

AUTUMN 2009

180° FROM ORDINARY

JO LEE TALKS TO THE INCOMPARABLE RUDYARD
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VERA RESNIK
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GARY SWEENEY
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CRAIG RICKER
THE DIGITAL DIVIDE

HEIDE VAN DOREN BETZ
THE RICH & THE FAMOUS

DAVID WESONGA
THE POWER OF MOMENTUM

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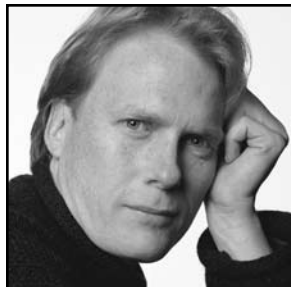
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Noelani Akoe

JOURNALIST
Hawaii – Hawaii

What a great tribute to Mariatu Kamara, the 2009 ADESTE Gold Medal Laureate!

A young girl buried in a small Sierra Leone village and devastated by war atrocities finds a Canadian couple who bring her to them - where she dedicates her life to helping those left behind. Thank you JO LEE for bringing this story of personal magnificence to us. Summer issue. And may contributions for a prosthesis abound.

Stanley J. Dorst

SR. EXECUTIVE
San Francisco – California

The travel observations read like poetry, flowing smoothly and beautifully along an exploring mind. Clearly something is to be gained by travel by an astute observer. Thank you for sharing Reflections of an Ongoing Journey by Katie Herron, Summer publication. The contrast of the third experience brings us up sharply to realize these are not just juvenile wisps but experiences of an insightful as well as romantic observer.

Thérèse Durand

SCULPTURE
Québec City – Québec

Phenomenal is Bill Clinton and his dedication to charity. Philanthropy needs proper direction under the best of excellent management to succeed!! BRAVO Mr. President! More world philanthropists should take heed! Summer Issue 2009. Clinton Lifting the Cloak of Secrecy.

Zyge Jensen

CORPORATE PILOT
Frederiksberg – Denmark

My ring finger is longer than my index finger and I am a wise investor. Any truth to this?
Maybe we should have a poll?
Appreciated "It's all in the Fingers", Summer 2009.

Alana J. Matheson

ARCHITECT
New Brunswick – Canada

I gather that growth of new tissue can be guided by other cells, besides stem cells. Summer - Tissue Engineering Stem Cells. Either way how do we control the harvesting of the cells? Now that it's legal to use the cords of new babies, do we also use the products of abortion, and finally do we pay women to get pregnant and then have an abortion to create new stem cells?

Jennifer Ramirez

CORPORATE ATTORNEY
Washington – DC

Yes, Virginia! Summer issue. It is interesting that the spectacular beauty of Lake Tahoe originated in an ice age 10,000 years ago – a time during which we were fortunate to not be here. Have our cars been warming the planet for that long?

Mention of the logging damage to the Tahoe basin is a sad story, repeated around the world. My forebearers were loggers and took great pride in their business as they left chaos and destruction behind them as they clear-cut the woods of the Pacific Northwest. But I don't blame them; I blame our representatives in government who did not have the personal fortitude to stand up to the loggers and enforce clean-up, selective logging and sustained yield.

Today we find the same cause of our problems is not the rapers of the earth but the custodians we elect who authorize the rape.

Dick Selmon

PILOT
Rockhampton – Australia

Hundreds of thousands of peoples' lives are ruined so 'he' could have a yacht and vacation on the Riviera. Subsequently, it has turned out that our world today is filled with people who took retirees' money and invested it poorly. Now they cannot support themselves and have to magnify the problem by turning to their families for help. Old people need help and they turn to the wrong people to secure it. Summer – Reeling off the Fairway. JL

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THE PROVOCATIVE & CHALLENGING WORLD OF ARCERI

Gene Arceri has gained world attention as a writer, critic, award winning PBS reviewer and publicist. A native New Yorker, Gene resides in San Francisco and spends considerable time in London. Among his best selling books are: 'Elizabeth Taylor: Her Life. Her Loves. Her Future', Susan Hayward's 'RED' and Charlie of Nob Hill. {San Francisco's most famous cat} arcegen@sbcglobal.net



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DR. OF HOMEOPATHY YOU ARE WHAT YOU ATE Andrea Buckett, Dr. of Homeopathy, lecturer, writer, renowned food expert – is passionate about helping people feel young. She is a graduate of The Homeopathic College of Canada and her successes to date have become a sole focus on the body's benefits and pleasures of great food.



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WHEN ANGELS CRY

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YES, VIRGINIA! COME – EXPLORE WITH ME

Lois M. Gordon is a world traveler and resides in California's Silicon Valley. She has spent her life as wife and mother, chairing several committees and indulging in her passion for reading and writing poetry.



John Paul Jarvis

I'VE ALWAYS BEEN NUTS

Paul Jarvis has enjoyed a full corporate career as CEO of four subsidiaries of foreign multinationals and served on six boards. Board and boat sailor, tennis player, terrible musician all tempered by eclectic friends – affords a basis for views and opinions on a broad range of topics.



Ray Scotty Morris

L'OCCHIO – THE EYE
Ray Scotty Morris is an internationally renowned photojournalist and successful San Francisco society photographer. He has won 29 photo awards in just ten years – local, state and national, including best news picture of the year. Scotty has received a Certificate of Commendation from the U.S. Senate along with the distinct honor of being written into the 107th U.S. Congressional Record.



Sally Anne Reisner

THE POET'S CORNER
Sally Anne Reisner grew up in San Francisco's Bay Area and then taught in an urban-suburban high school in New Jersey for eighteen years. At the age of fifty she left her job, re-married and focused on her writing.



Craig Ricker

THE DIGITAL DIVIDE
Craig Ricker is a prolific writer and among the world's best photographers. He went to Russia to develop an understanding of its world from the inside and to accurately portray their life predicament within his books.



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THE RICH & THE FAMOUS
Heide Van Doren Betz, an Art Consultant specializing in Ancient Art and Icons, has taught Art History and created world famous collections of Antiquities and Icons. Her accomplished photography was shown in a solo exhibition at the Winckelmann Museum in Germany.



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THE MARVELOUS MAVERICK
Gail Regan is vice-chair of Cara Operations. She chairs Energy Probe, Friends of Women's College Hospital, is a member of the Canadian Association of Family Enterprise, the Family Firm Institute and the Strategic Leadership Forum. She has a PhD in Educational Theory and an M.B.A. in Finance. Her background in sociology and her personal experience of business have given her an intellectual interest in the problem of evil.



Vera Resnik

THE POET'S CORNER
Born in Prague, Czechoslovakia, Vera Resnik lost most of her family in the Holocaust. Her volunteer work in the New Jersey court system – as a conflict resolution resource and advocate for children's rights – led to a court appointment to the child review committee. Today, Vera's writings are widely read.



Gary Sweeney

THE POET'S CORNER
Gary Sweeney worked as a journalist and as an independent writer for years before launching The Midnight Palace. www.midnightpalace.com He continues to write everything from poetry and short stories to reviews and articles.



David Wesonga.

THE POWER OF MOMENTUM
David Wesonga is a 24-year-old Kenyan poet/writer and the recipient of the prestigious 2008 ADESTE GOLD MEDAL. As an online Journalist for Nation Media Group, East Africa's largest media enterprise, David's definitive, thought provoking articles have earned him acclaim worldwide. He sits on the board of Eastlandah Media Company and the Citijournal.

JL



Values, Childhood And The Economy

BY H. GAIL REGAN
TORONTO – CANADA

Suppressed values can be called into awareness and strengthened to construct a world that is resilient as well as prosperous.

Children are geniuses at ramping up merit-based love. Most have learned that personal cleanliness, civility with sisters, brothers, peers and pets, school performance and doing chores warm parental hearts, bringing forth smiles, hugs, treats and gifts. Earning contingent love teaches achievement motivation, appreciation of rewards and a sense of mastery, values that in adulthood support wealth creation.

When children play, they learn to delight in the moment and to enjoy imagination. Childhood play, especially with friends, teaches the creative and social skills that encourage innovation at work and in lifestyle.

There is a childhood experience typical during outings with father. A vigorous turn on the swing, a hike in the woods, attending a competition are occasions to learn both awareness of danger and courage, both playing fair and playing to

win. Children learn to combine caution and assertion from these expeditions, which may not always be experienced as positive. When the obsessively achievement-motivated are frustrated by lack of tangible rewards and the compulsive fun-lovers dislike challenge, they suppress learning that comes from being guided through uncertain, unpredictable situations.

We have constructed a world that emphasizes contingent love and creative activity. We work hard, cleverly and civilly, and we value the material rewards of our efforts {the contingent love part}. We are inventive at work and then we kick back, indulge ourselves with luxuries that we could only imagine as children {the social-creativity part}. We have ignored issues such as discontinuity, capacity and balance, risk-taking knowledge that we acquired from guided childhood adventure and then forgot.

Growing economies and new masses of prosperous people characterized the world before 2008. The participants in this world were interested in working hard, playing hard and acquiring things.

Risk was either not salient or laid off to others through financial instruments.

There are various theories of what caused this world to falter. When we blame our leaders and institutions for the crisis, we block understanding that our disengagement from risk makes us hard to govern and our exclusive focus on creative achievement makes our world delicate and ready for meltdown.

I am concerned that the same distorted lens will be used to frustrate rescue efforts. We will object that subsidies, grants and new projects are not sufficiently merit-based or creative. We will have difficulty seeing the risk management elements of these interventions.

Suppose that financial help is universally accepted, appreciated and effective. There is still the risk that it plays to the achievement and creativity values that led to reduced resilience. We must remember how to adventure and compete with an eye to constraint. It is going to take grit as well as goodness to get through this. JL



A Convenient Theory

BY STANLEY J. DORST
SAN FRANCISCO – CALIFORNIA
Photograph by Alexandra Egan

For more than six presidential terms we have been “dependant” on imports of overseas oil to run our economy.

A study was done by MIT at least 20 years ago demonstrating that if our imports of overseas oil were disrupted – for example as was done during WWII – our country would grind to a halt within 30 days. North American oil production could not keep the transportation system running that provides us with the essentials of life.

Solutions to this problem have not been a matter of public debate or public policy, except that a petroleum reserve has been established to supply us with a 30-day supply. This is hardly sufficient to allow the development of substitute sources of energy in time to

prevent the collapse of the economy.

We have buried our heads in the sand and hoped that we could maintain overwhelming arms superiority to the extent that no one would try to confront us.

A China observer today, however, might wonder whether this superiority will last considering China’s overwhelming control of the steel market {exceeding the total of the US and Europe} and its rapidly developing submarine fleet.

Now we are being rescued from this quandary by a popular “green” solution – i.e., global warming. Because global warming “may” be caused by the burning of carbon fuels, we need to develop alternative sources of energy which will not only stop global warming but

also make us independent of supplies from unfriendly nations. How convenient!

Global warming is a convenient theory – but it may lead us down the path of inappropriate solutions to the real problem of energy self sufficiency; for example, concentrating on ethanol rather than clean coal.

Years ago we had tariffs on imports in order to maintain national security as well as the development of national enterprises. The policy of free trade has replaced this support of national self sufficiency as we have entered a period in history where we believe that trade dependency will suppress wars and increase the standard of living of the world as a whole. It has never been acceptable to subsidize domestic oil production, but now we must subsidize alternate fuels because of the possibility that

global warming is caused by burning carbon.

So, given the commitment by China to increased production of submarines that might be able to cut off our sources of oil, and the possibility that burning carbon may be causing global warming – which might cause unacceptable increases in the sea level – we can have a public policy of subsidizing alternate fuels.

Fortunately it has become politically correct to finally talk about developing domestic energy sources to have available energy in a time of war. Let’s hope that this becomes the rationale for subsidies for all domestic fuels, not just global warming.

