\\_of\\_renovation.jpg](http://www.keithlistoe.com/2_66_glenacres_cresc_2_earliest_start_of_renovation.jpg)



**Keith and Dad, Danny Listoe!**

Click on the image or key this into your browser's command line to view the enlarged image online:

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Chapter Forty- Five, 66 Glenacres Crescent:

[www.keithlistoe.com/3\\_66\\_glenacres\\_4\\_near\\_start\\_of\\_renovation.jpg](http://www.keithlistoe.com/3_66_glenacres_4_near_start_of_renovation.jpg)



**My work crew, eager to get to work!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/6\\_66\\_glenacres\\_5\\_renovation\\_my\\_work\\_crew.jpg](http://www.keithlistoe.com/6_66_glenacres_5_renovation_my_work_crew.jpg)



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Chapter Forty- Five, 66 Glenacres Crescent:



**Dave and Daniel Domes joined my work crew!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/66\\_glenacres\\_cresc\\_midpoint\\_of\\_exterior\\_renovation.jpg](http://www.keithlistoe.com/66_glenacres_cresc_midpoint_of_exterior_renovation.jpg)



**66 Glenacres crescent under construction!**

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Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/66\\_glenacres\\_cresc\\_nearing\\_end\\_of\\_exterior\\_renovation.jpg](http://www.keithlistoe.com/66_glenacres_cresc_nearing_end_of_exterior_renovation.jpg)



**the work crew is moving on up!**

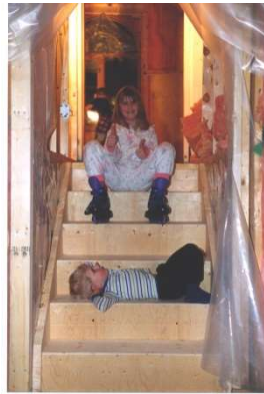


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**Brandi and Cody on the stairway to the new master bedroom!**

Click on the image or key this into your browser's command line to view the enlarged image online:

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Chapter Forty- Five, 66 Glenacres Crescent:



**Brandi roller skating in the new master bedroom before completion!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/66\\_glenacres\\_cresc\\_renovation\\_interior\\_midpoint\\_rollerama\\_room.jpg](http://www.keithlistoe.com/66_glenacres_cresc_renovation_interior_midpoint_rollerama_room.jpg)



**Tyler roller skating in the new master bedroom before completion!**

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Chapter Forty- Five, 66 Glenacres Crescent:

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**Brandi's new bedroom with feature angled wall and window!**

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Chapter Forty- Five, 66 Glenacres Crescent:

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/66\\_glenacres\\_cresc\\_renovation\\_new\\_window\\_in\\_back\\_angled\\_wall.jpg](http://www.keithlistoe.com/66_glenacres_cresc_renovation_new_window_in_back_angled_wall.jpg)



**Brandi in front of 66 Glenacres crescent post addition completion!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/66\\_glenacres\\_cresc\\_n\\_brandi\\_post\\_renovation.jpg](http://www.keithlistoe.com/66_glenacres_cresc_n_brandi_post_renovation.jpg)

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Chapter Forty- Five, 66 Glenacres Crescent:



### **66 Glenacres crescent post addition completion!**

Click on the image or key this into your browser's command line to view the enlarged image online:

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**new feature angled wall and window!**

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Chapter Forty- Six God's Love, Saving, Grace, and Mercy:

## **Chapter Forty- Six God's Love, Saving, Grace, and Mercy:**

Throughout my entire life, God protected me from serious injury or death.

#1 – At three years old I tripped on the rung of a ladder laying flat on the ground playing a game of running on the rungs, and my right forehead was cut open on the iron clad edge of the ladder.

#2 – At six or seven years old, my brother Mark and I dug a fort in some sandy ground. We put used tires in it to protect us from it caving in.

#3 – At nine years old, I was saved from drowning.

Mom and dad took all their children to attend a Gideon convention in Regina, Sk. The organizers of the convention had arranged to take the children present to Buffalo Pound Park to swim. There was a round swimming pool that got deeper towards the centre. I was standing in chest deep water watching the other kids playing with a ball. The ball was going over my head and I thought I would jump up to catch the ball. However, my feet slipped on the bottom of the pool and down under the water I slid. I panicked trying to get to the surface for a breath of air. Up and down, I went. I saw

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty- Six God's Love, Saving, Grace, and Mercy:

a man swimming towards me on coming to the surface one time. The next thing I remember is laying on the grass beside the pool throwing up with the man above me.

#4 – At ten years old, Mark and I would make caps out of 22 caliber bullets, by removing the bullet, then crimping the end of the shell case closed with the gunpowder in the case. We would use a brick or a rock to make them explode.

#5 – At 13 years old, we were visiting Dan and Grace. Debbie took me out to this party somewhere. I ended up having to drive her Ford Pinto car back to Dan and Graces farm, as the first time I had ever driven a vehicle and not having any idea where I was going!

#6 – At 16 years old in our new house there was a thunder and lightning storm. A bolt of lightning struck the TV antenna on the house knocking the power out after dark.

#7 – At 17 years old in grade 11 while decorating the gym for grade 12 graduation, I was standing on top of a 12-foot stepladder pinning something to the wall high above my head. The wall was extremely hard wood, requiring an extra hard push. I toppled the ladder, as Michelle Houle was not strong enough to hold it up. My initial thought was to kick the ladder out of the way to avoid landing on it. In hindsight now, that is what caused me to flip sideways, landing on the floor almost flat on my back. I was fortunate it was not flat on my buttocks, but on my left buttock or I would have broken my



My first Life My Sinful, Lewd, Wanton Life

Chapter Forty- Six God's Love, Saving, Grace, and Mercy:

tailbone. I only broke my ischium (lower hipbone), which caused me to require lying in bed at the hospital for four weeks. It was awful, but not nearly as bad as it could have been.

#8 –At 16 years of age, I was playing for the Spiritwood Imperials Men's hockey team, and an opposing team's defenseman took a slap shot; he hit me in my larynx, breaking it. Again, it wasn't a lethal injury.

#9 – At 16 years old, I took my brother Scott's Datsun truck from the back yard to try to find the party at which my girlfriend, Janice Marks, was. The back-passenger tire swung into a large rock on the edge of the grid road east of Spiritwood with the rear tire breaking the cast aluminum rim.

#10 –At 16 years old, while playing Midget hockey in the Provincials, Stewart Simon took a warm-up snapshot hitting me in my right eye, cutting my right cheek and right eyelid. No lethal injury or even serious enough to stop me from playing in the game.

