

# BOOM!

## Index

Mom rocks, Christian rolls .....pg. 3

Train Station Fitness .....pg. 4

Hearing Wellness Centre .....pg. 7

Joe Sisco: Mentor .....pg. 8

Good 'n green on the plate ..... pg. 10

Spring in the home ..... pg. 12

Writing the book on murder ..... pg. 20

Spyder love ..... pg. 22

Tom Awad: Volunteer ..... pg. 24

MyCancerIQ.ca ..... pg. 26



Photo: Rick Dawes

**ON THE COVER:** Lawyer Laura Joy is a trendsetter when it comes to style. Her thoughts on what works, why confidence makes the woman and more. See pg. 18.

**BOOM!** is a publication of The Windsor Star and publishes three times per year (February, June and October). To advertise, in BOOM! please contact your Windsor Star sales representative or call 519-255-5720

**THE WINDSOR STAR**  
windsorstar.com

## ARTS



Sherrilynn Colley-Vegh looks on as her son Christian strums a guitar outside Windsor Regional Hospital's Metropolitan campus last November. - Rick Dawes photo

# ROCK & ROLE

## models' Christian Vegh takes his cues from mom 'n dad

BY CLAUDIO D'ANDREA

Sherrilynn Colley-Vegh made her son Christian a deal: He could play guitar as long as he stayed on the honour roll at school.

The young guitar phenom from LaSalle has kept up his end of the bargain and then some, although he defiantly offers a different version of the story. ("No, that was definitely not the deal," he says. "I would still play the guitar if I hadn't been in school.") At mid-term in his Grade 12 IB Music Certification International Baccalaureate Program at Assumption high school, Christian was humming with a 92 per cent average.

He's also been opening eyes and ears with his scorching guitar work. With his band Red Legacy, Christian released a CD last summer, won a scholarship to Steve Vai's prestigious Song Evolution Academy in New York and competed in the local Battle of the Blues in the fall. He is also serious about community service through performances on Random Acts of Kindness Day and various fundraising concerts, Me to We and anti-addiction program speaking engagements, can drives, Blues in the Schools workshops and more.

Christian, who turns 18 in March, has caught the attention of such guitar greats as Joe Bonamassa, Guthrie Govan, Alex Lifeson of Rush and Dick Wagner, who worked with Alice Cooper among others. Wagner called Christian about 10 minutes before he performed the International Children's Games' theme song and Journey's Don't Stop Believing before about 10,000

people in August 2013 to say he respected him as a musician and invited him to call for mentoring. Wagner died last July at age 71.

"Personally, I think if he keeps this up, by the time he's 20 he'll be one of the best guitar players on the continent," Pete Palazzolo, owner of the Canadian Conservatory of Music in Windsor, says in a Red Legacy promotional video released late last year.

Rick Rock, another local rocker with deep roots in the Windsor music scene, predicts it's just a matter of time before Christian's band gets world-wide attention.

And Bonamassa tweeted enthusiastically in November of 2013: "These kids rock and are the reason I play guitar."

To get at the roots of Christian's musical ability, community spirit and clean living attitude - "Music is how I rock," one of his posters reads. "Drug free is how I roll" - you have to look at his family.

Christian comes from a musical family and his father, Kenneth Michael Vegh, was a guitarist and sang in high school as well as played trumpet in a marching band. His mom, who is principal at Catholic Central high school, was an all-star athlete and is the

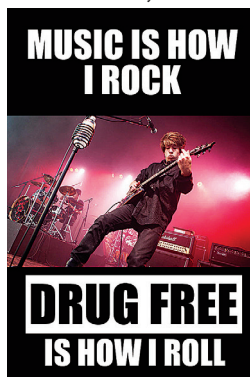
musical exception in the family.

"I play the radio," she says.

Sherrilynn jokes that she would quote legendary University of Michigan coach Bo Schembechler in motivating Christian to get up on stage and play, raising eyebrows and getting reminders that he wasn't playing college ball. But she says the same principles apply to sports and music.

Continued on pg. 28

**BOOM!** 3



A promotional poster conveys Christian Vegh's proud drug-free message.