What do you think?

JL



Jo Lee Talks To The Incomparable Rudyard

BY JOSEPHINA LEA MASCIOLI-MANSELL

I had just returned from Nairobi and was having dinner with great friends – great philanthropists. It was a rainy night and a cool breeze wisped among the trees along the screened-in patio as we sat in deep conversation beneath the comfort of heat lamps.

Each of us had spent a number of years assisting Africa, a nation suffering from incredible disease, and as I told the phenomenal tale of visiting and being the only white person among the more than two million people within the largest shantytown in the world, my friend's husband interjected with much excitement. He spoke of the upcoming Munk Debate featuring former United Nations special envoy Stephen Lewis and Oxford economics professor Paul Collier arguing for the benefits of foreign aid. Arguing against them would be Dambisa Moyo, a Goldman Sachs economist, and Hernando de Soto – hailed as the greatest living economist by former U.S. president Bill Clinton.

We attended the debate and were blown away not only by the four debaters but also by the immense presence of the

co-organizer and moderator of the Munk Debates, Rudyard Griffiths.

Rudyard is also the co-director, together with Patrick Luciani, of the Salon Speakers Series. He's been recognized as one of Canada's Top 40 Under 40, is the co-founder of the Dominion Institute, an advisor to the Woodrow Wilson Center in Washington, D.C. and the author of *Who We Are: A Citizen's Manifesto* (Douglas & McIntyre).

photos: Rudyard Griffiths, page 20; the venue, page 22; Peter Munk, Michael Ignatieff, photograph by Tom Sandler, page 24; Peter Munk, Melanie Munk, Rudyard Griffiths, page 26; Pro: Dambisa Moyo, Hernando De Soto, Moderator: Rudyard Griffiths, Con: Stephen Lewis, Paul Collier, Page 28; vote announcement, page 30.



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JO LEE: And what a privilege to talk with you, Rudyard! Do you suppose the uniqueness of your name is part of the maze that encompasses the rarity of what you do – oh so well?

RUDYARD GRIFFITHS: My name sometimes feels like a curse insofar as I seem to spend an inordinate amount of time spelling it to reservation clerks and telephone operators – oh to be named Peter, Paul or John! That said, the Just So Stories were a favorite of mine as a child and whether you agree with my namesake's politics or not he was an outstanding writer who captured the spirit of his age for posterity.

JL: Tell me, how did the Munk Debates come about?

I understand that the Munk Debates is a signature initiative of the Aurea Foundation, a charitable organization, established in 2006 by Peter and Melanie Munk, that supports individuals and institutions involved in the study and development of public policy debate and research. www.munkdebates.com

RG: Jo Lee, Peter Munk of Barrick Gold, was a very generous supporter of the Dominion Institute when I was executive director. When I stepped down after more than a decade, I was fortunate enough to get the nod from Peter to take on the challenge of launching and building what Peter envisioned as an international class debating series. The goal was to bring the world to Canada. He believed strongly that the forces of globalization are real and transformative and that Canadians need to be exposed to big international issues and events that are shaping and reshaping the global commons.

JL: And so, it began. Was the dream an instance where you and Peter immediately envisioned an exact design that took hold?

RG: Precisely. Our approach to each bi-annual event would be simple.

Today, with over 2,000 members, the Munk Debates have become not only a hot ticket in Toronto, but also an important national event – its success a testament to Canadians' interest in high-quality discussion of the big issues facing our country and the world.

In an era where political spin and public grandstanding are fast displacing serious discussion about the challenges facing Canada and the world, the Munk Debates provide a lively and substantive forum for leading thinkers to discuss the pressing issues of our time.

JL: And via all these outstanding minds, Rudyard: four more were brought to the fold to explore the opportunities and hazards of foreign aid, by debating the resolution, “be it resolved that foreign aid to developing countries is doing more harm than good.”

It considered whether wealthy nations should be increasing foreign aid in a world where over three billion people live on under \$2 a day and where the ills of underdevelopment (e.g. civil strife) can have global repercussions. The debate also explored the poor track record of state-to-state foreign aid in increasing Gross Domestic Product (GDP), the support it can provide to dictators and tyrants, and the potential for freer and fairer trade to lift up developing nations.

RG: As you experienced, Jo Lee, it was a riveting evening.

Arguing for the benefits for foreign aid was development expert Paul Collier, a professor of economics and Director of the Centre for the Study of African Economies at Oxford University. His book *The Bottom Billion* won the Lionel Gelber Prize and the Arthur Ross Book Award of the Council on Foreign Relations.

“We need compassion to get ourselves started, and enlightened self-interest to get ourselves serious . . . that's the alliance that changes the world.”

Paul was joined by Stephen Lewis, Professor in Global Health at McMaster University and former UN Special Envoy for HIV/AIDS in Africa.

“Truthfully, when I see what we can accomplish with money on the ground, it's the only time in my life I have wished I was Bill Gates.”

Speaking against foreign aid was Dambisa Moyo, a Global Economist at Goldman Sachs in London. A native of Zambia, she has been dubbed “the Anti-Bono” by The New York Times.

“Evidence overwhelmingly demonstrates that aid to Africa has made the poor poorer, and the growth slower.”

Dambisa was joined by Hernando de Soto, president of Peru's Institute for Liberty and Democracy, considered by The Economist to be one of the most important think tanks in the world.

“Poor people have always been seen as recipients of aid . . . whatever you are giving to them is peanuts compared to what they themselves can do.”



JL: What an ingenious cast of characters! My gosh, for a moment, I thought Stephen Lewis was going to have a heart attack during one of Dambisa's comments.

I truly believe all four debaters genuinely want the best for Africa but I must tell you that I, too, have spent considerable time in Africa – and not once have I ever vacillated as to whether aid should cease or not. Imagine the human cost of not making the investments!! If poverty increases – it touches us all. People are like symphonies. Their problems, their desires, like instruments: imagine rehearsing FOR NO big night.

The reason the Third World is poor is because of “syndrome mixing,” an inappropriate relationship between government and the economy that people believe is appropriate.

I so, so would have loved to ask Dambisa and Hernando: “What is in your minds? Why do you think these interventions will work? How can you explain that they have not? What is it you really want to achieve?”

You see, to have the continent of Africa run by the minds of those whom we are so fortunate to appreciate – is one arena. But economic minds in huge part are rarely found at the decision levels in African governments. It's simply not a matter of Africa understanding. Rather it becomes a jigsaw puzzle of highly intelligent moves that indeed encompass the Western flair. This in no way means that Africa is wrong and the balance of the world right! No, no. All countries/peoples require assistance of some form and I believe it is the integrity and wisdom of industrialized countries to yes, rethink the way in which they engage with Africa but, to cease assistance because of Flawed Core Assumptions, A History of Implementation Problems, Unintended Consequences! Please. If WE are the donors – then WE, like any multinational, should insist on the best managerial/financial minds to substantially eliminate multiple flaws, problems and consequences. Accountability, transparency, good governance.

Rudyard, this all touches home when one sees the tremendous grasp you have on organizational skills. Do great leaders do things differently? And why?

RG: Complexity is something leaders in our current era of globalization must learn to embrace. There are no one-size-fits-all solutions to the challenges that leaders of corporations, governments and civil society groups confront on a day-to-day basis. Yet, much of our business and political culture is based

on the premise that leaders lead by reducing the complex to the simple. Don't get me wrong; I am all in favor of simplicity. That said I am suspicious of leaders, especially politicians, who put forward overly simplistic solutions to the big social and economic problems we face today. Change is always incremental and the goal of a business or political leader is to nudge larger cultural forces that define the organizations we work in, the countries we belong to, the international issues we care about, in positive as opposed to negative directions. This takes skill, time and most of all patience.

JL: I bet you have a story or two to tell?

RG: I think our debate about foreign aid was a case in point regarding the dangers of approaching complex phenomena such as underdevelopment with cookie-cutter solutions. It would be terrific if we could turn off the aid tap and let developing nations use market mechanisms to pull themselves up by the bootstraps. As compelling as such a self-help model is, the challenges most developing countries face are structural and on a scale that swamps the majority of positive impacts generated by market forces and mechanisms. Paul Collier was pretty convincing in our debate when he explained how being a landlocked country or not is a far better predictor of our economic prospects as compared to having (or not) a liberalized economy or full-blown democracy.

JL: Rudyard, your Dominion Institute has been referred to as an historical Non-governmental Organization (NGO) and I gather you've been uncomfortable with this.

RG: Jo Lee, writer Charlotte Gray used the phrase. I don't like the word. We were trying to do something different. The Dominion Institute is also a charity. Unlike other NGOs, we don't have an axe to grind. We tried to produce content that made Canadians more aware of their history and shared citizenship and we used television, book publications, and public opinion research for the media. Thus, we tried to tackle this unfairly labeled, stigmatized subject that is seen by many people as irrelevant and boring. It should be at the core of the public good.

JL: Of all the surveys and projects generated by the Dominion Institute during your tenure as executive director, what stands out as a favorite for you?



RG: Launching the Institute and leading its development over a decade has been a phenomenal personal and professional experience.

What stands out for me was the campaign we launched to give Canada's last soldier to fight in World War One a full state funeral. In a matter of a couple of weeks we had over 100,000 people sign our petition and shortly thereafter Canada's parliament passed a unanimous resolution in support of honoring our last Great War veteran with a state funeral. This initiative demonstrated to me the power of public advocacy – the ability of a small organization to harness the energy of tens of thousands of people to get out-of-touch elected officials to do right by a generation of Canadians who sacrificed so much for our country.

JL: What a fascinating mind you are, Rudyard. Tell me about your Salon Speakers Series?

RG: Jo Lee, when Patrick and I started the Salon Speakers in the summer of 2004, our intention was to bring the best thinkers on current international issues to grano restaurant in Toronto, Canada. We felt strongly that Canadians needed to hear more about international problems that affect Canada such as the role of America in a post 9/11 world. But just as important, we wanted to break away from the traditional lecture forums and revert to a true salon where guests not only get to listen, but to interact with speakers in a casual, stimulating environment.

Based on the success of the series in Toronto, we expanded to Calgary at Teatro Restaurant in 2007 with our partner Peter W. White, to Montreal where we launched our series at Club 357 in 2008 with our co-director Deon Ramgoolam and now we've also taken our series into the United States with our first event held in Vero Beach, Florida in 2009. Our objective is the same in all these cities: to invite global thinkers and doers to address "the pressing issues of our times".

Our approach to each event is simple: we ask our speakers to give an informal talk for 30 to 40 minutes without notes followed by a rigorous Q & A. Our speakers have included a roster of great minds including the late Samuel P. Huntington, Bernard Lewis, Christopher Hitchens, Gore Vidal, David Gergen, Paul Volcker, Niall Ferguson and Bob Woodward.

Given the enthusiastic reception to our series in all four cities, we know the formula works.

Then, as we discussed, based on the success of our series, Salon Speakers was retained in 2008 to organize and manage

the bi-annual Munk Debates in Toronto. The Royal Ontario Museum, where each Munk Debate is held, has also engaged Salon Speakers to help with its lecture program to promote its exhibit of the Dead Sea Scrolls in 2009. www.salonspeakers.com

JL: Bravissimo! You are so involved in all things Canadian, Rudyard. Might you share your views on Canada and how we should be shaping the country for future generations?

RG: Jo Lee, in my view, the kind of forward looking, idea-driven gift to future generations that we should be taking on now as a sesquicentennial project is a National Charter of Civic Responsibility. Surely in a country as diverse and decentralized as Canada, all of us can acknowledge the need to create a greater consensus for what we – as citizens – owe each other and our country. Such a charter could have a positive and enduring impact on our schools, on our immigration and settlement systems and most important of all, on the legions of Canadians who treat their citizenship as an afterthought.