#11 -At 17, while driving my Dad's Delta 88 Old's Brougham Supreme with my best friend, Raymond Dumas, and his

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty- Six God's Love, Saving, Grace, and Mercy:

girlfriend, Lynne Neurauter, on the grid road past his girlfriend's place, returning to the highway in the winter on the icy road speeding up to 70 miles per hour. I thought I would slow down as I passed the road into the dump. But I missed seeing the dump road, and into the left side ditch, we went. We came out sideways onto the highway with all four tires screeching loudly. The car stopped on the other side of the highway. My legs were shaking so badly I could not step on the brake or the gas. We were all completely fortunate; no cars were coming on the highway, and the car did not roll. I looked over the car completely upon getting home. There was grass embedded into the rims of each tire. I quickly planned to take the car to work in the morning, to remove each tire to clean the grass out of them before my dad saw it or they all went flat.

#12 – At 16 years old, I drove my younger sister Deborah and her friend Wanda to a party at Martodam's one night. I drank a couple of beers before the girls wanted to go home. I dropped Deborah off first then had to drive to the other side of town in my brother Mark's van. I turned a left corner then shifted into third gear. I happened to look over at Wanda, sitting on the floor beside me. Our eyes locked, and I leaned over kissing her, only to look back in front of me, seeing I was on the wrong side of the road about to run into a parked car. I immediately slammed on both the brake and the clutch, but instantly crashed into the car. I was not wearing

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty- Six God's Love, Saving, Grace, and Mercy:

my seatbelt. Neither was Wanda as she was not in a seat. I had my right hand on her right shoulder. To this day, I cannot imagine how I held Wanda and myself from not flying into the windshield. I did have a pressure burn on my right knee as it pressed hard against the engine cowling. The steering wheel had a flat chrome center with wood on the top and bottom. It was bent over in half towards the center of the van.

The car I ran into was totaled. Mark's van was not as it had the entire interior constructed into a type of camper van with a bed, cupboards, fridge and a sink. The accident was in front of the Principal, Colin Maxwell's house. He came out, and I asked if I could use his phone to call my mom and dad and the police. He spoke. "You best wait a couple of hours before phoning the police." I spoke. "No, I'm responsible for this. I will phone them now." There were no police in the office in Spiritwood, Sk., it was answered by the RCMP detachment in North Battleford, Sk.

#13 – At 16-17 years old, I was dating Wanda Brewer and one night driving her home from Spiritwood, Sk. I had her sit in my lap.

#14 – At 16-17 years old, I was dating Wanda Brewer and drove from her place east of Shell Lake, SK, to Spiritwood, Sk. About twenty-five miles in 10 minutes.

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty- Six God's Love, Saving, Grace, and Mercy:

#15 – At 17 years old, I drove to Saskatoon, Sk. From Spiritwood, Sk. On returning home, Mom asked me to drive over to Main Street to pick something up for her. As I parked the car, the front passenger tire broke off the axle.

#16 – At 17 years old, Mark and I drove our dad's '66 Dodge Polaris car home from Chitek Lake, Sk., with the tie rod ends tied together with ¼-inch nylon rope.

#17 –At 17 years old, my brother Mark and I drove to Medstead, Sk., to pick up a girl, Alison Short, to take her out to a movie in Spiritwood, Sk. About halfway to Spiritwood, she decided she had to return home for something. I was driving 60 miles per hour when about 12 deer ran out in front of me from the right ditch. My reflex reactions kicked in, and miraculously, I never ran into a single deer with the car spinning a 180-degree turn. I turned around to continue driving to Medstead.

#18 –At 17 years old, I was driving my Dad's Old's Delta 88 Brougham Supreme, taking my sister Deborah to Luther League in Rabbit Lake, Sk. I drove over a slight hump in the highway in the pouring rain. The pavement had been removed from the highway over this hump, and I saw two

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty- Six God's Love, Saving, Grace, and Mercy:

cows in the middle of the road, one in each lane. My reflex reactions kicked in, and miraculously I went passed the cows but ended up in the right-hand ditch. It had long grass growing in it, which made it too slippery to drive back up onto the highway.

#19 – At 18 years old, during my graduation weekend, I stayed awake for 60 hours straight, drinking the entire time excessively. Then I drove home from Chitek Lake, Sk.

#20 - At 19 years old, Raymond and I drove home to Spiritwood to attend a birthday party for another good friend, Alvin Priestley; I switched cars in Spiritwood to go with my brother Mark. I did not eat lunch for some reason on this day; neither did Raymond or I eat supper before leaving Saskatoon. As a present, we bought a Texas Mickey of Canadian Club rye whiskey. On the way to the party, we drank a couple of beers. Once the gift was opened, it was laid on a coffee table, and we would lie under this table to drink out of the bottle. We got more than one ounce per pump. I drank three of these closed-hole pumps in a row, and my stomach started to hurt. After this, it was time to go home. I could not find Mark; everyone said he went to another friend's place. Jeff Willick, another friend, said he would give me a ride to find Mark. I got into his car, a small honda Civic, and he started driving. My stomach felt awful. I

knew I was going to throw up. I quickly reached down for the window, crank cranking quickly. I thought the window was open. Jeff told me later he could not figure out until too late what I was trying to do. I was rapidly rotating my hand in circles down by my shins by the window crank, but the crank was not in my hand. I threw up all over the window and inside of the door. Jeff said he took his car to the car wash, opened the door and washed the inside of it with the high-pressure hose. I really felt terrible for doing this, but so glad I threw up; otherwise, I'm sure I would have had alcohol poisoning.

#21 -At 20 years old, Raymond had to go home by Spiritwood to pick up his paycheck. We left Saskatoon just after work at about 6 p.m. with two dozen beers. I was driving his new white truck. We were out of beer by the time we reached Shell Lake, Sk. We stopped to buy another two dozen beers; Raymond was much bigger and heavier than I was. Arriving back home in Saskatoon about 10 p.m., Raymond was passed out in the passenger seat. It was very cold out. I thought, there is no way I can leave Raymond out in the truck overnight. It took all I had to drag Raymond out of the truck into the basement suite we lived in, but somehow I managed. In the morning, he could not believe I outdrank him and dragged him into the suite without injuring him.

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty- Six God's Love, Saving, Grace, and Mercy:

#21 -At 18 years old, while working for Startco Engineering, I was using a come-along to tighten a 1/2-inch steel cable to hold a power center on a flatbed trailer. The cable broke loose from the C-clamp, hitting my upper lip and cutting it wide open.

#23 -At 19 years old, again while working for Startco Engineering, I was wiring the new control-center onto the mining machine in the Lanigan Potash mine; it was live, and I felt a shock in my testicles.

#24 -At 19 years old, I was dating Janet Gatzke and had driven her home by Belbutte, Sk. It was wintertime and late one night while driving my Dad's Volvo; it stalled just as I turned onto the highway returning to Spiritwood. I could not get the car restarted, and it was about -15-20 degrees Celsius outside. I was in the car all night long before the RCMP showed up. Thank goodness my mom phoned them worried I was not home from driving Janet home.

#25 -At 20 years old, I was installing speaker wires in the house, 346 Allegretto Crescent, Saskatoon, Sk., Mark, and I built. The music was playing loudly, and I am barefoot. I stripped the wire as I was surprised to feel a shock through the soles of both my feet.

