

Jo Lee Magazine

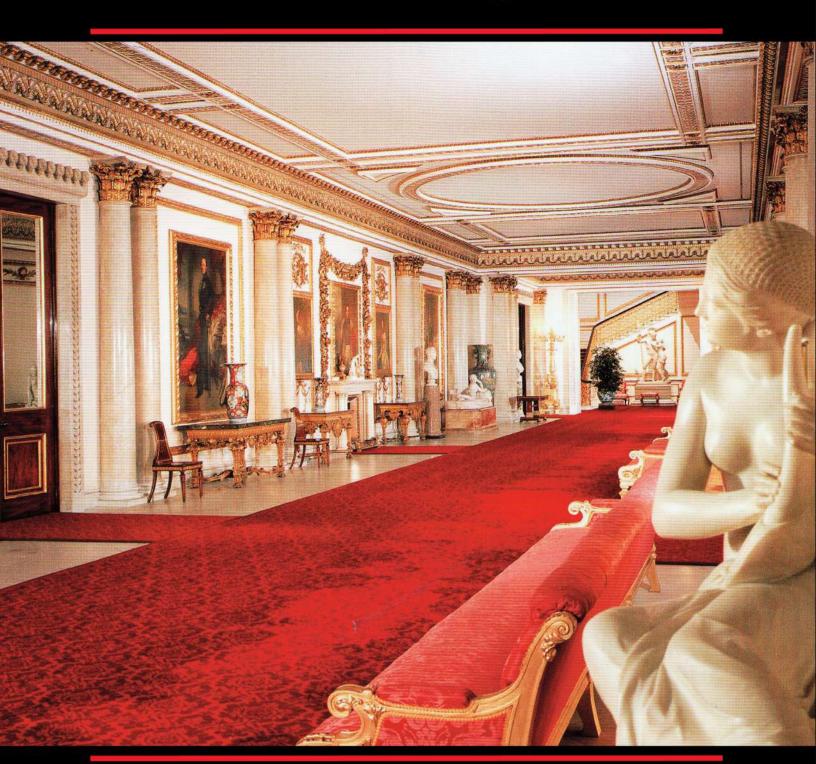


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A Zonic For The Soul

By Jo Lee For JO LEE Magazine New York/San Francisco/Hong Kong/London/Tokyo/Rome/Toronto

Hello Dear Friends,

As I dash from city to continent to country, each day is exhilarating. My life: purposeful, challenging, busy and colorful. Meetings are timed, planes are coordinated, the plans are intricate. I wouldn't have it any other way. So when the opportunity comes to immerse my soul in a table setting, I'm delighted to "kick off my shoes" and entertain friends in a milieu meant to revitalize the spirit.

Won't you join me, my friends, as I take you to one of my glorious settings so pure that it

becomes a tonic for the soul, for as we know, I delight in my own imaginative point of view.

Shall we begin, shall we keep it simple?

My image as seen on the opposite page can easily be duplicated by you so as to make it your own tremendous creation, and remember – the setting sets the stage!

Create within a room of furnishings and, within your room, add to it the magnificence of color, art, crystal, and porcelain blended atop a cloth less table, creating a wonder to be reflected in memories to come. And don't forget the flowers!

The title of our Tonic For The Soul is "Orbiting Love". Ah, but to know the outcome of the day? Not until the flowers fold within the shadows of the night will the essence of the day be told.

Buon apetito e saluti ... until we meet again.

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2013 Laureate: Social Justice Akram Azimi Perth – Australia



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2012 Laureate: Medicine Dr. Sanjay Kumar Shailendra Bodhgaya – India



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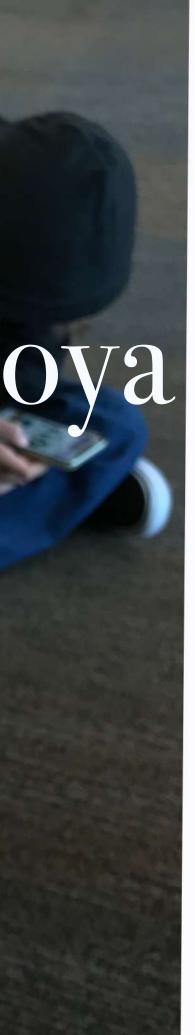


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Susan Berger

THE GROUP OF 16

Susan Berger, after a successful career in finance, embraced journalism as JO LEE Magazine's Marketing Editor and writer of The Group Of 16. Previously, Susan held financial positions with major institutions

including TD Financial Group and Alliance Atlantis Communications.