JL: You've spoken most clearly on Canada's sesquicentennial celebrations. What should Canadians do in 2017 to celebrate 150 years of common history?

RG: My two cents are that we should avoid at all cost repeating the style and content of centennial. The myth of 1967 is still too strong, so anything we do that looks and feels the same will seem underpowered and un-ambitious.

Here is a counterintuitive idea coming from an amateur historian:

Let's use 2017 to focus on our future, not the past. Specifically, in the spirit of our forbearers, let's think about new ideas, institutions and national symbols that we could unveil during the sesquicentennial that could become the patrimony of future generations of Canadians.

JL: How proud we are in having you, as our ambassador, Rudyard, for all things Canadian!

RG: I am flattered, but anything that I have accomplished to promote greater knowledge and understanding of Canada was a team effort. I have been hugely fortunate over the years to work with an outstanding number of committed young people and peers.

MUNK DEBATE

Speaking FOR the proposition

Bestselling author and foreign

aid critic **RISA MOYO &**
rights **BERNARD**



ON FOREIGN AID

Speaking AGAINST the pro

Development exper UL CO

& Former UN S

AIDS in Africa



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JL: Rudyard, your book on *Who We Are: A Citizen's Manifesto* is a treasured gift to Canada! You write of six core beliefs about what it means to be Canadian. Might you explain?

RG: Jo Lee, we cannot deal with the various challenges facing our country today and in the future in isolation. Instead, we must find a rallying cause to which we can summon the country's latent civic energy. This single idea needs to speak to the reality of Canada today, not some idealized past or hypothetical future. And it must evoke the constellation of first principles that have given our society its momentum over the last century and a half: our sense of loyalty to each other, our egalitarian impulses, our belief in the power of public institutions, Canadian exceptionalism, nation building and, last but not least, raw national ambition and competitiveness vis-à-vis our peer nations. Fortunately, there is one such vehicle: the concept of Canadian citizenship. Citizenship – by which I mean the laws, institutions and symbols that define our individual membership in the Canadian nation – has the potential to raise our sights again. In fact, a revitalized citizenship may be the best and last hope for Canadians to reconnect with the enduring values and principles upon which our country's greatness rests.

JL: Hummm Politics! Perhaps a political future?

RG: Never say never!

JL: Well let me say: YOU are a mind Canada needs!

Was your schooling Canadian or a mix with other countries?

RG: I'm a graduate of the Ontario, Canada public school system and went on to study history and political science at

Trinity College, University of Toronto. I then went to grad school, studying political theory at Cambridge in England. The Department of Foreign Affairs then hired me on a contract position. When I founded the institute, my background was German philosophy, with a healthy dose of late 20th Century international relations. I am not an expert in Canadian history and I do not call myself an historian.

JL: What ever prompted you to take this road? To make a career of it?

RG: My parents like to joke that I am the product of a selective breeding program: my father is an academic and my mother an actress. Participating in the world of public policy advocacy is a way to fuse these two dimensions of my family life. It is also a means to give back to a city, Toronto, and a province, Ontario and a country, Canada that has provided me with every opportunity in life from great schools, to a strong civic life to a larger national identity and common history that all Canadians can take some justifiable pride in.

JL: I've loved every aspect of this interview. What a pleasure. Thank you, Rudyard.

RG: Ditto Jo Lee!

JL

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- John Payton (Son of Barbara Payton)

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Cosmetic Chiropractic

BY DR. LIZA EGBOGAH, BSc. DC
DOCTOR OF CHIROPRACTIC
TORONTO – CANADA

Looking good is a national preoccupation these days. People are having all kinds of cosmetic surgery and other treatments performed on their bodies in order to look more attractive and especially more youthful. Many see a chiropractor to help them feel, move and live better. But how about seeing a chiropractor to look better? Not only can chiropractors keep your spine aligned, they can keep your look aligned. Chiropractic care can help with your posture, your health and your body composition, by using a variety of treatment approaches.

Exercise recommendations are often made by chiropractors due to their holistic approach to health. Whether this means losing weight, building muscle or improving body symmetry, a fitness regime that implements corrective exercises will help you not only enhance your looks but also leave you feeling healthier. Did you know studies have shown that people perceive those with more symmetrical bodies to be more attractive? Your chiropractor can also make individualized nutritional recommendations to complement your current fitness regime and health status. Most people know, whether they like to admit it or not, that what they eat plays a part in the way they look. By examining your current diet, a nutritional plan can be created that can help achieve weight loss, increased energy levels – all resulting in a handsome appearance.

As manual practitioners, chiropractors frequently use spinal adjustments or mobilizations in their treatment plan. After a small injury where you perhaps twisted a body part awkwardly, or lifted a heavy item, or simply slept in a distorted position: you very well could notice that your posture is thrown off. A crooked neck is not considered attractive and only provokes a look of sympathy from most. By adjusting joints in your neck or low back, your chiropractor can help your spinal joints to move again, allowing you to assume a much better posture.

Some chiropractors also use Myofascial release therapy as part of their plan of management for a patient. Myofascial release therapy involves the release of muscles which have tightened due to an injury or chronic postural strain from long days sitting at the computer or carrying a heavy hand bag. When

you have tight muscles, it shows! Is it attractive for your shoulders to be hanging off your ears? Probably not, but when the muscles in your shoulders and neck get tight - you may notice your shoulders heading north. Releasing those tight muscles through muscle release therapy will help lower the shoulders, thereby making the neck appear longer.

Your feet form the base of support for your entire body and the way you walk reflects your level of confidence, in turn affecting how attractive you appear to other people. People tend to associate waddling and limping with old age and may consider this to be less attractive than an even-heeled strut. There are many conditions that can affect the way a person walks and by determining what the problem is, a treatment plan including gait training and custom orthotics can be implemented by your chiropractor.

Here are some tips that you can start using today to improve your posture. As you improve your posture, don't be surprised if friends and family suspect that you've gotten taller or suddenly lost ten pounds.

Exercise and stretch regularly.

Do an active warm-up before activity and stretch after.

Eat a variety of healthy and nutritious foods.

Maintain good posture and learn how to breathe properly.

Don't overload your backpack or handbag.

Do not sit or stand in one position for prolonged periods.

Never cradle the phone between your neck and shoulder.

Sleep on your back or side, not on your stomach.

Invest in a good chair, pillow and mattress.

Have regular spinal check-ups.

JL



Oprah Winfrey, Ronald Reagan, Lou Dobbs, Gene Autry, Pearl S. Buck, Eisenhower, Bob Hope, Ray Kroc {McDonald's}, Tom Selleck, Danny Thomas, Lawrence Welk, etc., are just some of the over 500 members of the Horatio Alger Association of Distinguished Americans who had experienced a wide spectrum of what life can offer.

All are similar to characters in stories written by Horatio Alger Jr., who remains mostly forgotten today. His spirit lives on through the aforementioned who have started life in challenging circumstances.

In Horatio Alger's Shadow: Jimmy Tayas

BY GENE ARCERI
SAN FRANCISCO – CALIFORNIA

Jimmy Tayas is one who overcame adversity, never knowing who Alger was yet he climbed Horatio's Golden Ladder; self-reliant, hard working and as Alger wrote "Pluck and Luck." He is quintessentially the self-made man. Born into a troubled bi-racial household, July 12, 1962. {Horatio was born July 18, 1899}.

A welfare family living in a public housing project in a black neighborhood - Jimmy's Mom, of Irish/Navajo descent couldn't manage her life realistically and sought refuge in the astrological stars. His father of Philippine/Spanish origin, an alcoholic, worked periodically in a chocolate factory. At age 17 Jimmy had to leave school and got a job washing dishes. When things went wrong he was disciplined with a belt-buckled strap and was referred to as "the white sheep of the family" in comparison to his darker siblings. Dishwashers were in demand

so he moved around bicycling between two jobs looking for a better opportunity which did not come. His father deserted the family while his mother partied with self-destructive types until one day, while crossing the street, she was hit by a drunk-driver - arriving D.O.A. at the hospital. Scarred by this for life, Jimmy has an aversion to alcohol and any addictive substances.

He studied professionals who did things he couldn't, learning by experience, ending up working for a seniors' housing residence in San Mateo, California. After eight years in the kitchen, he took another chance to lift himself up another rung of that ladder, so he left.

The new administrator, Sarah Lambert, his mentor, called him at the gas station where he was working to ask him back. The residents missed him, his smile and kindness to them. Only this time he

would move up. On January 8, 1996, he became the maintenance man at their other building. Jimmy bought a "How To!" book on maintenance. It became his Bible. In time he became indispensable and tenants of varied ethnicity loved him for his willingness to help them. After 12 years of perseverance, improving in multiple tasks, he was given an award. It wasn't all work: one particular Christmas Eve he met Linda Baron, they have been together ever since.

Always wanting the security of a place of his own, he now has one in the building he maintains. He loves music, teaching himself the guitar and piano. His is a life in progress, turning obstacles into opportunities and bad times into blessings, emulating the principals of an Horatio Alger hero, unknowingly following in Horatio's shadow.

JL



INDULGENCES

God may have created man before woman, but there is always a rough draft before the Masterpiece.

A medley of humor, for the heart!

Loving Humor

BY JONATHAN CHARLES
CHRISTCHURCH – NEW ZEALAND

WIFE VS. HUSBAND

A couple drove down a country road for several miles, not saying a word. An earlier discussion had led to an argument and neither of them wanted to concede their position. As they passed a barnyard of mules, goats and pigs, the husband asked sarcastically: "Relatives of yours?" "Yep," the wife replied, "in-laws."

Much later, during an after-dinner drink, the husband read an article to his wife about how many words women use a day. 30,000 to a man's 15,000. The wife replied: "The reason has to be because we must repeat everything to men!" The husband turned to his wife and said: "What?"

UNDERSTANDING WOMEN - A MAN'S PERSPECTIVE

I know I'm not going to understand women. I'll never understand how you can take boiling hot wax, pour it onto your upper thigh, rip the hair out by the root, and still be afraid of a spider.

WOMEN'S REVENGE

"Cash, check or charge?" I asked, after folding items the woman wished to purchase. As she fumbled for her wallet, I noticed a remote control for a television set in her purse. "So, do you always carry your TV remote?" I asked. "No," she replied, "but my husband refused to come shopping with me and I figured this was the most evil thing I could do to him legally."

WHO DOES WHAT

A man and his wife were having an argument about who should brew the coffee each morning. The wife said, "You should do it, because you get up first and then we don't have to wait as long to get our coffee." The husband said, "You are in charge of cooking around here and you should do it, because that is your job and I can just wait for my coffee." Wife replies, "No, you should do it and, besides, it is in the Bible that the man should do the coffee." Husband replies, "I can't believe that, show me." So she fetched the Bible and opened the New Testament and showed him at the top of several pages it indeed says: HEBREWS.

THE SILENT TREATMENT

A man and his wife were having some problems at home and were giving each other the silent treatment. Suddenly, the man realized that the next day, he would need his wife to wake him at 5:00 a.m. for an early morning business flight. Not wanting to be the first to break the silence {and lose} he wrote on a piece of paper, "Please wake me at 5:00 a.m." He left it where he knew she would find it. The next morning, the man woke up, only to discover it was 9:00 a.m. and he had missed his flight. Furious, he was about to go and see why his wife hadn't wakened him when he noticed a piece of paper by the bed. The paper said: "It is 5:00 a.m. Wake up."

JL



The Poet's Corner

Photograph by Vera Resnik

FIREFLY

Stepping outside at dusk, it's humid, but nothing I haven't felt before.

I checked my watch then disregarded our limited understanding of time.