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty- Six God's Love, Saving, Grace, and Mercy:

#26 –At 20 years old, I drove myself and Wanda Friesen from Saskatoon, Sk., to Spiritwood, Sk. It was -40 degrees Celsius outside, and my Old's Cutlass Supremes' heat wasn't working.

#27 -At 21 years old, I was standing on the back deck of 346 Allegretto Crescent in a thunder and lightning storm. I felt the hairs on the back of my neck stand up. I dropped flat onto the deck and rolled to the door. I slid the patio door open and crawled into the house!

#28 -At 30-31 years old, I was driving to Saskatoon, Sk. from Winnipeg, Mb. for Christmas with Shelley's parents, it was -25 degrees Celsius outside. Just after passing Brandon, the Chrysler Le Baron died on the highway while going 60 miles per hour. I stopped on the right shoulder of the highway and immediately began worrying about our newborn infant, Cody; he was only seven months old and would not survive long in the cold weather if I could not get the car started now. It would not start. I could see a farmhouse not far in front of us on the right side of the highway. I thought, if I walk there now, hopefully, they will be home; if not, I may be able to find keys for a vehicle there to drive the family to somewhere warm. The family was home, and they agreed immediately to drive to the car to pick everyone up. They did and brought us back to their place. They then drove me into Brandon to arrange service for the car. I arranged to get the car towed to the dealership for service. I then rented a car to continue onto Saskatoon. On the return home to Winnipeg from



My first Life My Sinful, Lewd, Wanton Life

Chapter Forty- Six God's Love, Saving, Grace, and Mercy:

Saskatoon. On the way back, I returned the rental car to Brandon, picking up the Le Baron around Christmastime. There was a bad snowstorm going on. I was driving our new Chrysler Le Baron, and my entire family was in the car with me.

I had just started making a left curve in the highway when the tires caught in the ridge of snow, and into the left lane, the car swung. All I could see was a semi coming down the highway towards us. My reflex reactions kicked in the next I knew the car was veering off the highway into the ditch on the right side of the highway. My thoughts were if I could continue driving, I would be able to drive back up onto the highway, only to have the car stall. I was stepping on the gas with no response. I tried to start the car with no luck. I caught a ride with a Schwann's ice cream truck into the nearest town Langenburg, Sk. going straight to the only Chrysler dealership. I had the car towed in to find out what broke. It turned out to be a fuel pump, but they did not have the part required. I went to the local motel for a room for the night. The dealership lent me a car to be used in town until mine was repaired.

#29 –At 34 years old, I slipped off the roof of 66 Glenacres Crescent in the wintertime, while trying to complete the roof sheathing.

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty- Six God's Love, Saving, Grace, and Mercy:

#30 –At 35 years old, while drinking 34 ounces of alcohol and winning a drinking contest in Regina, Sk.

#31 -At 35 or 36 years old, I was in Saskatoon visiting over at Shelley's sister's house; they had just bought a trampoline. I had never jumped on a trampoline before. I wanted to try it out, first thinking I would try a flip forwards being too scared to try it backward. Bill, Susan's husband, told me it is easier by looking backward as far as possible and then flipping. I was successful on my first attempt. I continued flipping, and it was fun. I decided I'd do one more, only to land directly on top of my head. I must not have looked back far enough or fast enough. I was pleasantly surprised that I did not break my neck. However, my neck and shoulders were very sore. I went to the nearest hospital for a quick check, but nothing was broken. I thought my upper body is so strong, and I had my head tucked down into my shoulders, which didn't allow it to turn bend sideways as I landed.

#32 – At 37 years old, I was driving a rental car on the freeway in Philadelphia while going to the airport. That's when a 5-ton flatbed truck changed lanes into my front end, puncturing the driver's side front tire.

#33 - at 37 years old, I was driving in Wilmington, Delaware, and I got lost. All I could see were teeth and eyeballs, as I

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty- Six God's Love, Saving, Grace, and Mercy:

drove down this narrow street. My co-workers the next day said that I was lucky that my rental car had been upgraded to a Lincoln Town car because it is a very dangerous area of the city that they must have thought you were the local pimp driving through, so they did not stop you to kill you!

#34 – at 39 years old I skated with my head down at full speed playing a hockey game on Friday, December 7/2002, and I skated directly into an opposing team's player at center ice. I was winded lying flat on the ice with a headache. Fortunately, this was the last shift of the game, and the normal headache after playing a hockey game went away as normal after I guzzled two ice-cold glasses of water. I am still astounded that I did not go to see a Doctor Saturday, afternoon, when I had to phone my team organizer to tell him that I could not play in the game scheduled for Saturday, night, as my left knee kept buckling and the left side of my face felt numb that I thought it must be some old hockey injury acting up on me. I did not recognize the signs of a stroke, and this was the first hockey game that I could not play in since I started to play when I was five years old!

#35 at 39 years old. I experienced the most intense painful headache upon ejaculating after an extended session of sexual intercourse with Teri at about 12:30 AM on December 11/2002. I decided to take two Advil to relieve the pain because I rarely took Advil for a headache but if I ever did, they relieved the headache, but I choked swallowing the water that made me cough, which increased my pain instead

of relieving my pain. I said to Teri. "With this kind of pain in my head there must be something seriously wrong inside of my head." Teri responded. "I will take you to the closest ER then." I questioned in my mind if Teri knew the way to the closest ER, as she was born and raised in Lockport, Mb. North of Winnipeg, Mb. And we were living in south St. Vital suburb of Winnipeg. I asked Teri, as she turned north onto Pembina Highway off Bishop Grandin Blvd. which hospital, she was planning to take me to?" Teri responded. "Isn't the Victoria the closest hospital? "This is the last memory I have of that night. "Yes, the Victoria is the closest hospital but if that is where you are planning to take me?" "You must turn a U-turn here at Plaza Drive because the Victoria is south of here, not north!" Teri told me that she pulled up at the end of the line into the Victoria ER and waited for me to get out of the car into the lineup but I could not open the door. The admitting nurse came out to the car with an assistant and wheelchair, opening the door telling Teri. "It looks like he has already suffered a stroke, so he must come into the hospital before anyone else in the line. The assistant pulled me out of the car into the wheelchair and hospital. Teri arrived in the ER just in time to hear me giving the admitting nurse my parents phone number but I was whisked out of the ER into an ambulance to take me to the HSC for emergency neurosurgery to stop the bleeding and remove a large blood clot from a bleed about three days before, which would have been the reason for the headache while playing the hockey game on the previous Friday, night. They also discovered an

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty- Six God's Love, Saving, Grace, and Mercy:

uncountable number of aneurysms in my brain from an AVM before I was born that Dr. Fewer best described as two bunches of grapes hanging in my brain. Teri, through her persistence was able to get my parents phone number from the Victoria ER after I was in the operating room at the HSC!

#36 – At 39 years old, a couple of days after Dr. Fewer performed the first emergency operation after the second bleed in my brain, Dr. Fewer had to perform a second emergency operation after a third bleed in my brain.