Alan Briskin

SENSING THE UNSEEN

Alan Briskin is an author, artist, and pioneer in the field of organizational learning. His co- authored "The Power of Collective Wisdom" won the Nautilus Book Award in

Leadership. His work is distinguished by a grasp of unseen forces underlying our actions.



Joan Chisholm

THE POET'S CORNER

Joan Chisholm's drive is being an example of how to live a life of excellence. Her book "Spirit Love", Barnes & Noble & Amazon websites, is a transcendental and practical

memoir about fulfilling your life's dreams and passions.



Stanley J. Dorst

Pros & Ex.Cons

Stanley J. Dorst is a retired officer of Chevron Land Development Co. and CEO of Grosvenor Development Co. He's been advisor to European governments and private companies as Vice-President of The

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Carla Dragnea

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Carla Dragnea is a Biologist whose interest in feature writing has encompassed 'the study of life'. In September, 2008, she was appointed Intellectual Advisor to the YES!

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Rose A. Dyson

FUTURE ON THE EDGE

Rose A. Dyson, EdD, media education consultant experienced in nursing psychiatry, psychology and the arts, is president of Canadians Concerned About Violence in Entertainment. She was cofounder of the 1996 International Cultural

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WHEN ANGELS CRY

Kelechi Eleanya is an economist and a committed development expert with the UNDP. He holds a degree in Renewable Natural Resources Management and a Master's in Forest Economics.



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Mansions & Millionaires Victoria

Franciosa's background in Art History has afforded her a unique approach to branding and advertising on the world stage. She is

one of the founding members of AmpedMediaStudios as well as founder and head designer of Bishop & Medusa.



Lois M. Gordon

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.

Dr. Margaret R. O'Keeffe Umanzio



THE POET'S CORNER

Dr. Margaret R. O'Keeffe Umanzio, Peggy, has been an advisor to CEOs and corporate executive teams. She was a cofounder of the first fully-integrated alternative public school in the U.S., has lectured at Boston University as well as at Stanford, Berkeley and Tufts. She is currently writing a book

titled Delivering on the Promise.



Warren F. Porter

IRON GATE'S WINE WORLD Warren F. Porter is owner of Iron Gate-Private Wine Management, Canada's largest wine storage and collector services company. Warren works with collectors around

the world on the often complex management of the asset that is their fine wine collection. This column will include inside tips geared towards those who are passionate about the world's greatest hobby.



H. Gail Regan

THE MARVELOUS MAVERICK Gail Regan is vice-chair of Cara Operations, retired. She chairs Energy Probe Research Foundation and is a member of the Canadian Association of Family Enterprise. She has a PhD in Educational Theory and

an M.B.A. in Finance. Her background in sociology and personal experience of business has given her an intellectual interest in the problem of evil.



Julie Rekai Rickerd

THE PRIVATE MUSEUMS Julie Rekai Rickerd is a travel and arts journalist who specializes in discovering private museums around the globe, finding many on each of the seven continents she has visited. Antarctica being unlike any of

the others. The entire continent is a fascinating private museum with the cleanest air on the face of the earth.



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.



Mark Raynes Roberts

THE RICH & THE FAMOUS Mark Raynes Roberts is Principal of Raynes Art + Design Ltd, an internationally recognized crystal art and design firm, providing interior design solutions for