Outside I sat for a minute watching sparks circling in the silhouette of blackened tree leaves.
Fireflies.

They navigate in the dark, terrified because they can't see through barriers.

But instinctively, they light up and expose their surroundings... bringing a labyrinth of the unseen.

Now they have a million ways to escape.
All they have to do is choose one.

I wondered if their involuntary sense of blindness lights a distress flare to show the way.
A few moments later, in my hindsight, I realized it doesn't matter.

What matters is that these small insects pale in contrast to human beings,
and yet survive because they have an awareness... that the darkness around them is powerless against internal light,
their own strength.

As advanced as we've become,
the simplest things are buried in plain view.

©garysweeney

IT

"It is what it is"
so people say.

Wondering where to find IT I searched oceans, forests, beaches, profound literature, simple jokes, depth of darkness, glittering joy, winter freeze, summer breeze.

Can it be lost, recognized, memorized, immortalized?

What is IT?

A gloomy violent storm, an endless open road or wrapped in skies of blue?

Innocent childhood or knowing adulthood?

IT was right in front of me. I found it in a baby's giggle, lover's face, grandparents' nobility, cries of war, pain of suffering, joy within the soul, illness, healing, prayer, everywhere, tears, smiles.

IT is encased in everything: love, the moment, always, hate, anger, yesterday, tomorrow, now.

IT is the question and the answer and doubt.

IT just is.

So people say
"It is what it is."

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WHAT WE HAVE LEARNED FROM DARWIN

There is no special human gene
in any human being
since each combines
the genes of every living kind
and all there is of race
is in a human face
in human eyes
wide with a wild surmise.

©mbcallaghan

JL

THIN'K'ERS CORNER

POPULATION OVERLOAD

WHAT IN THE WORLD IS GOING ON?

BY THE YEAR 2050 THE WORLD'S POPULATION WILL REACH 9.3 BILLION AT A GROWTH RATE OF
77 MILLION PEOPLE PER YEAR.

DID YOU KNOW?

IN JUST 5 YEARS THERE WERE 300 MILLION UNPLANNED PREGNANCIES WORLDWIDE
(NOT INCLUDING THE 3RD WORLD) WITH 700,000 WOMEN DYING AS A RESULT.

THERE'S A HUGE, UNMET NEED TO RECTIFY THIS!
HUNDREDS OF MILLIONS OF WOMEN GLOBALLY DO NOT WANT TO BECOME PREGNANT.

HOW CAN SOCIETY HELP? IS THERE A SOLUTION? YOU DECIDE.

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YES! International is a trade name of *Friday's Child International, a registered charity in Canada and the USA assisting millions of young people annually.



YES, VIRGINIA! COME - EXPLORE WITH ME

As you venture out into our world, your travel can consist of a day visit to the closest towns or a journey that will place your feet clear on the other side of the world. It is all about discovery and about everywhere you walk.
So, COME – EXPLORE WITH ME.

Navarre Beach, Florida

BY LOIS M. GORDON
SILICON VALLEY – CALIFORNIA

Are you longing for white beaches and blue tranquil water? Navarre Beach, Florida is the place for you. I was there last September when Hurricane Ike decided to proceed up the Gulf. Even though Ike was hundreds of miles away, the water swelled and swirled putting on a magnificent show for us. It was an awesome sight seeing so much power moving forward. Thankfully, most of the time the pristine beach is a perfect place to relax.

HISTORY

People first inhabited Florida at least 12,000 years ago. The variety of environments in prehistoric Florida supported a number of plants and animals, including most mammals we know today. Others that are now extinct {saber-tooth tigers, mastodon, giant armadillos and camels} roamed the land.

The coastline along the Atlantic Ocean and the Gulf of Mexico was very different. The sea level was much

lower. The peninsula was more than twice as large as it is now. Inhabitants were hunters and gatherers. Their diet consisted of small animals, plants, nuts and shellfish. These first Floridians settled in areas where a steady water supply and stone resources for tool making and firewood were available. These native people developed complex cultures. Native societies of the peninsula developed cultivated agriculture, traded with other groups and increased their social organization.

Unlikely to be true, Juan Ponce de León discovered Florida while searching for the Fountain of Youth. He landed on the east coast naming the land La Pascua Florida or “Flowery Easter”, probably due to the abundant “Flora (plants)” plant life or to the fact that he arrived during the Spanish Easter feast, Pascua Florida.

Ponce de León claimed he encountered at least one Indian speaking Spanish. Returning to start a colony in 1521, he was driven off by repeated attacks

from the native population. The earliest records of inland Florida are those of conquest survivors. “Pánfilo de Narváez” Another “Narváez expedition” explored Florida’s west coast but was lost at sea. One of the expedition’s officers survived nine years trudging between Florida and Mexico, returned to Spain and published his observations. This inspired Hernando de Soto’s invasion in 1539. Members of his expedition later published details of Florida’s natives, their lifestyles and behavior.

LIFE IN FLORIDA TODAY

The relaxed atmosphere in Navarre today is one of re-energizing {after working hard all year} during a vacation, whether it is a long weekend or several weeks. Many condos and homes are for rent, you can cook or eat out at one of the many restaurants. We did both. Also the small communities along the coast are wonderful to browse in.

JL

WHY CHOOSE VIKING RIVER CRUISES?



✦ *Enjoy the ever-changing scenery*

Rivers have been the highways of civilization for centuries, but it wasn't until recently that people discovered river cruising as the ultimate way to travel. As many savvy travelers already know, Viking River Cruises, the #1 River Cruise Line, is one of the best ways to experience the wonders of Europe, Russia and China.

Why is it so different? Because only a Viking River Cruises vacation gets you so close to your destination—you can walk right off the ship into Budapest's Central Market or sail through the Three Gorges on the Yangtze. But, perhaps the best feature is that all Viking River Cruises excursions are included in the cruise price, and led by English-speaking tour guides. Try getting all that on an overcrowded ocean liner!

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Since 1999, Viking River Cruises has custom-built ten new ships, designed with amenities which maximize the river cruising experience—enjoy deluxe outside cabins, elegant Scandinavian design and large picture windows with scenic views. In this setting, you can relax and make new friends as you enjoy the intimacy of being on a ship with about 150 other passengers. So much more than simply a cruise, a Viking River Cruises voyage truly is the very best way to experience the vacation-of-a-lifetime.

PASSENGERS REALLY EXPERIENCE THEIR DESTINATIONS

While river cruising makes travel effortless, it's really the enjoyment that passengers get from seeing both bustling cities and idyllic riverside towns that keeps them coming back. On a Viking River Cruises vacation, you'll view artistic masterpieces, explore the opulent gardens of a royal palace, or enjoy the sights and sounds of a vivacious outdoor market. And there are no hidden costs—it's all included in the price of the cruise.



✦ *Your guides share "insider" stories*





✦ *Our ships often dock in the heart of a city*

MAKE LASTING MEMORIES IN EUROPE, RUSSIA OR CHINA

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While you're traveling on any of our itineraries, you'll spend your time between ports visiting with other passengers or watching the scenery go by—while we bring the fascinating cities right to you. At Viking River Cruises, we believe you should be able to enjoy any of our destinations up close and in comfort.

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Budapest to Black Sea to Vienna: 14 Nights

Danube Explorer

Vienna to Nuremberg: 7 Nights

Berlin to Prague

Berlin, Magdeburg to Melnik, Prague: 11 Nights

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Charter Schools

BY ALLAN MCBEATON
BOSTON – USA

Charter schools are elementary or secondary schools in the United States, Canada and other countries that receive public money but have been freed from some of the rules, regulations and statutes that apply to other public schools in exchange for some type of accountability for producing certain results, which are set forth in each school's charter. It is a public school that functions as a semiautonomous unit. It is a document that declares the school's special purpose and rules of operation.

Depending on the legislation that is designed to cover charter schools, a school may have a "sunset clause" in its charter. That clause will come into effect when the school is evaluated after a prescribed number of years to see if the objectives set out in the charter are met. If not, the school is closed.

For instance, they prescribe their own staffing and equipment requirements, determine their own budgetary priorities within the limits of their funding, and are not required to hire union members.

While charter schools provide an alternative to other public schools, they are part of the public education system and are not allowed to charge tuition. Where space at a charter school is limited, admission is frequently allocated by lottery based admissions, although

many are oversubscribed. Some charter schools provide a curriculum that specializes in a certain field, e.g. arts, mathematics, etc. Others simply seek to provide a better and more efficient general education than nearby public schools. About one-half are designed to serve at-risk students.

Some charter schools are founded by teachers, parents, or activists who feel restricted by traditional public schools. State-run charters {schools not affiliated with local} are often established by non-profit groups, universities and some government entities. Additionally, school districts sometimes permit corporations to open chains of for-profit charter schools.

Charter schools do not have the freedom of independent schools, which have more curricular flexibility and are usually not fully funded by public dollars. In contrast to contract schools, charter schools are not profit making, but they resemble the schools that operate under site-based management.

Charter schools that exist in New Zealand, find each public school is chartered to reflect the diverse priorities of the families and communities it serves.

In England, grant-maintained schools, which are chartered by the central

government, are independent of their local educational authorities.

Curricular emphases in order are: an integrated curriculum, technology, and "the basics". The main reasons for chartering are: a desire for better teaching and learning, a special teaching or social philosophy, or an emphasis on innovation. Schools are made accountable by test results or surveys of parental satisfaction.

When teachers are given a voice in schools over matters ranging from policy to curriculum, all of the benefits that come with their sense of ownership accrue to the organization. Shared vision creates synergy and unleashes creativity that often lies dormant in top down organizations. But it is critical for a school's commitment to shared decision-making to begin with the recruitment and selection phase. Charter schools need to be clear about the school's mission and what part investing leadership in teachers plays to that mission. The school's vision should clearly outline the leadership expectations of teachers and the school needs to maintain a climate that encourages performance and rewards teacher contributions, while supporting teachers as they develop the skills needed to assume meaningful roles in helping the school achieve its mission. JL



Green Vs. Global Warming

BY SCHOFIELD BINGHAM
MIAMI – FLORIDA

The idea of energy efficient, healthy buildings has been around for a long time, so why is it just now that the concept of “green” or “sustainable” building is entering the mainstream and catching the attention of Fortune 500 companies?

There are probably several reasons: global warming, rising energy costs, the growing awareness and liability costs associated with “Sick Building Syndrome”, declining oil reserves, and concerns about our limited water supply. The list goes on, but whatever the reason or reasons, sustainable building is a concept whose time has come.

Which begs the question, what is IT? The ultimate definition depends on how one defines “green” as opposed to how one defines “sustainable”.

My personal definition of “green” is relatively simple. A home’s design is “green” if it serves to reduce many of the harmful impacts buildings have on our environment and our home’s inhabitants. So “green” home design revolves around four key issues:

1. Designing for energy efficiency including the use of renewal energy sources such as wind, geothermal and solar.
2. Creating a healthy indoor air environment with adequate ventilation and making material choices that minimize volatile organic compound {VOC} outgassing within the home.
3. Specifying building materials and resources that are sustainable, have low

embodied energy and produce a minimal amount of upstream environmental impact.

4. Providing for the efficient use of water via appliance, faucet, and shower head choices and in arid climates by zeroscaping and recycling grey water and capturing rain water for landscaping and other non-potable uses.

However, the words “green” and “sustainable” are often used interchangeably and sustainable has a more precise meaning that is often obscured, distorted, and diluted by the commercialization and marketing of the green “movement”.

In the context of our built environment sustainable takes its meaning from “sustainable agriculture”, or “the ability ... to produce food indefinitely, without causing irreversible damage to ecosystem health”.