#37 – At 39 years old, a couple of days after Dr. Fewer performed the second emergency operation after the third bleed in my brain, Dr. Fewer left everyone with the comment, "He will not survive another bleed but he will survive another operation to repair the uncountable number of aneurysms, as he left the hospital to leave Winnipeg, for a meeting that day, so that evening, they had to call in the now-deceased Dr. Owen Williams to do something after a fourth bleed causing my entire physical brain to start swelling not just the areas of my brain where the bleeds occurred that I discern now, was my master, Jesus Christ, making my physical brain swell to equal the thoughts of myself swollen head that was too big for my skull. Upon arriving at the hospital and reviewing my charts Dr. Williams made the comment to everyone present. "I have no idea what I could do for him surgically but if I do nothing, he is dead for sure. He then left everyone in a private room with the comment. "I am going in there on a wing and a prayer, as he left the private room to

enter the operating room. "My job is the wing; your job is the prayer. "It was at this point mom phone my younger sister, Deborah, who had driven to Winnipeg. Mb. From Wetaskiwin, Ab. Staying at my place to search the house for some olive oil and bring it to the hospital ASAP. Mom took the oil when Deborah arrived at the hospital. Mom, dad, and Deborah went into the ICU to pray for me as I was prepped for surgery. Mom anointed me with the oil, and they prayed for me with the laying on of hands in Jesus's name. Let me share the following verses from the Jerusalem Bible. Mark 16:17a-18c. Jesus is speaking. "These are the signs that will be associated with believers in my name. They will lay their hands on the sick and they will recover." Dr. Williams told me that he did something that he never imagined that he would ever do or that I would even survive him doing, which was he cut the top-right quarter of my skull off within a second or two he claimed of my brain collapsing onto the top of my spinal column that would have killed me instantly. Dr. Williams walked into the room carrying the images for an MRI review appointment in April of 2005, exclaiming. "I am astounded that you survived let alone recovered at all with the amount of brain damage that you have." He explained the colours in the images ending saying. "As you can see it is very obvious that the majority of the right side of your brain is damaged. I can only guess that you had too much brain to begin with!" From this brain damage, I lost the sense of touch on the left side of my body, the left side of my field of vision, my sense of awareness or recognition, my pituitary

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty- Six God's Love, Saving, Grace, and Mercy:

gland, the area of my brain that automatically ignores background noises that makes it possible for us to hear and understand the human voice. I can hear someone talking to me but if there is the slightest amount of background noise, I cannot understand a word that they are speaking. I also lost my sense of smell, and I am extremely absentminded now. However, I turned the absentmindedness into the greatest positive change in my life by compensating for it using alarms on my iPhone that have made me more punctual than ever before in my life!

#38 – At 42 years old, I was walking home from the Safeway on Saturday afternoon December 10/2005, after the men's breakfast at Epiphany Lutheran church in the morning. I do not have any clear memories of what happened but I have a vague feeling of being startled by the sound of a horn, as I was crossing the plowed up ice and snow on the south side of Kirkbridge Drive close to the intersection of Hawstead Road, which was not the normal place that I would cross Kirkbridge drive at the service road intersection, not over the plowed up ice and snow on the grass boulevard. The woman driving the SUV was Nonyelum NkWonta, who knew me from living on Glenacres Crescent. I managed to talk to her shortly after Christmas to give her the belated Christmas present of the great news that I was out of the hospital doing great. She came over for a visit with her good friend neighbour. They told me that I was fully conscious when the paramedics arrived laughing and joking with them answering their questions about the large dent in my skull! I was rushed

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty- Six God's Love, Saving, Grace, and Mercy:

to the HSC in critical condition from my left lung deflated by the impact!

#39 – At 42 years old, I was walking home from the Safeway on the south side of Kirkbridge Drive in January of 2006. I had to cross over to the north side. I lifted my left foot over the slightly plowed up ice and snow. I started to push forward with my back right foot. I felt the wind from a half-ton truck's side rearview mirror on my left cheek. My left cheek only feels pain or super hyper sensations. I was standing there trembling, thinking, I would have been decapitated if I had finished stepping onto Kirkbridge Drive. My heart melted the moment that I said from my heart. "Thank you, Jesus, for saving my life!" I immediately felt the most intense overwhelming feelings of puppy love for, Jesus Christ! I could not stand feeling such intense overwhelming feelings of puppy love constantly anymore in April of 2006. I decided that I wanted it to mature into being in a giving from my heart true love, faith relationship with, Jesus Christ, by the example of my then common-law spouse, Teri's joy and happiness from her giving from her heart love for me by which she forsook her parents, siblings, friends, and two children from her previous marriage to be by my side until she was confident that I could manage on my own. Teri had this kind of love for me because we met online in early 2000, using the ICQ software, after I separated from Shelley on January 1/2000. We chatted online to get to know each other until I asked if she wanted to meet in person. We met on September 10/2001. We then dated until I heard in August of



My first Life My Sinful, Lewd, Wanton Life

Chapter Forty- Six God's Love, Saving, Grace, and Mercy:

2002, that she was having problems with her landlord, and I asked her if she wanted to move into my large two-story house of 280 Barlow Crescent. Teri moved in October of 2002. Teri helped me find 199 Kirkbridge Drive to buy on the other side of the Red River within walking distance of the kid's schools and Shelley's, so that I could have my three children live with me fifty percent of the time now that I could not drive them to and home from school or Shelley's where I lived at 280 Barlow Crescent. It was during our house hunting that Teri made me aware that I had lost my sense of smell. I said that I liked this house that we were walking through, and Teri exclaimed, no, can't you smell how terrible this house smells. I took a deep smell consciously thinking if I could smell anything and sure enough, I could not stand the smell of the house either.

#40 – At 43 years old, I went on a trip to Los Angeles to attend this wealth seminar hosted by Robert Allen and Mark Victor Hansen. I made the mistake of pulling my two wheeled suitcases onto the up escalator behind me and they hooked on the bottom of the escalator. I further erred by trying to get the suitcases unstuck holding onto the handles getting pulled further up the escalator. Suddenly I fell backwards down the escalator. It was the most incredible wonderful feeling, as the Holy Spirit made me float down to the bottom of the escalator landing flat on my back without being winded or hurt the slightest!

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty- Six God's Love, Saving, Grace, and Mercy:

#41 – At 49 years old, on Thursday, May 24/2012, I was walking across Main street at the intersection of Broadway going home from the St. Vital Walmart buying some triple A batteries in preparation to ride my adult Schwinn tricycle to the 150 Omand's Creek Blvd on Friday, May 25/2012 to load it onto the Petro Canada semi-trailer being loaded to go to Saskatoon, and it was after dark and I was mistakenly wearing my dark blue spring /fall jacket that made it impossible for the young woman driving in Winnipeg for the first time making a left turn off Broadway onto northbound Main Street not seeing me until I was on the hood of her small red car, and it happened so fast from my blind left side that I thought as I heard the brakes screeching. I am on the hood of the vehicle that the brakes are screeching. I only had a small bruise on my left leg where the bumper impacted me flipping me up onto the hood of her car! She was kind enough to give me a ride home the couple of blocks away on Hargrave Street.