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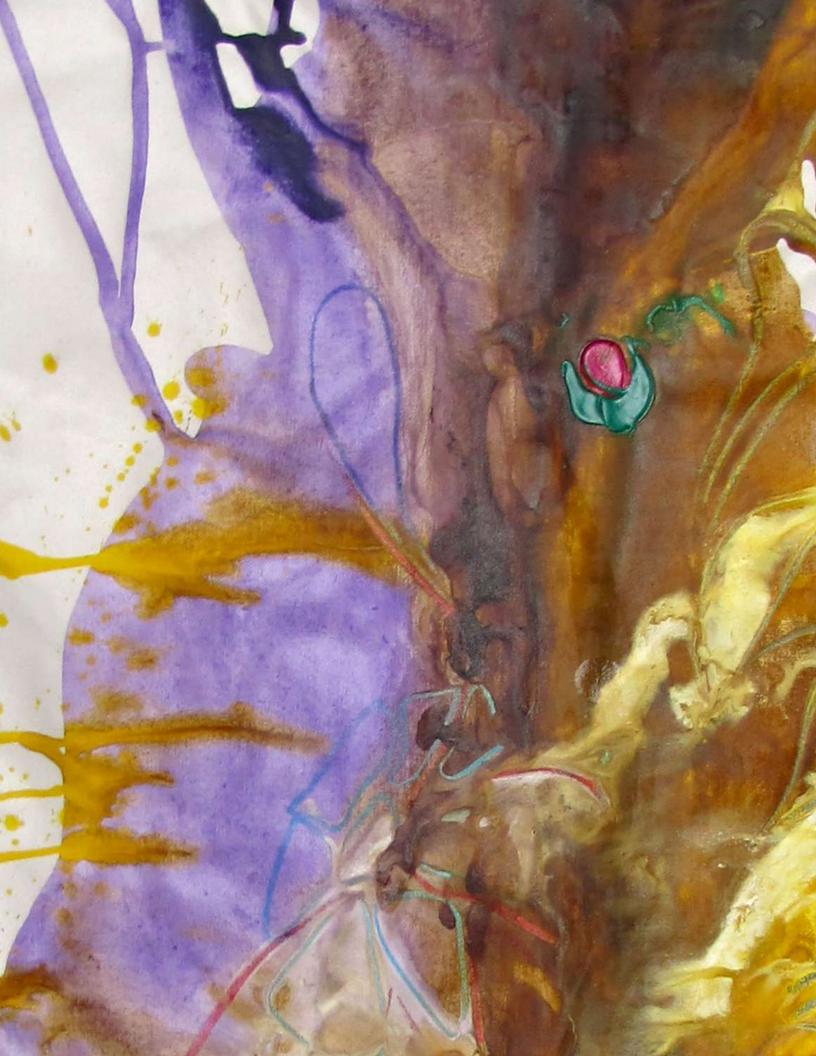
Kathleen Mailliard Solmssen



PIZZAZZ

Renowned designer, writer, successful photographer, hilarious speaker, chef, mixologist Kathleen Mailliard Solmssen resides in the magnificent outskirts of San Francisco. Her pinterest.com/ fashionandflair and fashionwithflair.blogspot.com is filled with life lessons and laughter, exquisitely

mirrored in her column Pizzazz.



THE MARVELOUS MAVERICK

LE MERVEILLEUX MAVERICK | LA MARAVILLOSA MAVERICK | DIE WUNDERBARE MAVERICK | MARVELOUS 的心跳撩撥到連

Moving On

By H. Gail Regan Toronto – Canada

Now that I am recently widowed, I spend time recalling my early intellectual life. I see that I have stayed with the ideas of my 1960s guru, Talcott Parsons. He taught that while wealth and mental health take singular commitment, their risks are two-sided. There is always more than one way to fall off a wagon.

For example, with respect to wealth, Parsons believed that any society that values databased thinking and achievement can be wealthy. Too much "particularism" (vested interests, favoritism, nepotism, corruption) prevents it. Hypothetically, a rich society can also have too little particularism and fail to regulate its markets. Parsons did not live to see the financial crisis of 2008 but my business and my family struggled to get through it. I learned the hard way that he was right.

With respect to mental health, Parsons believed that rushed, indifferent care of infants puts them at risk of becoming sociopaths, while engulfing, possessive care leads them to be compulsive. Too indulgent care of toddlers makes for mania later on, and too strict care makes for depression in adulthood.

I married in 1963 and bore four children. In the 1980s, my family business had government contracts and Canada had a very strict central banker. As a result, I became very aware of the problems government can create for business and the hazards of over-bidding when interest rates are high. Then "the great moderation" happened and I relaxed, believing that we are a wealthy society and we know how to govern it. Oh, how I was wrong!

In the meantime, I thought my family was perfect – warm, funloving and busy. I was oblivious to risk in this sphere.

In the spring of 2017, my husband was diagnosed with an untreatable cancer. We slowed down. An acquaintance of mine, a palliative care specialist, advised me that this did not have to be a bad time – just different, special.