If we accept this as the basis for the definition of sustainable building, everything changes. For example, a 5,000 sf home with a HERS index of 70, bamboo floors, and Energy Star appliances may be “green”, but it is NOT sustainable. In the context of global warming and even the most optimistic projections of peak oil and gas, only a home that meets zero energy standards can be considered sustainable.

Borrowing from A. A. Bartlett’s Laws of Sustainability, here are my own Laws of Sustainable Housing.

- 1st Law - U.S. urban sprawl and the growth in home sizes and the associated

energy and resource consumption is not sustainable.

- 2nd Law - In the context of global warming and even the most optimistic projections of peak oil and natural gas, new and retrofitted homes should only be built to net zero energy standards.

- 3rd Law - The size of population that can be sustained {the carrying capacity} and the sustainable average size and resource consumption of our homes are inversely related to one another.

- 4th Law - The U.S. cannot sustain average home sizes that are more than twice the average size of other developed countries.

- 5th Law - All countries cannot simultaneously be net importers of carrying capacity {fossil fuels, etc.}.

- 6th Law - Inadequate U.S. building energy standards are contributing to a rapid depletion of our natural gas and other fossil fuel resources. This is true not only within our borders but via our high level of imports - it is true worldwide.

- 7th Law - Net zero building energy standards will be necessary to slow the depletion of fossil fuels in a pre and post peak oil and gas world.

- 8th Law - The current state of our green, sustainable building “movement” may amount to nothing more than rearranging the deck chairs on the Titanic.

JL



Education: J.D., George Washington University Law School, 1968, B.A., Tulane University, 1965.

Birthplace: New York City {raised in Manhasset, Long Island}

Personal: Age 65, married, two sons, two granddaughters, resides in Roslyn, N.Y.

To “preserve a system that can protect the people who didn’t do bad things, you have to represent people who did do bad things. That’s the role we play.”

Ira Lee Sorkin, lawyer for Bernard Madoff

Madoff's Advocate Ira Lee Sorkin

BY BRETON MYLES
NEW YORK – NEW YORK

The story is as much about the U.S. criminal justice system — and the people who work within it — as it is about a man and his client.

Ira Lee {Ike} Sorkin seems to believe in the system. It’s what helps him weather comments about the decision he makes, provoking strong feelings — among those who like him and those who do not. He received his first death threat in 1975 when prosecuting an “alcoholic stock swindler”. More recently, Sorkin has defended an assortment of unpopular clients, like Monzer al-Khazar, a Syrian convicted last November of supplying arms to undercover agents posing as anti-American terrorists.

He’s also, like a lot of criminal lawyers who believe deeply in the system, flipping back and forth between the prosecutor’s office and the defense bar. Sorkin’s ability to switch sides of the table was demonstrated

when he returned to the SEC for two years in the 1980s, as its New York regional administrator, where he fought just as fiercely to shut down penny stock frauds as he had to defend their perpetrators prior to arriving at the SEC.

Ira Lee Sorkin has the challenging task of representing one of the most hated men in America: Bernard L. Madoff accused of ripping off billions in a Ponzi scheme.

As sprawling as the Madoff case has become, Mr. Sorkin has other significant matters on his plate. He said he is representing 15 clients who are the subject of either SEC or criminal investigations. He spent close to 11 years at the SEC and at the U.S. Attorney’s Office in the Southern District. During his two years at the helm in New York, the SEC developed the Yuppie Five case, which

involved the prosecution of an associate.

“This points out that young professionals want to make it quickly, they’re not willing to wait. They want the rewards sooner and they don’t want to make the effort. Greed knows no bounds. There’s always someone who makes more than you do. Investment banking is the new gold mine.”

The Office’s investigations also led to criminal prosecutions against E.F. Hutton & Co. and Kidder Peabody & Co., as well as a civil enforcement action against Robert Brennan, the head of First Jersey Securities.

Discussing the decision on whether to go to trial, Mr. Sorkin quoted famed Ohio State football coach Woody Hayes, who explained his heavy reliance on a running game as stemming from the fact that two of three

possible outcomes for passes - an incompletion or an interception - are detrimental.

Some of his most important victories were cases in which he persuaded prosecutors or regulators not to press public charges. He declined to elaborate other than to say the cases involved “a number of high-ranking individuals in corporate America”.

Mr. Sorkin is “very gregarious and good natured. He doesn’t just greet you with a handshake, but a hug”. It serves him well in dealings with prosecutors and regulators as well as juries but he also has “the residual toughness necessary” in a criminal defense lawyer. After two tours of duty at the SEC, one at the U.S. Attorney’s Office in Manhattan, his time as in-house counsel and years in private practice, Mr. Sorkin brings all different perspectives to the table.

JL



More Young Adults Using Sleeping Pills

BY TYLAND STOAKES
BOSTON – USA

Insomnia, a condition traditionally associated with older adults, appears to be causing larger numbers of young adults to turn to prescription sleep aids, and to depend on them for longer periods of time.

But perhaps the most startling finding was the increase in use of sleep aids has nearly tripled among college-age adults 18 to 24.

“What’s surprising is how rapidly this use is growing among the young,” said William Marder, senior vice president and general manager for the health care business of Thomson Reuters and one of the authors of the study. “It’s pretty rapid growth for a group that is generally not one of {the} high-utilizers.”

“I find it very worrisome that young people who should have a very strong and healthy sleep system are now finding they are turning to medication to help them get to sleep,” Donna Arand, a sleep specialist at Kettering Hospital Sleep Disorder Center in Dayton, Ohio, said.

Arand said she has seen a number of students seeking sleep aids because their normal sleep patterns have been disrupted in college, and she fears these adults may have trouble adjusting to a normal sleep pattern as their schedules normalize.

Two-thirds of those in a study population were taking non-benzodiazepine

hypnotics - such as Sanofi-Aventis’ Ambien CR and Sepracor Inc’s Lunesta. These newer sleep aids generally have fewer side effects, but in rare cases they can cause sleep walking and should not be taken by people with a history of sleep walking, nor should they be taken with alcohol.

One in three adults has occasional insomnia and one in 10 adults has chronic sleeplessness, according to the National Institute of Health. In recent years, more people have been taking pills to help them with the problem.

Chronic insomnia is often related to other mental health problems, including depression and anxiety, noted Dr. Mary Susan Esther, president of the American Academy of Sleep Medicine. Another recent study found that almost half of college-age individuals had experienced a psychiatric disorder in the previous year. Fewer than 25 percent of them sought treatment.

Most of the new prescriptions for adults under 45 appeared to have been written by family doctors or internists, according to the analysis. Even though one-quarter of the new users had a mental health diagnosis noted as the main reason for a health visit, fewer than 10 percent of new users visited a mental health professional before starting on sleeping pills.

Dr. Eric M. Plakun, a psychiatrist and director of admissions at the Austen

Riggs Center, a mental health treatment facility for young adults in Stockbridge, Massachusetts, said the increasing reliance on sleeping pills reflects changes in cultural attitudes toward medication use.

“This is a generation that was raised on Ritalin and Adderall,” Dr. Plakun said. “They and their parents have turned to medication and found medications can be helpful. But it’s a double-edged sword. You pay a price in which taking a pill becomes the way to go.”

A lot of the uptick is driven by the availability of newer sleep aids ... an increasing, alarming trend.

Prior to prescribing sleeping pills, doctors should insist patients try more conservative measures such as eliminating alcohol after dinner and cutting down on sugar, moderate daily exercise, turning off stimulating tv prior to bedtime, relaxing music as a rest inducing bedtime ritual, melatonin for those deficient in it, and other measures. Only with failure of these should doctors prescribe sleeping pills on a more than occasional basis. Sleeping pills are not benign and should be prescribed cautiously.

JL



The Heiress' Blackmailer

BY T. BRUNO CAVELLI
ROME – ITALY

Nicknamed The Swiss Gigolo, Heig Sgarbi was sentenced to six years in prison a few months back, for swindling six women out of \$11 million, most notably, Suzanne Klatten, the married BMW heiress.

The 44-year-old former investment banker had told the 46-year-old heiress, whose personal fortune of over \$9.6 billion makes her the 68th richest person in the world, that he needed \$8.9 million, claiming that during a car crash in the U.S. he had run over and injured a child, daughter of a mafia godfather, in Florida and that unless he came up with the money, he would be murdered.

But when again he hit up the mother of three for another \$60 million or he'd go public with a sex tape, she told her husband and called the police.

In a further bizarre twist, Heig Sgarbi announced he was just getting even with the heiress' grandfather, Gunther Quandt, who ran BMW for Hitler in WWII, amassing an immense fortune.

Sgarbi's real name is Helg

Russak and he claims his parents were forced laborers in the BMW factories.

Although he "deeply regretted" his actions, he refused to disclose what happened to the money he received from Mrs. Klatten, or what he had done with a further £2.2 million handed over by another three of Germany's richest women he had seduced.

Prosecutors had called for a jail term of nine years but Sgarbi's admission of guilt secured him a lesser sentence of six years.

Prosecutor Thomas Steinkraus-Koch praised the heiress for her bravery in exposing the extortion attempt. "She was the only victim who came to us and gave a witness statement. We had to find the others, with great difficulty," Steinkraus-Koch said.

Mrs. Klatten is the daughter of the late BMW magnate Herbert Quandt and holds a 46 percent stake in the car company. She also owns an 88 percent share of chemical giant Altana. The combined

fortune makes her Germany's richest woman.

The heiress first met Heig Sgarbi at an exclusive health resort near Innsbruck in the Austrian Tyrol in the summer of 2007. At first she spurned his advances but when he turned up unexpectedly in the south of France where she was on holiday, the following month they began an affair.

In August, they met in Munich at a Holiday Inn for an "intimate" rendezvous where the encounter was filmed from the adjoining room by a 63-year-old Italian accomplice, Ernano Barretta from Pescara, on Italy's Adriatic coast.

Mrs. Klatten fell for the story when he said he had managed to pull together three million Euros but unless he could come up with the rest of the money, the mafia would kill him. She agreed to give him seven million Euros, handing over the cash in the Holiday Inn's underground garage in 14 plastic folders.

Mr. Sgarbi then urged the heiress to leave her husband and put into a trust fund 290

million Euros (£260 million) so they could begin a new life together. But the heiress refused and decided to end the relationship.

Sgarbi then began blackmailing her, sending her a CD containing photographs of the two of them having sex. He said that unless she paid up he would send a copy to her husband and the executive board of BMW.

He demanded 49 million Euros (£44 million) which he subsequently reduced to 14 million Euros with a set deadline. Instead of giving in to the extortion, Klatten went to the German police and Sgarbi was arrested in Austria.

"I realized he wasn't the man he claimed to be. I realized the folly of what I had done. There was a moment of clarity and I recall saying to myself: 'You are a victim now and you have to resist. Otherwise it will never end,' she told police.

JL

Encore!

BY JO LEE MAGAZINE

NEW YORK / SAN FRANCISCO / HONG KONG / LONDON / TOKYO / ROME / TORONTO



Han Bing

ADESTE Governor
Representing China

I AM A COLLECTOR OF
Wine, antiques, art works and
photography books.

MY PASSION IS
Intercultural Communications.

BEST LIFE EXPERIENCE
Backpacking through Europe by
myself.

BEST MEMORY
Summitting Mt. Blanc.

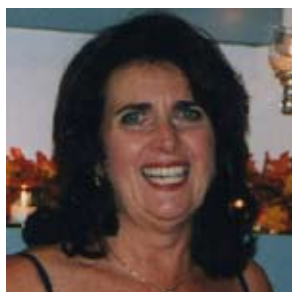
BEST BOOK
The Oracle Bones.

MY LUXURY DREAM IS
Sailing in a Yacht through the
Greek islands.

MY FANTASY IS BEING
MORPHED INTO
An explorer on Silk Road during
Tang Dynasty {7th Century}.