#42 – At 50 years old, I was riding my adult Schwinn tricycle south on the east side sidewalk of Pembina highway and I decided to cross over to the correct southbound lane of Pembina Highway at a crosswalk that I had not crossed at before close to the LifeSport store. I crossed Pembina safely and started to pedal southwards before the vehicles started to move up behind me. I was shocked to run into the back bumper of a vehicle driving in front of me from my blind left side, twisting my front tire sideways, so that I could not continue moving forward. Two men came running up to me

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty- Six God's Love, Saving, Grace, and Mercy:

saying that they saw how the driver drove and got the license plate if I wanted it to phone the police. The one-man straightened out my front tire and gave me his name and phone number. I realized the mistake that I made the next day of starting to pedal through a red light, so I phoned the man to tell him that if he ever did talk to the driver to thank the driver for driving like they did to avoid running into me going through the red light in front of them.

#43 – At fifty-five years old. I was riding my adult Schwinn tricycle eastward on the north sidewalk on jubilee Avenue. I started to cross the intersection of Nassau Street. I was stopped immediately by a vehicle driving into my blind left side, and my back left tire ran into the front side corner of the car. The driver stuck his head out of the window asking me if I was drunk because he could smell me. I politely replied no, and asked him to please back off my trike, so I could continue riding. I was not injured, and my trike was not damaged, so I just wanted to leave before he wanted me to pay for the scratch on his front bumper! I could only guess that he was looking east to see if any traffic was coming to turn onto Jubilee at the uncontrolled intersection.

Until recently, I didn't give credit or acknowledge that God was saving me each time. I had always thought it just showed how great I was at doing everything.

## Sailing:

I was doing some work in Florida in 2001 and decided to drive over to Naples to visit my cousin, Greg Listoe. I saw an ad for Sailboats Unlimited and phoned to charter a sailing trip. The sailboat was a sailing yacht of approximately 80 feet. It had a diesel motor to navigate through the channels into the Gulf of Mexico. I was told there are a near-constant 3–4-foot swells in the Gulf of Mexico. The captain explained all the sails and how the equipment all worked, and he watched me steer the yacht for a few minutes. He then told me to call him if the wind rose over 12 knots, and he went to the aft of the boat and laid down to have a sleep. I had to make constant corrections to the wheel to keep the gauge aligned, so much so as the wind became stronger and stronger. I was afraid to take my eyes off the gauge long enough to look at the wind speed gauge, let alone let go of the wheel to go wake him up. It was getting more and more difficult to keep the gauge aligned as required but thank God the bow dipped far enough into the waves to spray the captain in the aft, waking him up. He ran over to me, exclaiming, "I told you to wake me if the wind rose over 12 knots. It is now dangerously over 20 knots, but you did well, keeping, it going. He then lowered all the sails and turned on the diesel motor to return to the channels. Mark 4:38, "But He was in the stern, asleep on a pillow. And they awoke Him

My first Life My Sinful, Lewd, Wanton Life

Chapter Forty- Six God's Love, Saving, Grace, and Mercy:

and said to Him, 'Teacher, do You not care that we are perishing?'"

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## **Chapter Forty- Seven, My Artwork:**

In the winter of 2001, I decided to redecorate and paint my house at 280 Barlow Crescent, in Winnipeg, MB. I had two interior decorators come over for an estimate to perform interior decorating for the house. I did not like any of their ideas. I developed my own interior decorating. Upon completion of painting the walls, I realized I required some rather large paintings for the high and bare walls. The height of the main floor walls is 12 feet. I did not have any confidence in finding or affording any paintings large enough for these walls. Therefore, I decided I would paint some myself. I first determined the material I would paint on. I knew nothing about oil painting or of any painting on canvas. I decided I would use a flat board and latex house paint. I also decided to make the frame for each painting out of wood and paint it silver after a heavy brushing of the wood with a steel brush to synthesize a metal brushed aluminum frame. I knew I was not an artist to paint anything like a real object. I decided on some form of abstract artwork. I wanted to paint straight sharp lines of all the colours I used to paint the walls of the house to achieve perfect colour matching to any room of the house. I thought this type of artwork would suit the contemporary design of the house and my furniture. I had the idea I could use masking tape to achieve the sharp straight lines of each colour by painting a colour, placing the tape, painting another colour, placing more tape, finishing

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with the background colour of the painting. I then stripped off each strip of tape to reveal the other colours painted. This was the first painting I painted. I had the idea for the completely contrasting freehand painted swoosh circle in the lower right corner, after placing the first strip of tape. I made sure to leave this corner open for the swoosh circle as the last object painted. I was very pleased with the result as well as the activities that accompanied the painting of it. Teri Berry was my assistant.

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### **My first painting!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/first%20Picture%20Painted.gif](http://www.keithlistoe.com/first%20Picture%20Painted.gif)

My first picture painted is 60 x 36 inches.

This use of a circle and lines initiated more ideas on using both lines and circles in my paintings.



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### **My second painting!**

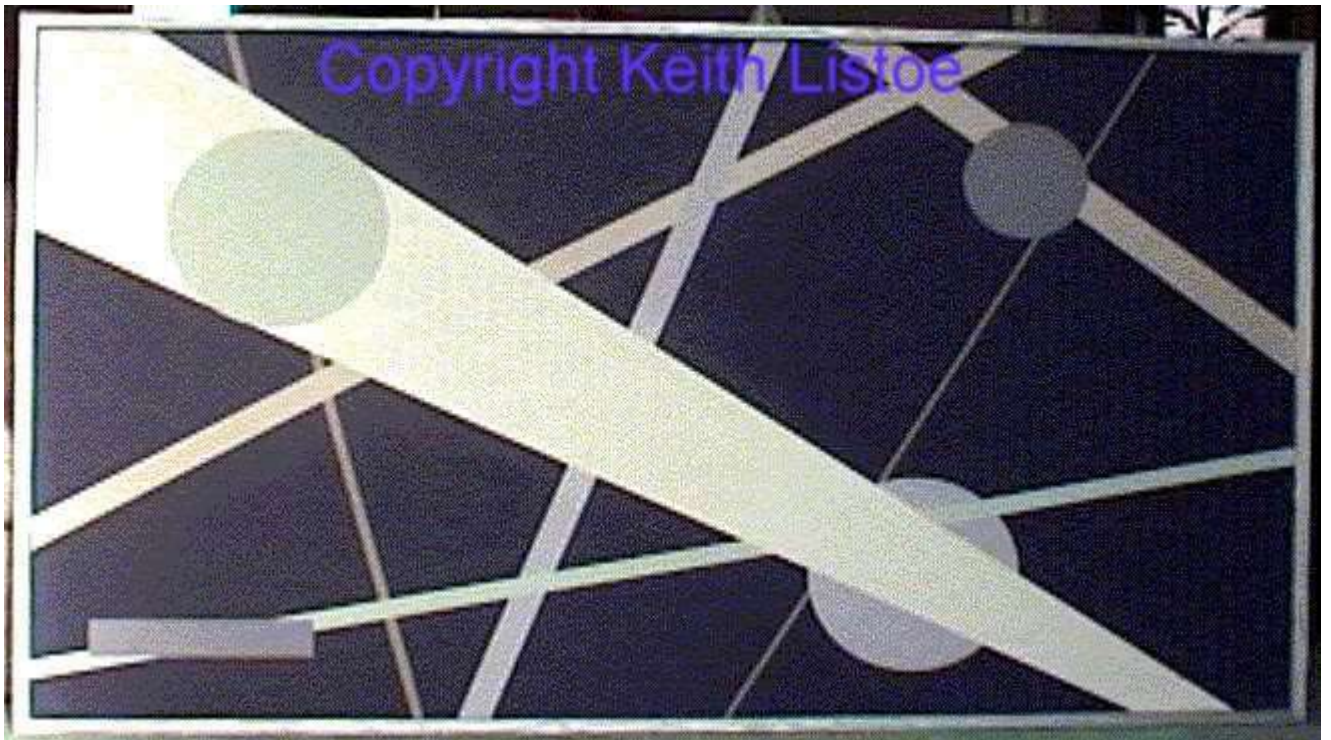
Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/circles\\_stripe.htm](http://www.keithlistoe.com/circles_stripe.htm)