- Courtesy Sherrilynn Colley-Vegh



**Come join the "SHERK" Lifestyle!**



**THE SHERK COMPLEX  
HAS BOOM  
MEMBERSHIPS FOR  
THE ACTIVE RETIREE!**

**SALTWATER POOL,  
WEIGHTROOM,  
CARDIO EQUIPMENT,  
INDOOR TRACK,  
FITNESS CLASSES,  
RACQUETBALL, SQUASH,  
BADMINTON, PICKLEBALL,  
TABLE TENNIS**



**249 Sherk St. Leamington  
519-322-2337**

[www.leamington.ca/recreation](http://www.leamington.ca/recreation)

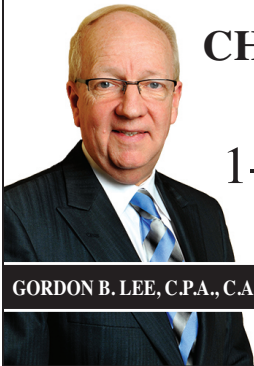


**CROSS BORDER TAXES  
CORPORATE AND PERSONAL**



**GORDON B. LEE  
CHARTERED ACCOUNTANTS**

**519-977-7117  
1-800-666-2279 (from U.S.A.)**



GORDON B. LEE, C.P.A., C.A.

[info@gordonbleeca.com](mailto:info@gordonbleeca.com)



JULIA A. LEE, C.P.A., C.A.



Christian Vegh (right) on guitar and Christian Wrona on violin do some busking at Windsor Regional Hospital's Metropolitan campus as part of Random Acts of Kindness Day. They were helping to raise money for the music therapy program at the hospital. - Rick Dawes photo

*Continued from pg. 3*

"You work hard, you practice hard, pushing yourself all the time," she says. "It's transferable. I used to think yeah, but you're not testing your body or you're not pushing yourself until you're sweating or whatever until I see him on stage and go okay, he's sweating. His hands, they need to physically build up to be able to play the way he does for so long. I could see every tone in the muscles and I go, okay, he's pushing himself."

Christian credits his mom for directing him toward community service and says both parents were behind his clean living lifestyle. "If you have an interest in something and a passion then your attention is focused on that," he says. "You don't want anything to be taking it away."

Although they're young rockers, Christian and his band pay homage to the kinds of classic rockers and old blues and jazz masters that appeal to boomers. He grew up listening to Guns N' Roses then Pink Floyd, Rush and instrumental music. On stage, Red Legacy play Jimi Hendrix and Led Zeppelin as well as original music like 'There Goes the World, which was written for the American anti-addictions program Reach Out and Engage.

Even the band's name is a testament to their pedigree: Red refers to the music that's in their blood, and Legacy are the genes they derived from their musical families. (Drummer McKenzie Burrows comes from a family of percussionists - his dad John Burrows co-founded Brand X and his uncle Jeff is the drummer for The Tea Party and Crash Karma.)

After cutting his teeth on the local blues scene, Christian has been biting on some prime musical meat by jamming with legendary local bluesman Doc Wright. Lou Durnbeck, the local blues historian with the Canada South Blues Society who introduced Christian to Wright, calls him a "young guitar prodigy with an old soul."

And Christian continues to grow in his music, to push himself in playing his instrument.

Sherrilynn tells the story of how her son was preparing for a Country Songwriter's of Canada weekend getaway and decided to write a country song. Then there was the time Christian was in New York at a guitar store watching a girl playing flamenco guitar. Sherrilynn recalls that he asked if she went to the famed Juilliard School in New York and said he wanted to go there. When she told him he could not get into the school without reading music, he decided to learn how to do just that.

Christian then joined the jazz band at Assumption. In his first year, he was regional jazz musician of the year.

It's no wonder why Wright, who came out of a nursing home to watch Red Legacy at their CD release party in the summer, hailed him as the great guitarist he ever saw. He also used a descriptive adjective in his praise but, Sherrilynn says, it can't be shared in polite company.



A SIGNATURE COLLECTION  
FOR THOSE WHO SEEK OUT THE BEST IN DESIGN.

**Alustra**  
COLLECTION

Visit this participating dealer for more information about the Alustra® Collection.

**HunterDouglas**



**Brochert DRAPERY**

3230 Jefferson Blvd at E.C. Row  
Windsor, ON N8T 2W8  
**Ph: 519-251-0378**  
[www.brochertdrapery.ca](http://www.brochertdrapery.ca)