BECAUSE
I would love to find out how

those merchants, diplomats,
missionaries and scholars
exchange goods, culture, arts and
different religions between China
and Central Asia and Europe.
Also, I would like to understand
how this has changed people's
lives of each ethical group/tribe/
country back to 1300 years ago.



Colleen Buckett

Sr. coordinating Editor
JO LEE Magazine

I AM A COLLECTOR OF
Rocks, unique and different,
from the beaches I have traveled
to in different parts of the world.

MY PASSION IS
Travel and reading.

BEST LIFE EXPERIENCE
During my first trip to Europe,
at 17, and with only high
school French I traveled to
Holland, France, Italy, Germany,
Switzerland and Brussels on my
own. At the time, each country
had its own currency which
quickly taught me the makeup of
many lands.

BEST MEMORY
Getting married, having children
and grandchildren, seeing all
their milestones.

BEST BOOK
Gone With the Wind.

MY LUXURY DREAM IS
I would love to own a few villas
in Italy, France and Spain all on
the sea.

MY FANTASY IS BEING
MORPHED INTO
An Eagle.

BECAUSE
I could soar high and far over
the land.



Aniko Boehler

ADESTE Governor
Representing Morocco

I AM A COLLECTOR OF
Art.

MY PASSION IS
Life, Freedom & Beauty.

BEST LIFE EXPERIENCE
Living among the Wodaabe,

Nomads Pastoralists of Niger.

BEST MEMORY
Trekking on the Cerro Negro
Volcano in Nicaragua on a New
Year's Eve and running down
the ashes on the other side after
sunset ~ to watch a perfect sky
and millions of stars!

BEST BOOK
Master & Marguerite
by Boulgakov.

MY LUXURY DREAM IS
A Japanese Chef at home.

MY FANTASY IS BEING
MORPHED INTO
A Star.

BECAUSE
It would be fun to stay up there
for ever and ever after and even
long after you are a dead star!



Olivia Y. Hollaus

ADESTE Governor
Representing USA

I AM A COLLECTOR OF
Books.

MY PASSION IS
Traveling.

BEST LIFE EXPERIENCE
Studying abroad in Beijing.

BEST MEMORY
Dancing, laughing and goofing
around at home with both my
parents.

BEST BOOK
There are too many good ones
to choose one! However,
lately, I have been reading
autobiographies of influential
people in the Internet age such
as Steve Jobs and the Google
founders.

MY LUXURY DREAM IS
To purchase a beautiful
contemporary condominium
overlooking Hong Kong's
Victoria Harbor.

MY FANTASY IS BEING
MORPHED INTO
An Olympian swimmer setting
records as Michael Phelps has
done.

BECAUSE
The rush of pre-racing, winning
and accepting your Gold medal
must be unlike any other
feeling... then again, living in
Beijing during the Olympics
has most likely influenced my
morphing fantasy...



Brett Lamb
Creative Advisor
JO LEE Magazine

I AM A COLLECTOR OF
Habit.

MY PASSION IS
Scribbling and scratching.

BEST LIFE EXPERIENCE
1980s art school.

BEST MEMORY
Lazy days by the water.

BEST BOOK
Maakies {the first volume}.

MY LUXURY DREAM IS
Hot coffee on a dock.

MY FANTASY IS BEING
MORPHED INTO
A Cyborg unicorn!

BECAUSE
I could calculate my taxes while
learning to play the violin.



Halina Lis
Production
JO LEE Magazine

I AM A COLLECTOR OF
One-color white china.
Especially different sized jars.

MY PASSION IS
Reading, writing, design and
decor.

BEST LIFE EXPERIENCE
Working as a Photo Stylist for
"JO LEE Magazine" and as an
Executive Producer of a short
film.

BEST MEMORY
The magical moments of looking
at my children's faces changing,
when they were very young.

BEST BOOK
Franz Kafka's "The Trial". It

took me by surprise; I will never
forget how amazed I was when
reading it.

MY LUXURY DREAM IS
Making movies.

MY FANTASY IS BEING
MORPHED INTO
Planet Earth, to fulfill my
natural curiosity and thirst
for knowledge; to understand
where we are from and how we
survived.



David Weill
ADESTE Governor
Representing Europe

I AM A COLLECTOR OF
New experiences. Quite standard
for an entrepreneur!

MY PASSION IS
My company, my family and
animals.

BEST LIFE EXPERIENCE
A survival camp based on
low food, low sleeping while
continuing to manage people.
Incredible challenge.

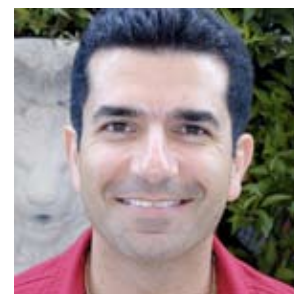
BEST MEMORY
My first medical product on the
market. After countless hours of
resolving problems, one day you
find yourself looking at giant
publicities of your product and
you say "maybe I did It!" Then
sales begin rising, people thank
you for diminishing their pain,
shortening their treatment and
that day you say to yourself "Yes,
I did It!"

BEST BOOK
Predictably Irrational, Dan
Ariely. Art of War, Sun Tsu

MY LUXURY DREAM IS
A lobster in a chalet, far away,
lost in the mountains.

MY FANTASY IS BEING
MORPHED INTO
A Cat.

BECAUSE
People always take good care of
their cat!



Shawn Zahedi
Editor, Diplomatic Relations
JO LEE Magazine

I AM A COLLECTOR OF
Fridge Magnets.

MY PASSION IS
All expressions of beauty from
that found in nature to art.

BEST LIFE EXPERIENCE
Reading "The Power of Now"
and Discovering "Being in the
Now".

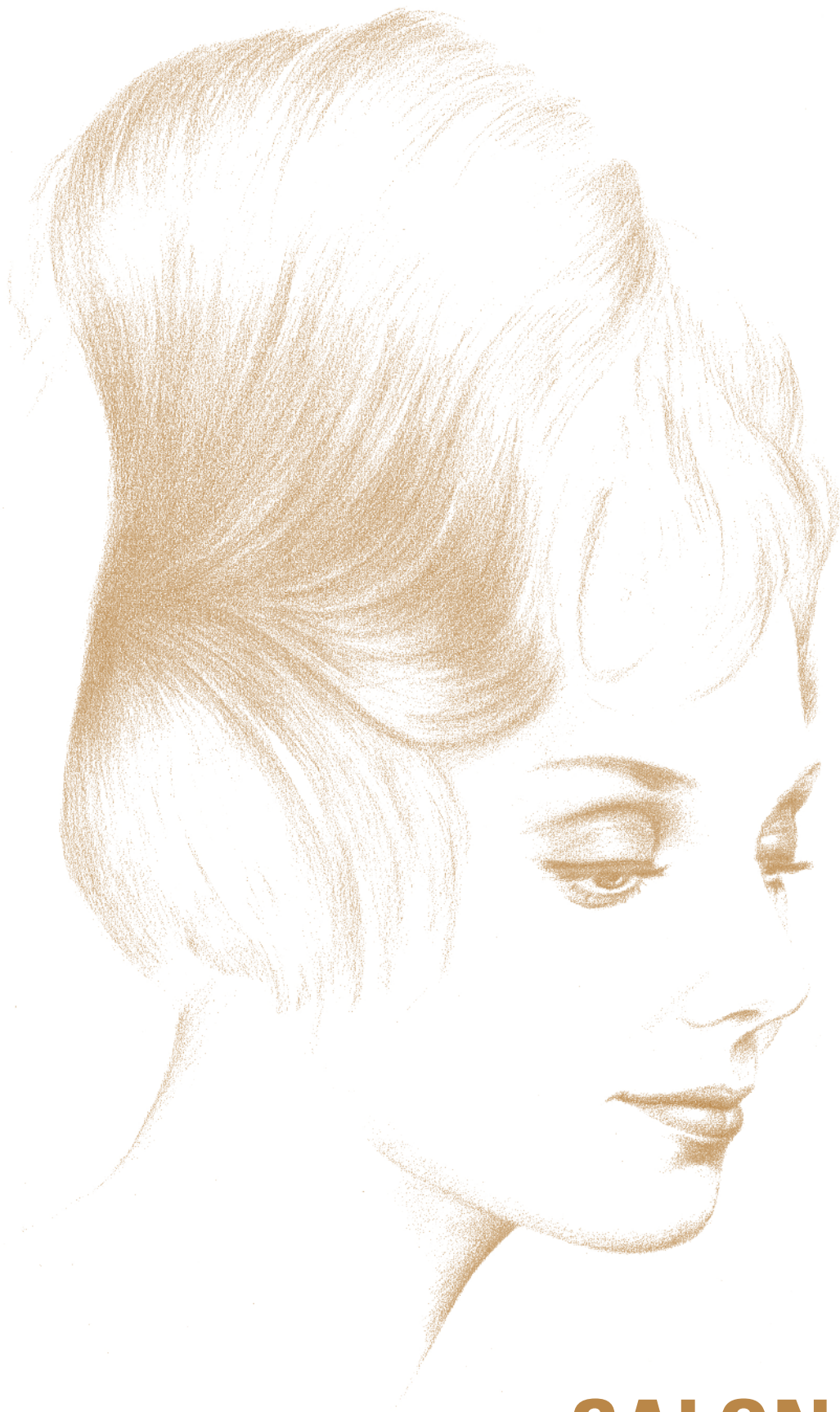
BEST MEMORY
My Life.

BEST BOOK
The Power of Now.

MY LUXURY DREAM IS
To be free from material and
emotional worries to be always
present and alive!

MY FANTASY IS BEING
MORPHED INTO
The "calm" permeating the
universe.

BECAUSE
Beyond form, there is truth. JL



SALON COLLAGE

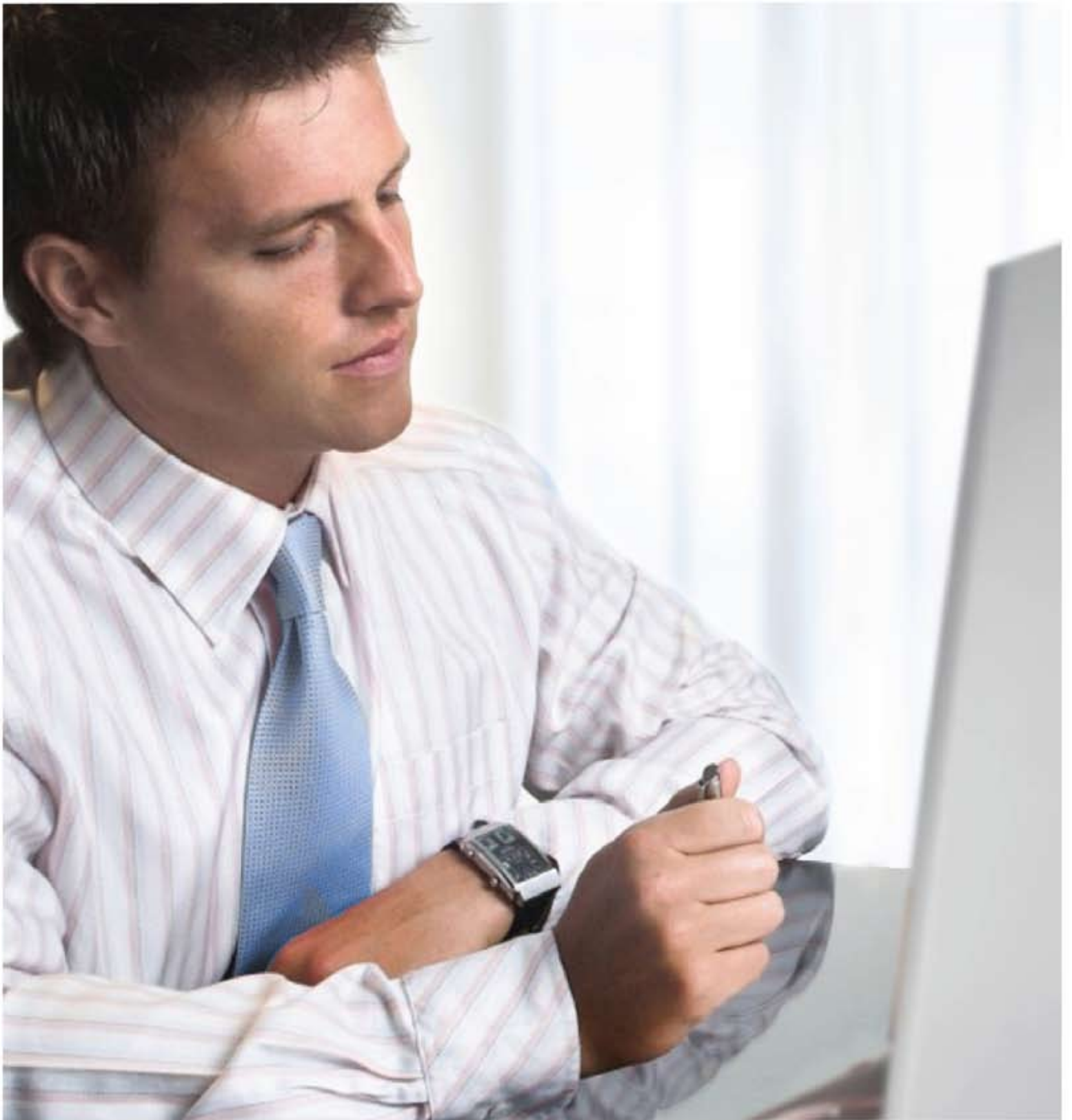
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On The Town - Years Later.