My second painting is this painting, which is one of the smallest at 13 x 20; I painted it for a specific wall at Barlow Crescent. This wall has a slight overhang of the upstairs floor in the front entrance, so this wall is only 8 feet high under the overhanging floor, with another 4-foot section of the wall above the overhang to complete the 12-foot wall height of the main floor.

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As the name describes, this painting is meant to be a spotlight shining across the dark background, not be specifically lighting anything just shining across the picture. This painting is 60 x 36 inches, making it the largest size of all the paintings I painted.



**spotlight!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/spotlight\\_stripes.htm](http://www.keithlistoe.com/spotlight_stripes.htm)

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This painting is only 48 x 36 inches, so it is slightly smaller than the largest painting. I did this to add some variety in sizes, yet still be a large painting, described well by the name of it!

This was a smaller picture for a specific wall in my house on Barlow Crescent. This wall was very narrow, but still 12 feet tall. So this painting is 13 x 39 inches.

580 The Perfect Life!

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**stripes circle!**

Click on the image or key this into your browser's command line to view the enlarged image online:

581 The Perfect Life!

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[www.keithlistoe.com/stripes\\_circle.htm](http://www.keithlistoe.com/stripes_circle.htm)

Teri created the initial design for this picture. And she chose the colours. As I was painting it, I added one object to the picture.



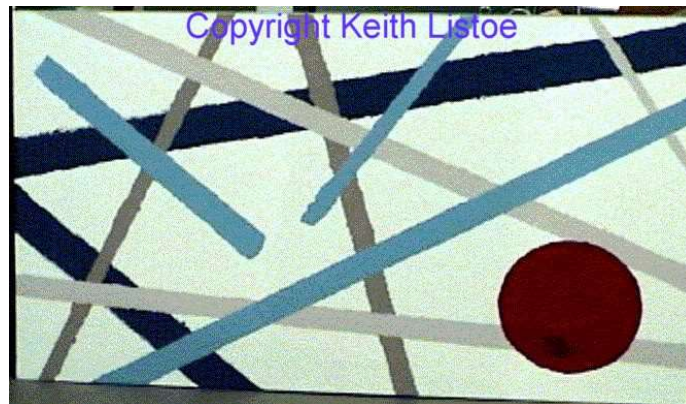
**Teri's!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/teris.htm](http://www.keithlistoe.com/teris.htm)

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This painting was created for Brandi's bedroom at Barlow Crescent. As the walls in her room were only 8 feet high, this painting is only 15 x 25 inches; the colours were selected to match the colours in her room. The red circle is just an abstract colour shape to the painting.



### **Brandi's!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/brandis.htm](http://www.keithlistoe.com/brandis.htm)

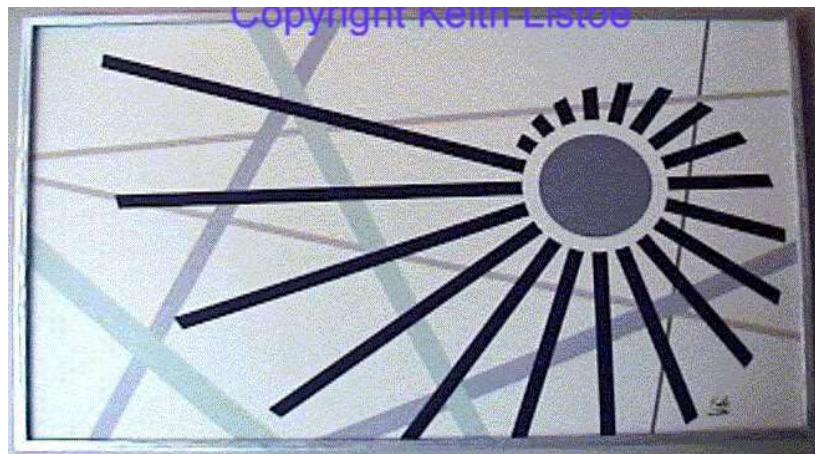
I'm not sure which painting this was in my collection of paintings, but I believe it was the most difficult to paint and

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make it all look good. What made it so difficult was each section of the spiral had to be increased in length by exactly the correct amount!

584 The Perfect Life!

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**spiral!**

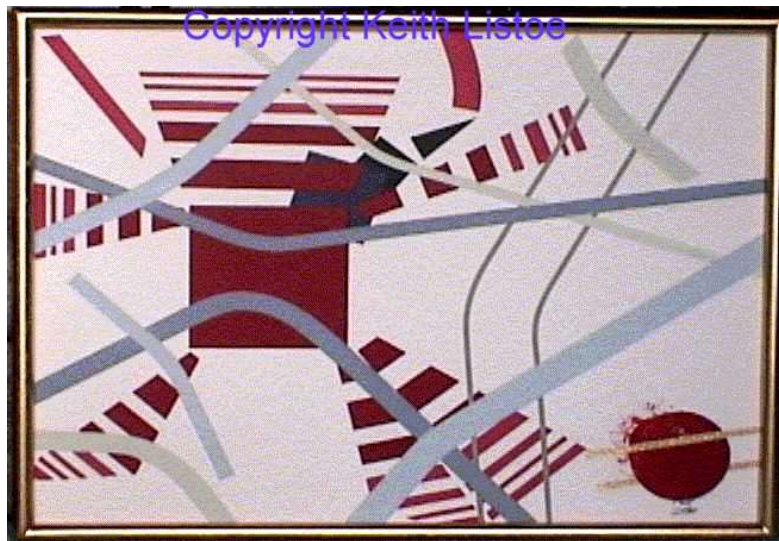
Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/spiral.htm](http://www.keithlistoe.com/spiral.htm)



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My Mom requested a picture painted for her with the following criteria: that it displayed depth, the colours as seen in the painting, the dimensions 33 x 25 of the painting. I decided on the idea that a great force was pulling everything into it and that the frame for her picture would be unique, so I created the frame out of dowels and painted them gold.