While my husband's dying was very sad for all of us (we were now 22 people), I thought as a family we functioned better.

We were more patient with one another, more mindful. I hoped we had permanently improved.

Oh no. After his death we resumed our fast-paced, peripatetic ways. In the last year, 18 of us changed addresses.

I reread Parsons and doubted our parenting. Were my husband and I too detached, too engulfing, too indulgent, or too strict? I think now that as we rushed from special schools to camps to ski hills, we were overly enthusiastic about opportunity for achievement. We edged on overdoing it and so did the culture. We can't help moving – we were brought up this way.



PROS & CONS.EX | PROS & EX.CONS | PROS & CONS.EX | 專業人員與 EX 。其優缺點

Boards Of Directors

By Stanley J. Dorst San Francisco – California

The price of a successful country is offering rewards to success. Are the rewards too large? The alternative is paying too much for failure.

An interesting proposal by a U.S. congressperson is to require companies to have employees represented on the Board of Directors. There is no reasonable logic to this. The Board needs to be exceptionally knowledgeable about the company. Why pick people who have not progressed to the top?

An example of the folly of this approach was part of a consulting job I did in Poland for the U.S. State Department. I was advising on house construction design when the president of the company told

me that they were required to have a meeting of the stock holders to decide on what to do with the cash resources of the company. In converting the company to a private company from a public company the government gave the stock equally to all employees and the employees had decided to distribute the cash assets equally to all stockholders. This would mean the company could not buy the land and materials to enable the company to build homes.

That is the point about having employees participate in management decisions.

There was a solution however.

I advised changing the voting to allow employees to obtain stock

or money. In the vote the management took stock and most of the employees took their money. Management gained control and there was enough money to stay in business.

Think about the ramifications of this!



The Poet's Corner

Destiny

Not finding out who we are Is the near catastrophe of our lives

Our fear of finding out who we are;

Our fear of doing what we love; Our fear of taking a chance and changing things we have always done;

Our fear of knowing we are living a life below our potential; Our fear of living above our potential.

To achieve our potential and beyond is our destiny.

Without reflection;
Without examining the content
of our individual lives;
Without being a loving force in
the universe;
We are untethered.

We are empty.

Realizing our potential;
Relaxing into our potential is
the love we give to ourselves;
It is this love of ourselves
That leads us to profoundly love
others.

© Joan Chisholm

Love Is

A word, a feeling, an expression, flowers, candy
Off-key singing, enchanting, a baby's first smile
Simple, complex, tears, laughs, expansive, four letters
A puppy's sweet face.

Love listens, likes, lingers, lacks
logic, lures, lyric
Love is lovely, loyal, longevity.
Love makes one loveable, loony,
lucky
Love is laughter, life, lively
Love makes one lilting, likeable
Love is lust, luxuriant, lifelong.

Love makes one lithe, leap,
limitless
Love is loving, lifting luscious
Love makes one luminous,
limber, light
Love is luster, limelight, lilacs.

Love is for me, for you, for us, for the world

For the environment, for peace, for life

For the universe, for young and old.

Love is LOVE is love.

© Vera Resnik

Suddenly

So you've come to visit...suddenly beneath the curtain of my conscious headlights

Sometimes I welcome you in with disdain for the opposite part
I'm forced to play against my will

Lately you've invaded more than unwelcomed you wipe your feet on my restless mind I want to lock the walls

Your pride is incredible your ego, a mountain of stones none of which you leave unturned

If I controlled the stations my world would build itself but you push the buttons of hidden angst

So you've come to visit...suddenly beneath the curtain of my conscious headlights

...until I lift the veils stare at the ceiling and you disappear

© Gary Sweeney



On Power And Cosmic Companionship

Text and Photography By Alan Briskin SAN FRANCISCO - CALIFORNIA

Sitting in a workshop on inclusion and diversity, author Fredrick Miller commented on his 40 years heralding change. "I came to see my belief in fundamental change happening during my lifetime as a form of arrogance." His comment suggested a different kind of faith. It recalled to mind a tenet of Martin Luther King Jr,'s essay on non-violence, "An Experiment in Love". King declared that "non-violent resistance ... is based on the conviction that the universe is on the side of justice. Consequently, the believer in non-violence has deep faith in the future."

