



SAITARG'S GQ (GRAVITAS QUOTIENT)

Roy Bonisteel may be best known in his 22 year role as host of 'Man Alive' on CBC Television. With a weekly audience of a million and a half, he circled the globe for his interviews with world figures.

Roy is the recipient of six Honorary Doctorates from Canadian Universities. He has written two books about his Man Alive experiences, 'In Search of Man Alive' and 'Man Alive the Human Journey'. He is the co-author of 'Themes for All Times', a Grade 12 Literature textbook. His book of Memoirs, entitled 'There Was a Time', describing his growing up years has enjoyed a long run on the Best Seller List. His latest book, a collection of magazine columns, is entitled 'All Things Considered'. He is currently working on Part Two of his memoirs.

He has served as Honorary Colonel with AMS Squadron, 8 Wing Trenton and is an honorary patron of the Quinte Symphony Orchestra and the Quinte School of Ballet.

Roy has just stepped down from a 7-year tenure as Citizenship Judge with the Department of Citizenship and Immigration.

Roy Bonisteel lives on a farm in the Bay of Quinte area of Ontario where his family has lived for 7 generations.

When should we praise folly

Never. Folly is thoughtless and scurrilous action with little regard for others. It would be like praising reality tv programs, or drinking and driving or dr. Phil.

Why is it worrisome to be content? Because it blinds us to the condition of the world, the needs of others and the peccadilloes of our elected representatives.

What are you going to do about growing old? Enjoy every moment of it. It is looking back with pride, finding fun in each day and eagerly awaiting tomorrow.

How would you like to harness your excess body heat? I have always harnessed it romantically.

If you wanted to disappear, where would you go? I can't imagine wanting to disappear. I want to be seen in order to bear witness, to be heard in order to motivate, to make a joyful noise in order to inspire. After 22 years on tv it's hard to disappear.

Why were you put on this earth? Likely because birth control hadn't been invented.

Who do you wish would call you? The workmen who promised to patch my roof before the snow came.

What is the point of all the struggle? To make the world a better place for everyone.

Why the evil in man's heart.

Religion has a certain responsibility for highlighting and encouraging Evil. It even made up a story about a woman, an apple and a snake. Hate thrives with the blessing of misguided faith.

When is the last chance to be the person you want to be?
Today.

If you wanted to unlock the secrets to eternal life what would you do? Try and make some impression on those around us or on the world in general. We live on through the memories of those who come after us. To be remembered with feelings of love and honour is to become eternal.

What have you not got from your life so far that you hope to get? I've always wanted to play the banjo.

How can you tell love is in the air? When people are laughing, respect is obvious and voices are gentle and encouraging.

What magic elixir would you like to create? One which when sipped would give you the will to become involved and discourage passivity. Preferably with a single malt flavor.

What gets you blissed out?
A baby's smile.

GRAVITAS