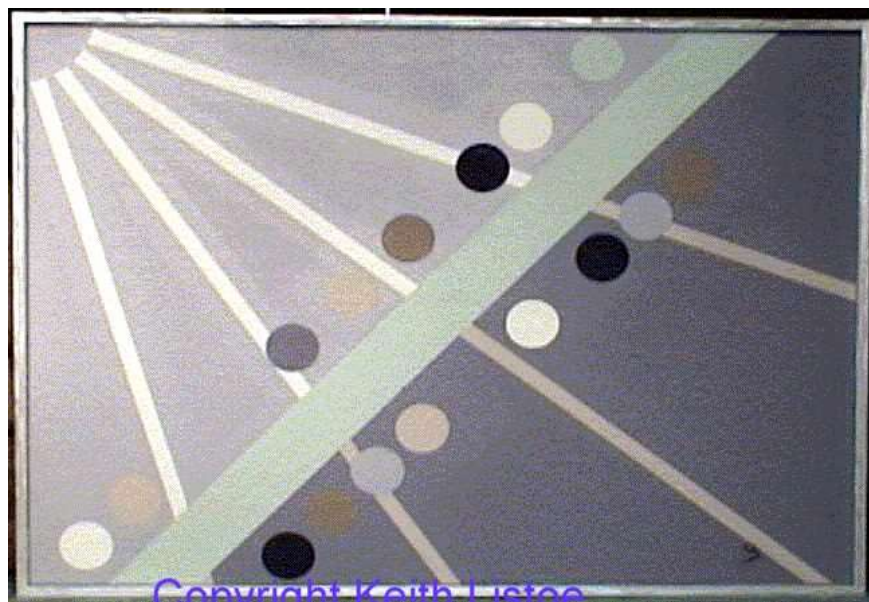
### **Vortex!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/vortex.htm](http://www.keithlistoe.com/vortex.htm)

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This painting is only 48 x 36 inches so slightly smaller than the largest to add some variety in sizes, yet still, a large painting described well by the name of it!



**sun circles stripe!**

Click on the image or key this into your browser's command line to view the enlarged image online:

[www.keithlistoe.com/sun\\_circles\\_stripe.htm](http://www.keithlistoe.com/sun_circles_stripe.htm)

## Chapter Forty-Eight The third world War!

I have been blessed with the discernment of what Satan has done throughout human history to steal the perfect joy and happiness from us that we are born with:

- 1- Invention of money about the year 770 BC, which God knew would be a requirement for his salvation of humankind through his only begotten son, Jesus Christ, as it would only be for the money that, Judas Iscariot, would betray, Jesus Christ, to the Jewish leaders to put him to death on a cross to be raised three days later!
- 2- The truth about marriage is the "I do" to perform sexual intercourse, not the "I do" in front of a human Pastor or judge, which if a couple waits using open honest and considerate communication until the man proposes marriage. The man will receive the gift from God of how to perform perfect sexual foreplay when his fiancé initiates their true marriage on her first ovulation post proposed to that results in perfect sexual intercourse that climaxes with simultaneous mutual whole being ecstasy generating ejaculation orgasms, which makes the couple mutually sexually addicted to each other for a guaranteed marriage until death we will not part, as no one will do anything to jeopardize that to which they are addicted!
- 3- Invention of pharmaceutical drugs about 2400 years ago when Hippocrates lived. People were smart enough to listen to Hippocrates until the Fraudster, Louis Pasteur in the 1860s, germ theory!
- 4- Mayer Amschel Rothschild started his banking empire in 1776, combined with starting the Illuminati under the Freemasons on May 1/1776, with the sole goal of enslaving humankind through money!
- 5- George Washington was a Freemason Illuminati, who started the USA, on July 4/1776, as the most fraudulent democratic government with no elected politicians in history having any say in how the USA operates, and the sole goal of becoming the one ruling government worldwide!
- 6- The USA passed the IOIA, (International Organizations Immunity Act) on December 29, 1945, which gives anyone granted this status through a Presidential executive Order to operate outside of the laws, which all NGOs are granted and Bill Gates received and he is too smug about using genetically modified vaccines to kill billions of people by his eugenics agenda to reduce the world population to only five hundred million people. Patent WO / 2020/060606 relates to officially recorded facts. It was registered on March 26, 2020. It was made by Microsoft Technology Licensing LLC under the presidency of Gates and gained international status on April 22, 2020. " Cryptocurrency system using body activity data " is the title of this patent.
- 7- The USA's big pharmaceutical industry started their tactic of hiding every natural cure discovered in 1897, by hiding the greatest natural cancer cure discovered named CT62! The USA's big pharmaceutical industry started to control the medical education systems to educate Md. near perfect to perform emergency life saving medical procedures and treat

acute life-threatening diseases, but only to prescribe their poison drugs to manage symptoms for every other disease!

- 8- The USA's big pharmaceutical industry hid the Nobel-prize awarded to the Jewish doctor, Otto Warburg, protected by Adolf Hitler to continue his cancer research for his discovery in 1931, that cells become cancerous by converting from using oxygen to produce energy to using refined sugars to produce energy, because if the root cause is known, the cure is known.
- 9- The USA's big pharmaceutical industry promote the myth that direct sunshine exposure causes cancer to hide the truth from the general public that our body naturally produces vitamin D3, D3 sulphate, cholesterol sulphate and subcellular melatonin from direct sunshine exposure, and vitamin D3 is required in every cell of our body to keep them healthy to prevent them from becoming cancerous!
- 10- The USA started to use the weather, as a form of warfare immediately after the second world war by emitting nanoparticles from planes seen as chem trails flying overhead, as the normal jet engine emits no visible fumes flying overhead! These are toxins in our environment worldwide that combined with a toxic glyphosate containing nutrient deficient manufactured food diet, makes us ill.
- 11- Modern wheat was developed by cross-pollinating the healthy ancient wheat to increase its yield and to make it somewhat resistant to pests. It was never tested for safety, and it is a poison that causes holes in our digestive tract within five minutes of being eaten, and if overeaten for three meals per day, which is probably the case for the majority of people, as modern wheat flour is the base ingredient of the majority of manufactured foods, it causes a leaky gut syndrome, which is the root cause of the exponentially occurring autoimmune diseases!
- 12- Modern wheat led Monsanto to the invention of Roundup, which the minuscule amount of the active ingredient glyphosate that remains in the foods that are made from produce sprayed with Roundup kills the good bacteria in our gut microbiome. Thus, it compromises our primary immune system, so every disease thrives, but especially cancer that is a natural part of the human body and only becomes a disease if our primary immune system is compromised, so that it cannot keep up with cancer to eliminate it! I had a gut feeling to research how much Roundup has been sprayed worldwide since it started in 1976. I conservatively calculated that about .06 pounds of Roundup has been sprayed per surface acre of the earth, not just cultivated acres, which is significantly more than a minuscule amount, so the earth's biodiversity or the earth itself has already been killed, making the earth non-life-sustaining, which is how Satan accomplished his vow that he would make humankind make the earth non-life-sustaining that was revealed to me in a vision in February 2006, of Satan deceiving Eve, into eating the fruit of the forbidden tree of the knowledge of good and evil, so that she and Adam would die from their angel-like beings with equal power and might, as Satan, to how humankind is to this day under Satan's control! The vision included two revelations:
  - 1- Satan rebelled against God when God refused his request for a visible physical human-like body on seeing that Adam and Eve were created in God's image.