To have faith in a future in which justice prevails requires either a naïve personality or something else. When we subtract naïvety from the equation - King was certainly not naïve - we are confronted with a new formulation that adds power to related ideas of love and justice.

Sadly, we are all too familiar with the tendency of power to distort into domination. But King understood this phenomenon from his own experience, including the manipulation of legal instruments to reinforce social injustice. "Power without love is reckless and abusive," he wrote, "and love without power is sentimental and anemic. Power at its best is love implementing the demands of justice, and justice at its best is power correcting everything that stands against love."

The question of power should fascinate us not only for its paradoxical qualities but because the human will to express itself is fundamental. Power is a necessary ingredient for those who desire to rise

from the bog of social conformity and express something essential about themselves. In social contexts, it is the ability for a sub-group to assert or resist actions within the larger collective body. Power, as the theologian Paul Tillich stressed, is about the dynamic self-affirmation of life. There is a drive in each of us to realize our own essential being and to resist forces that would rip it from us. Power need not be a force of domination when we understand it as an evolutionary energy helping us realize the affirmation of all life.

The pursuit of justice, love, and power is not a short-term goal to be achieved in one lifetime. We are seeking to unite what has become estranged: love, power, and justice. It is when we recognize these essential forces as one that we become aligned with something greater. King noted that the faith he speaks of allows for a future possibility in which no one is dominated and all can even accept suffering without retaliation.

"For he knows," King writes, "that in his struggle for justice he has cosmic companionship."

Further reading:

-A Testament of Hope: The Essential Writings and Speeches of Martin Luther King, Jr.

King, Martin Luther

- -Love, Power and Justice by Paul Tillich
- -Power and Love: A Theory and Practice of Social Change by Adam Kahane
- -The Power of Collective Wisdom by Alan Briskin, Sheryl Erickson, John Ott, Tom Callanan







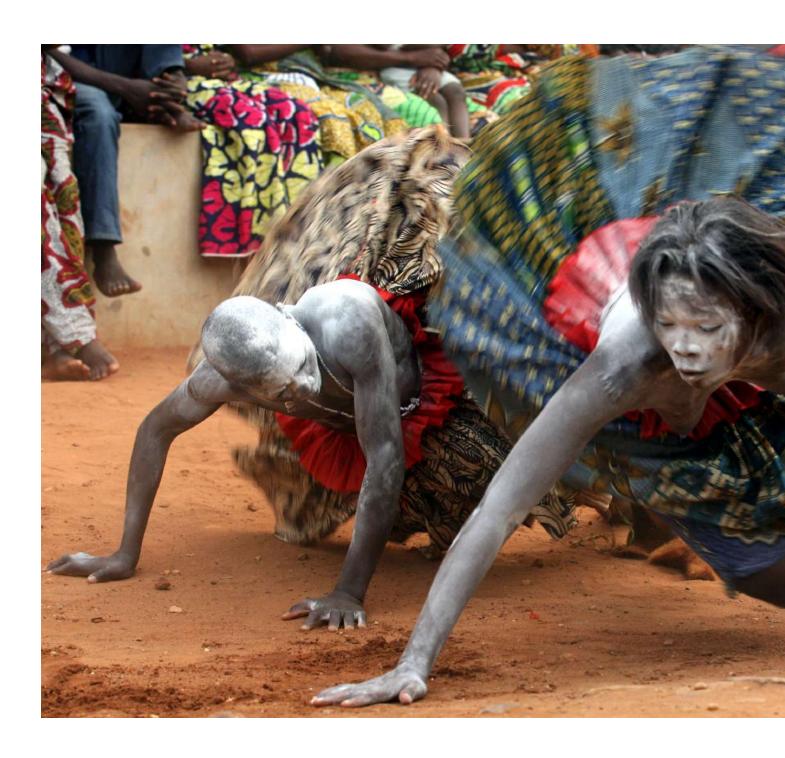
TOMORROWLAND

By Susan Berger New York / San Francisco / Hong Kong / London / Tokyo / Rome / Toronto

Every year during the last two weekends in July the town of Boom, Belgium is turned into the largest electronic music festival in the world, attracting more than 400,000 people from around the globe. The tickets sell out almost instantly, with two million people vying for a spot. Each year Brussels Airlines runs 180 flights from all over the world to bring people to Boom, each turning into a party in the sky.