BY JO LEE MAGAZINE

NEW YORK / SAN FRANCISCO / HONG KONG / LONDON / TOKYO / ROME / TORONTO



“The Girls At 39...” Jo Lee’s childhood Pyjama night friends from Northern Ontario Canada - Timmins.

Mary Anne Amadio-Gervais - the musician, Mary Scullino-Colameco - the designer, Jo Lee the philanthropist, Norma Scullino-Cody - the publisher, Rose Protomani-Barrow - the humanitarian, Norma Giop-Petitti - the social worker.



Driven By Passion

BY DAVID C. WESONGA
NAIROBI – KENYA

That the euphoria surrounding the U.S President Barack Obama is far from over is neither a surprise nor an over statement. He outmaneuvered foxes in his first 100 days, running with hares and hunting with the hounds; he has been received like royalty on his European tours and the glitzy Italian Prime Minister Silvio Berlusconi was snapped angling for photos amidst controversy over his “tanned” remarks on Obama’s skin color.

“He is credible,” said German ex-President Richard von Weizsäcker, sentiments echoed by the English Prime Minister, saying he is a representative of change. But wait, are we hostages of momentum? What goes up vis-à-vis what comes down? Could it be true that this momentum is actually a neutral force only engrained in our sub-conscience?

The argument is great expectations make frustrated

men, but what goes up, does not necessarily come down! It took the son of a Luo intellectual from a sleepy village in rural Kenya to awaken all the Obamas now angling for international limelight and believing in momentum driven upwardly. And there lies the neutrality!

On matters of inspiration against momentum, history is being made. From the sulky cold village Malmo, up in Sweden, fashion euphoria is emerging and is sweeping Denmark with gusto. Yes, Denmark. Inspired by the ‘Obama-mentum’, a 20-year-old girl, sired by a father from Kenya, who never married her mother, and against odds made it to the high society, is setting heads turning and about to do an Obama in the fashion world, and is already being tipped as the next Madonna of modelling.

When her mother married a Swedish national, Kristina Remne was just a tender ten, living in the populous

Nairobi’s Eastlands estates. Barely able to afford a decent upkeep, those who knew her then admit she strutted the slimy roads with unrivalled finesse - lifestyle notwithstanding.

Then she joined her mother and step-father in Sweden and between shifting careers in classes and scouting for chances to catwalk, she dreamt of touting the flout on fashion covers.

But the Diaspora was just that! A Diaspora littered with disgruntled Africans striving to live the foreign dream. Then Obama did it, and she realized she could too! “I just never felt I could, then Obama and now, yes I can,” says the self confessed Rastafarian.

Talking of been there done it, there is a scale of imperious barriers a society hurdles on commoners. From struggling for a meal to walking to school, from battling for acceptance in foreign lands

to struggling to fit into a highly racial society, Kristina has her eyes on something; a momentum initially kept neutral is now on an upward spiral. She participated in her first fashion contest in Copenhagen and on coming first, she knew she could. An instant hit with the fashion world, Kristina is already modeling for couture, glamour houses and brands, and the next stage is no longer the small town in Sweden, but the World. INCLUDEPICTURE MERGEFORMATINET

A seemingly inexplicable stance on the neutrality of Momentum, but it all seems to lie in the mind!

JL



Faithful And Curious

BY HEIDE VAN DOREN BETZ
SAN FRANCISCO – CALIFORNIA

Yearly, an estimated six million pilgrims and tourists flock to Vatican City. Many are there to receive a blessing by the Pope.

Vatican City is the smallest state in Europe {less than one fifth of a square mile}, with about 900 residents of which approximately 500 are citizens. It has been the residence of the Popes since 1377. The citizens include the Pope, cardinals and bishops, working clergy, members of the Holy See's diplomatic missions and the 101 members of the Swiss Guard. The Swiss Guard's tradition of guarding the Pope dates to Julius II in 1505 and their colorful yellow and black uniform has not changed since then. The official language of the Vatican is Italian, although the Swiss Guard give their commands in German. Within Vatican City are housed some of the greatest architectural monuments and works of art in the world, by such artists as Botticelli, Michelangelo, Raphael and Bernini. An abundance of ancient works

from Egypt, Greece and Rome can also be seen at the Vatican Museums.

The jewel of Vatican City is St. Peter's Basilica, the largest and most famous of all Christian churches with the dome, designed by Michelangelo, that can be seen from miles away. The construction of the Basilica was begun by Constantine the Great in 324 AD, over the site where St. Peter was buried.

St. Peter's Square, finished in 1667, is reached via the Via della Conciliazione and immediately strikes awe into the visitor with its great scene of two semi-circular colonnades with almost 300 columns by Bernini, two majestic fountains by Bernini and Maderno, 140 statues of saints on the rooftop of the colonnade and an Egyptian obelisk in the center, which was ordered erected by Sixtus V with the labor of 900 men.

The seated Papal audience is scheduled every Wednesday morning and requires

advance reservation. Then again, some pilgrims and tourists make the journey just to be there and stand on the sidelines of the majestic square and observe this extraordinary spectacle.

St. Peter's Square with the famous Egyptian obelisk {cross added by Pope Sixtus V} in silhouette, page 66; Bishops and Cardinals {wearing magenta and red zucchetto} await the arrival of the Pope in St. Peter's Square. The Colonnade and statues surrounding the square were designed by Bernini, page 68; Swiss guards and security personnel survey the guests in the upper section of the stage. An Egyptian Obelisk and the Colonnade of St. Peter's Square are prominent in the background, page 70; A souvenir stand with books, statues and kitsch looms in from of St. Peter's Square, page 72.

JL















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FOR UNSUNG YOUTH TO BUILD A LIFE IN AFRICA'S NIGER DELTA

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And I’ll Bet The Sweeps On That!

BY DR. ANDREA BUCKETT
TORONTO – CANADA

Q: What is Agave syrup? Is it a healthy alternative to sugar?
Badriya – Nairobi, Africa

AB: Hello Badriya. Agave syrup {nectar} is a sweet liquid that comes from the core of the agave plant {better known for its contribution to Tequila}. The glycemic index of agave is 37 in comparison to honey {83} or glucose {120}. Therefore it is a sweetener that can be used in moderation by those suffering from diabetes. It has a consistency slightly less viscous than honey and a nice caramel flavor – with no aftertaste. Be sure to use Organic Raw Blue Agave.

Q: What is the best diet for maintaining weight loss?
Andrés – Reykjavík, Iceland

AB: Each body has its own unique metabolic needs, Andrés. The bottom line {without getting into

specific food choices} is: to lose weight you need to expend more calories than you consume. Simply put, you must move more and eat less. The other key is to make dietary changes that you can stick to for the long haul. Fad diets usually show quick results but are hard to maintain.

Q: There are so many specialty drinks on the market – energy drinks, vitamin water. Are they worth the cost? Kristina – Zürich, Switzerland

A.B: Kristina, these specialty waters that are marketed as healthy can often be the devil in disguise. Many companies market high sugar drinks as healthy because they have a few vitamins and minerals thrown in for good measure. Alternatively, water that has artificial sweeteners and flavors added are not a

healthy choice either. In most cases these vitamin waters are costly and do not contain a significant source of nutrients. If your diet is lacking and you feel you need a boost – take a multi-vitamin and drink plain old water – it is still your best choice for health and your pocket book.

Q: Do fish farmers add color to salmon? Bell – Amherst, Nova Scotia

A.B: Yes! All farmed salmon contain added color, Bell. Canthaxanthin {related to beta carotene} acts as an antioxidant and creates that great pink salmon color. While beta-carotene may be deemed harmless, accumulation of canthaxanthin in the retina has been known to occur. Unfortunately, the consequences of this accumulation are still unknown.

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The Scarlet Jacket Pensioners

BY RAY SCOTTY MORRIS
SAN FRANCISCO – CALIFORNIA

The Royal Hospital Chelsea, London, England is the home of the famous Chelsea Pensioners.

The hospital was founded by Charles II in 1682, completed in 1692 with its most famous architect being Sir Christopher Wren. Its purpose was a retirement home for old soldiers who had been wounded or served in the army for over 20 years. It serves the same purpose today.

Since its creation, over 25,000 old veterans have called it home. Currently it has approximately 300 old soldiers including the first two women who were admitted in 2008.

The In-Pensioner must surrender his/her army pension and in return he/she receives board, lodgings, clothing and full medical care. As one old soldier said to this writer, "It certainly was worth giving up my army pension to live in the best retirement home in the United

Kingdom," and I am sure all the other residents agree with him.

The Pensioners live a full active life and on being accepted are given a private Berth {bedroom}, small but comfortable in what is known as the Long Ward. They have the use of a club, an amenity centre, television and snooker room, a library and arts and crafts center, bowling green, an allotment garden and a first rate medical facility and hospital on the grounds. They are free to go out into London as they please and are a huge hit with the merchants and tourists in the neighborhood and at the local pubs.

Trips are arranged to sporting events, theater and military establishments and one group even visited the President in the White House. Meals are served seven days a week in the Great Hall and include breakfast, lunch and high tea. Leave of absence is granted up to six weeks but cannot be taken prior to Founders Day in June because of

rehearsals. A member of the Royal family usually attends these functions including Her Majesty The Queen.

On becoming a resident, each is measured for a uniform: the famous scarlet tunic which is worn on special occasions, and daily, civilian clothes may be worn if they wish.

The grounds are open to the public and as you wander around – you see many a scarlet coat.

Les and Dorothy enjoy each others company on the grounds of the hospital, page 80; Pensioner Les Perrier, 80 years old, talking with friends in the corridor of The Royal Hospital Chelsea, London, England, page 82; Les Perrier in his private berth in the traditional sleeping quarters of the hospital, page 84; Les chats with staff in the Great Hall, where all the meals are served, page 86; A stroll in the hospital park, with the traditional red tunics for Les and Dorothy, page 88.

