Never had a chance to play lacrosse. Never heard of it before. Our oldest son wanted to play because his friend was playing. Fell in love with the game first time I saw it.

There was a need for officials so I stepped to the plate so to say. Took the coarse, wrote the test and started down the road for 20 years of officiating lacrosse

With lacrosse I have been able to officiate at games and tournament across Canada, in the United States and parts of the world. I have met numerous officials who I have become good friends with. When I was an official, coaches, players and fans did not like me to much. I was assigned games where they were having problems with a coach. After that game the league did not have a problem. As soon as I stepped on the floor to do a box game a chant would go up. Howie Howie Howie. This was not a chant because they liked me it was the opposite. I had to officiate a number of games my sons played. My wife would come along because she enjoyed the game also. If I gave my sons a penalty, I heard about it all the way home. I think I am a little deaf in my right ear because that.

Young players then come up to me now and I do not recognize them. They introduce themselves to me along with their young family. We get talking and they always say do you remember when you  gave me that penalty. At the time they disputed the call but now they say that they dissevered it. What a wonderful feeling it gives me that the young people I refereed thank me for what I did back a number of years ago.

20 year as an official

President of the Greater Edmonton Lacrosse Association at 3 terms

Attended as a delegate to the Canadian Lacrosse Association from Alberta 3 terms

President of the Alberta Lacrosse Officials Association for 2 terms

Sat on the Alberta Lacrosse disciplinary committee for 3  terms

Referred both box and field throughout Alberta, Saskatchewan, and British Columbia

Assisted in classroom and floor training of officials in Alberta and North West Territories

Evaluated officials at on floor box games in Alberta

On floor official for 2 Canadian Junior Box Championship Tournaments

On field official for 4 Canadian Junior Field Championship Tournaments

On field official for 3 Canadian Senior Field Championship Tournaments

Was Referee and Chief at 3 Canadian Junior Field Championship Tournament

Was Referee and Chief at 1 Canadian Senior Men's Box Championship Tournament

Refereed junior field lacrosse in the United States

Refereed at major field lacrosse Championships in United States

Refereed College lacrosse in United States and Canada

Refereed at World Field Lacrosse Championships in Berth Australia

Evaluator at 2 tryouts of officials to attend World Field Lacrosse Games

Have been married for 45 years to Roseann. Had two sons who have played lacrosse for over 20 years each. One played semi pro for 1 year and the other played pro for 7 years.

They both have sons and there will be another Howard playing lacrosse this year. Mini Tyke (2018)