- 2- Satan made the vow that he would make humankind make the earth non-life-sustaining.
- 13- The USA took control of the SWIFT system that was inaugurated in 1974, so they could use it to control the world through the politically correct verbiage of economic sanctions to not let any countries buy or sell unless they met their demand, which forced Russia to be the first country to convert to a cryptocurrency to avoid the USA controlled world monetary system!
- 14- Monsanto bought its chemical "M" food additive through the USA's FDA in 1992, knowing that if fourteen percent of the test rats diet contained the additive their pancreas was damaged. Their additive is now in over seventy percent of the USA's food supply, so there is no question why there has been an exponential increase in type II diabetes and chronic fatigue syndrome in the USA since 1992! The Illuminati knew from their beginning that information is power, so they took control of the mainstream media to only report their misinformation to humankind, to control humankind.

This was the critical piece for the USA to push their bioweapon coronavirus plandemic on the world to force everyone to accept their bioweapon COVID-19 vaccine, which makes the vaccinated start to emit an IP address!

I had a gut feeling in 2006, for how to use modern computer technology to eliminate money. I questioned how it fit into the prophecies in the Bible to have my questions answered through my daily devotional readings from Jesus Christ, using the WebApp that I hired a programmer to code for me here:

[http://www.ondemandwisdom.com/Daily\\_Devotional\\_Readings.php](http://www.ondemandwisdom.com/Daily_Devotional_Readings.php)

However, after I realized that the USA was started and operated by the Illuminati, and hence were trying to finalize their goal of enslaving humankind through money, as the third world war. My idea about how to use computer technology to eliminate money was too slow to be used as an effective defense against the Illuminati enslaving humankind. I was blessed with another gut feeling to more rapidly eliminate money and combined implement a new technology justice system to overcome the Illuminati operating outside of the current justice systems using their IOIA, (International Organizations Immunity Act), passed on January

29/1945, which was to use lie detector iPhone App technology at every point of sale to confirm the person is a widow, orphan, blind, too disabled to work, retired, or attending a post-secondary education facility or a mother of under 25 year old children, or working for a health and well-being promoting business, to receive everything for no money. I discern now that the Illuminati have spread too fully worldwide to be able to implement this type of a human system to eliminate money, and it was revealed to me through reading Zephaniah 1:<sup>2</sup> I will utterly sweep away everything

from the face of the earth, says the LORD. It was revealed to me that I was created to be my master, Jesus Christ's slave peacemaker for universal peace forevermore, and I am the last mortal, the spiritual human man who Jesus Christ is now dwelling in or with to conclude the Father's plan from the beginning of creation through for universal peace forevermore. I am required to follow the example of my master, Jesus Christ, on the Mount of Olives of having no fear of death or Satan to offer Satan a prayer with the laying on of my hands in Jesus's name for universal peace forevermore, as God will not use his Omni power, might, and ability to control any created being, Satan included! God astounded me with his Omni power, might and ability to move my personal possessions when I had moved into a new apartment in 2010 at 11-1523 Chancellor Drive, Winnipeg, Mb. I was reorganizing my apartment moving my heavy Harmon Kardon stereo amplifier onto a storage shelf in a certain position, so I could see the speaker jacks to plug the speaker cables into it. It slipped out of my hand before I set it down on the shelf. It miraculously floated in the air and rotated before gently landing on

the shelf with more speaker jacks visible than I knew were on the amplifier, which has convinced me now that the Holy Spirit will be moving me to the place God messaged the man who I met operating a camel ride service on the Mount of Olives on my trip to Jerusalem in December of 2012, to give me a place to live in on the Mount of Olives, where I must be living to perform my peace mission with, God's and humankind's one and only true enemy, Satan, when Satan is finally cast to the earth in the visible physical form of a great red fiery dragon on the Mount of Olives to start the end of this his day and age and the start of the restoration of the earth to its created beauty and splendour, as the new kingdom of God! By me performing my peace mission with Satan to melt his rock-hard heart, so that he the first created being will become the last to repent or perfectly conquered for universal peace forevermore, and I the last, the spiritual human being will become the first or one with the first by my master, Jesus Christ, sharing his throne with me making me God peace forevermore! This is the perfect conclusion of the Father's plan from the beginning of creation and the fulfillment of the entire words of the Bible! The only way to receive salvation unto everlasting life is through faith in Jesus Christ, which I will testify is best done by becoming a true disciple of Jesus Christ, using the WebApp that I hired a programmer to code for me here:

[http://www.ondemandwisdom.com/Daily\\_Devotional\\_Readings.ph](http://www.ondemandwisdom.com/Daily_Devotional_Readings.ph)

[p](#)

## **Chapter Forty-Nine God's Zero-Cost Healthcare Plan:**

It is the simplest healthcare plan to implement and use. Change the times that you eat each of your meals to include sixteen hours of intermittent daily fasting to your routine, which activates our dormant second immune system, named autophagy, which is a zero-cost cure for every known chronic disease, cancer included. Increase your fasting to three days of water only fasting per month, which initiates stem cells to regrow any damaged or non-functioning organs starting in the digestive tract, which is probably required for the majority of the population, as modern wheat that causes a leaky gut syndrome if eaten for three meals per day, which is probably the case, as modern wheat flour is the base ingredient in the majority of nutrient deficient manufactured foods. True fasting includes, not just the elimination of eating food, but using the available time to spend time in prayer to God, which increases your spiritual awareness of loving God and humankind, as yourself!



## **Epilogue:**

I have no doubts by changing to use God's zero-cost healthcare plan combined with making the changes in my lifestyle and diet to eat only my new organic pescatarian smoothie diet. I will live in near perfect health and well-being to our created one hundred and twenty years old. Per Genesis 6:3 And the LORD said, "My Spirit shall not strive with man forever, for he is indeed flesh; yet his days shall be one hundred and twenty years."