JL



















WHEN ANGELS CRY

THE NEXT 100 YEARS: ONE CHILD'S JOURNEY HOW SHE/HE WILL LIVE, LOVE AND NEVER REALLY DIE

Shield The Child Global Climate Change

BY KELECHI ELEANYA
THE NIGER DELTA – NIGERIA
Photograph: Jo Lee in Africa.

Vibrant and active children ... they enjoy playing in the long rains ... the heat of the sun does not inhibit them from exercising themselves and exerting their energies. Little does any bit of change they see in the environment mean anything to them as they groove on, whether at home, at school or wherever they find themselves. This story may have changed today. It appears there is more danger appearing from these changes with situations varying from place to place across the globe with the outcome not pleasant.

Climate change is posing the greatest threats to human existence today and, in the future, unfortunately, its impacts are hitting hard on

a proportion of the human populace who most likely know nothing or contributed nothing to the present situation. Severe droughts, rising sea levels and the melting ice caps, increasing heat from the sun due to depletion of ozone layer, massive flooding and erosion and many more ... all affect the innocent children.

The gross impact is growing by the day: increasing burdens of disease, failure of agricultural production systems, increasing water scarcity, increasing child malnourishment!

Malaria kills about 800,000 children under five years of age annually in Africa. Children dying from

malnutrition is currently about 3.5 million. School attendance is dropping in areas prone to natural disasters - climate change with induced natural disasters affecting several hundred of thousands of children in the coming decade.

Climate change has led to heightened tensions and conflicts. Also, decreasing rain and crop yield, reduced livelihood options and rising food prices all increase the possibility that competition for scarce resources could lead to increasing tensions and violent conflict.

Climate change is predicted to cause additional water shortages, which could affect 75 -250 million people across

Africa by 2020. Another dimension of these impacts is that climate change is also fast eroding natural historical assets with all of these being out of reach of the children as they grow.

Altogether, children are highly vulnerable to impacts of climate change around the world. If there is anything louder than an alarm - now is the time to sound such! The global community must arise to defend our future. We need to secure our future - the common future of the world.

Let us invest in climate change adaptation priorities and shield the children from this menace of global change.

JL



A Modern Parable

BY CRAIG RICKER
MOSCOW – RUSSIA

In Russia there are two cultures and two languages. Traditional Russian and the criminal. In criminal jargon an official member of the criminal world is called a Vohr which translates in Russian to thief and their culture is called the Vohri Mir or thieves' world.

According to Vohri law, when a person bends to threats and pays money to a criminal, that person becomes a "Lohk" or in the plural form "Lohki". When a person becomes a Lohk the situation accelerates and can have only two endings. First, the Lohk gives everything to the Vohr, that means all material wealth including home. The Lohk must become his slave and any attractive daughters or wives of the Lohk become the property of the criminal.

The second outcome is that the Lohk somehow stops the

Vohr and forces the Vohr to respect him. For the Vohr, his status in the criminal world is based on his ability to force the Lohk to bend to his will.

In the former Soviet Union the top of the criminal food chain was the Government. If a person was not a member of the criminal world, the state security services or in a high government post, that person was a Lohk and not entitled to any property or real civil rights. Thus you have the reality of criminal world communism.

The most important point for the western world to understand is that the sword of world criminal communism has two edges, one being the ugly face of communist criminal dictatorship and the other international finance. This is well known to students of communism and is easily

proven because the Soviet Union was openly financed by London and Wall Street from before the revolution to today. The same can be said of China.

This brings us to America's catch 22.

Let's go to October 2008.

The global criminal ponzi scheme blew up in the faces of the Vohri. They faced huge losses so they acted as Vohri must. Thus we have the image of top U.S. Vohri saying to America, "give us billions of dollars or we will collapse the economy". There it is, brazen racketeering. A threat of violence if money is not paid.

What was the reaction to the bailout? Media screamed, "pay", finance world screamed, "pay", the American people screamed,

"don't pay". One vote said no, then the Vohri took a week to work on their Lohki in Washington and the second vote said, "pay". Since then the Vohri do as they always do with Lohki, they are taking everything.

Now the American people face their catch 22, either end up like the Lohki in the Ukraine with the whole nation living hand to mouth and their daughters staffing the bordellos of the world, or force the Vohri to respect us. Both painful and dangerous paths but this is the nature of a catch 22. Washington has proven itself to be Lohki so we are on our own.

JL



From Peanuts To Millions

BY GENE ARCERI
NEW YORK – SAN FRANCISCO – LONDON

When Jay Augustin, the general manager of PBS in San Francisco, offered to drive me to Santa Rosa for my December 10, 1976, interview with Charles Schulz, he said he would bring his camera to memorialize the moment with the creative genius. Also, I wanted to inquire about a years-earlier strip of his, May 12, 1972. I was then writing a book (Macmillan Publishers) about the actress Susan Hayward who had died a year before on March 14, 1975. I had to find out what inspired him to do this piece. In his studio, we sat down to talk. Here is what he said: “I did a Sunday page (May 12, 1972) which was the result of something that happened to me, oh, maybe close to 30 years ago. I spent a wonderful Saturday with a little gal from Indianapolis and we went on a picnic down in southern Minnesota to a nice spot, and we went swimming, and had just one of those rare days that happens in life now and then, and on our way home we decided to stop in and see a movie neither one of us had seen. It was

called *My Foolish Heart* and it had Susan Hayward in it.

“Well, I always remembered it, that day. The song from the movie itself became very famous and for years afterward whenever I would hear that song, *My Foolish Heart*, tears would come to my eyes because I would recall that glorious day. But somehow my memory began to backfire on me and I had replaced Susan Hayward with Anne Baxter. And also, whenever I would see Anne Baxter in a movie or on television I would often think of that glorious Saturday.

“One day, several years ago, I was down in Los Angeles and I was telling a friend about this and the friend said: ‘Yes, I saw that movie on TV but it wasn’t Anne Baxter it was Susan Hayward.’ It was a terrible blow to discover that your memory can really play tricks on you like that. I put this in a Sunday page (read by millions) and of course I couldn’t deal with any of the kids (the *Peanuts* gang)

themselves but I’ve done quite a few now where Charlie Brown talks about the memories that his father has, and he noticed one day, he was remarking, that his father eats in the kitchen alone at night, quite often eating cold cereal and looking at his High School Annual and I think that says a lot to all of us about memories.

“So, anyway, I made a Sunday page out of that and it was quite successful. I always hoped I could meet Anne Baxter or Susan Hayward and tell them about it.”

I mentioned this story while videotaping a special for E! Entertainment in Hollywood (first aired on January 17, 2000), but I didn’t use Charles Schulz’s mismatched memory strip in the Susan Hayward book. My one regret is that the roll of film Jay used that day with Mr. Schulz and me together in his studio, at his drawing board, was lost by the “photographer”.

JL



Amish Not Irish

BY JOHN PAUL JARVIS
TORONTO – CANADA

I own rural property that needed a few large trees cut and sold for timber.

Bid process on the Internet is how it is accomplished with local lumber mills interested in local oak.

I settled on one bidder, primarily because he used horses to draw the felled trees out of the bush, accordingly minimal damage to existing trees. I contacted the mill and was vocally introduced to James who had an accent that I mistook for Irish as there was a lilt in his voice.

We arranged to meet and walk the woods to consummate a deal. In one glance James shattered my vocal interpretations because he was clearly Amish not Irish.

James was out of the 1800s with beard, suspenders, boots and jacket all in black set off with a pullover shirt without buttons. I discovered James was not Old Order Amish, as this clarification and many more turned into a three-hour conversation that provided him viewpoints from outside his world and a full education for me.

I offered him refreshment, which he accepted, warily, due to religious fetters on alcohol. Orange juice proved acceptable and I let him see me pour it into a glass with ice cubes and no additives.

The lumber deal was done in 20 minutes as he could estimate the number of board feet in a tree at a glance. Initially, out of curiosity, I asked him a few questions

about Amish lifestyle. He was cautious until he began asking me about the 'English' as we are called and we sat and talked until dark.

He explained that he had a Grade 3 education enabling him to read and write, allowing him to run his mill. There was no requirement for further outside knowledge. He was an elder in their community and one of the few who monitored the Internet as it had become a necessary business tool but not one that they were prepared to let loose on his community.

James's forebearers emigrated from Switzerland to North America 300 years ago to avoid religious persecution and have experienced intrusion by governments ever since.

I was curious about Rumspringa, the only opportunity for Amish adolescents to experience the world of the 'English' for a short time in their teen years.

"Once the world gets its grip on you, the probability of return to Amish life recedes into impossibility," was his Amish position. The loss of youth from their community to the outside world is a very real problem. The person who leaves is forever shunned by all relatives and all Amish.

We had shared values with regard to family, business and government intervention. We weren't so different after all and surprisingly we have had phone contact over the ensuing years.

JL



Kids' Birthday Parties

BY CARLA DRAGNEA
BUCHAREST – ROMANIA

EVENT BUDGET

Start by deciding how much you would like to spend on the event. Your event budget will help determine whether you will host the party at home or at a party venue. Birthday party venues tend to be more expensive, but a lot of the work is taken care of. Your budget should include kids' activities and games, game prizes, food and drinks, a cake, invitations {stamps if applicable}, decorations and party favors/loot bags.

EVENT DATE & TIME

Select an event date and time when you think most families/kids will be able to attend. Weekends are usually a better time than weekdays, however, if you are stuck, a Thursday or Friday evening may be an option as most people are winding down their week. Remember, you will not please everyone.

PARTY LOCATION & INVITATIONS

This will depend on the time of year, the size of the party, the amount of involvement you would like to have and the party theme you decide on. Send out your party invitations 3-4 weeks before the event date. Requesting an RSVP by a specific date {usually one week before the event date} will help your planning and enable you to decide on how much food and favors/loot bags to prepare for.

PARTY AGENDA

Keep events for infants and toddlers no longer than one to two hours. With school-age kids and teens, parties can run between 2-4 hours depending on the activity. Get your kids involved in the planning. They will enjoy getting involved and providing input.

DOCUMENT THE DAY

Remember the camera and/or video camera. Dads, make sure that your batteries are charged and you have film or room on your memory card!! Another creative way to remember the day is to create an on-site guest/scrapbook. Purchase an age appropriate guest book/scrapbook. By the end of the party, you will have an amazing keepsake of this special event.

PARTY CLEAN UP

During the party event, designate an area for food and drinks, such as the kitchen. This will help minimize clean up and damage that's hard to clean like carpets or sofas. Have garbage bags and wash towels ready. Before the party, ask a few individuals to stay behind to help. If you cringe at the thought of clean up, another option is to have your event at a party venue. This way, clean up is not a concern.

JL



Maintaining A Healthy Level Of Insanity!

BY JO LEE MAGAZINE

NEW YORK / SAN FRANCISCO / HONG KONG / LONDON / TOKYO / ROME / TORONTO

Page yourself over the intercom.
Don't disguise your voice!

Skip down the hall rather than walk.
See how many looks you get.

Order a Diet Water whenever you eat out.
Keep a serious face.

Sing along at the opera.
Ignore shhhhhhs.

When money comes out of the ATM,
Scream: 'I Won! I Won!'

The Blessing

BY JO LEE MAGAZINE

NEW YORK / SAN FRANCISCO / HONG KONG / LONDON / TOKYO / ROME / TORONTO

A wife invited some people to dinner.
At the table, she turned to their six-year-old daughter and said,
"Would you like to say the blessing?"
"I wouldn't know what to say,"
the girl replied.
"Just say what you hear Mommy say,"
the wife answered.
The daughter bowed her head and said,
"Lord, why on earth did I invite all these people to dinner?"

JL

Love is a language
that every heart speaks.



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all things in common.

Family is the link to our past
and a bridge to our future.





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