The most exciting place to stay during the festival is Dreamville, a campground for 38,000 people the size of 128 football fields set up specifically for the festival and containing supermarkets, a butcher shop, a tattoo shop and a beauty salon. The fun begins on the Thursday before the start of the festival with a preopening party for the campers in Dreamville. The event itself features more than 1,000 DJs and artists on 18 stages, all with spectacular stage designs and astonishing fireworks and laser shows. Each stage is unique. Although of various sizes, some set on podiums in the water, some inside, all are creatively and dramatically designed, from fire-breathing dragons to hot air balloons to giant lily pads.

For those who cannot attend, a satellite feed from the mainstage allows those in Malta, Italy, Taiwan, Lebanon, Abu Dhabi, Spain and Mexico to watch the festival. With people attending from over 200 different countries, Tomorrowland is considered to be the top international event on the planet the biggest social media music event in the world.





Benin

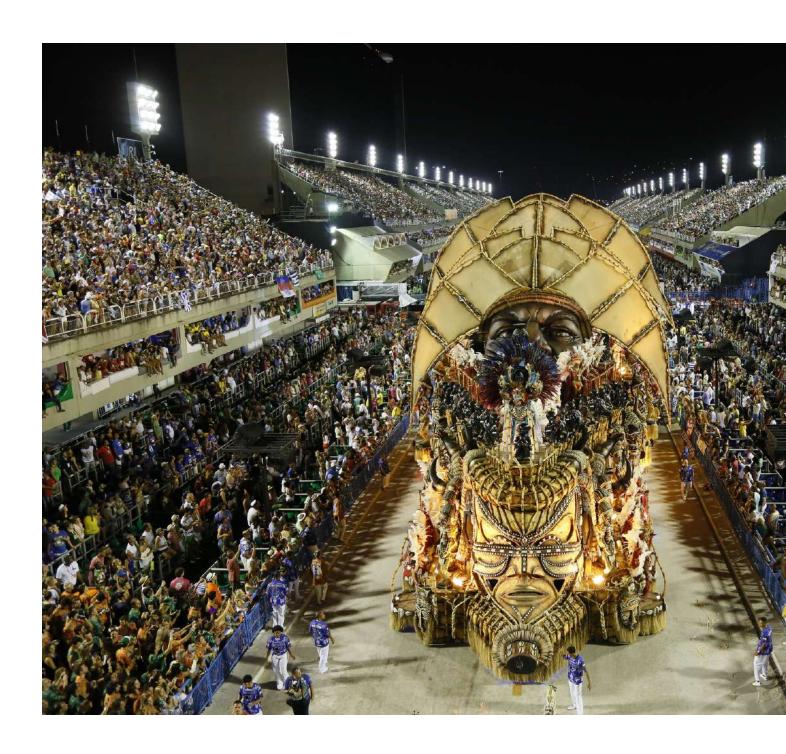
Ouidah International Voodoo Festival

By Susan Berger New York / San Francisco / Hong Kong / London / Tokyo / Rome / Toronto

Occurring every year on January 10, the Voodoo festival commemorates the approximately 60 million people who were forced from their homeland during the African slave trade, transported from port towns on the west coast of Africa. One such slave port was the town of Ouidah, where today priests, dignitaries, locals and visitors from Africa, the Caribbean and France gather in a festival that lasts for two days.

Voodoo originated in the kingdom of Dahomey, now Togo and Benin, and spread to Haiti, Cuba, Brazil and Louisiana by African slaves. Considered the national religion of Benin, it is still practiced today by 80% of the population.

The festival begins with the sacrifice of a goat to the python spirit at the Temple of the Python. It continues with a 3 km trek from the old slave auction block down the ancient slave road to the harbor by devotees led by the Voodoo pope, who stops to pray at various spots along the way, ending at the Door of No Return. The party continues at the beach, where celebrations, fueled by free-flowing gin, include druming, singing, traditional dancing, horse racing and magic displays, with followers often entering trance-like states. Devotees, their bodies decorated with local powder and palm oil and often wearing masks, dance to the spirits. Once the official festival is over, the party continues in the city. Ceremonies and rituals are held in the squares and courtyards, and people wearing highly decorated masks representing the spirits of the dead run around the streets of the city.





Brazil

CARNIVAL

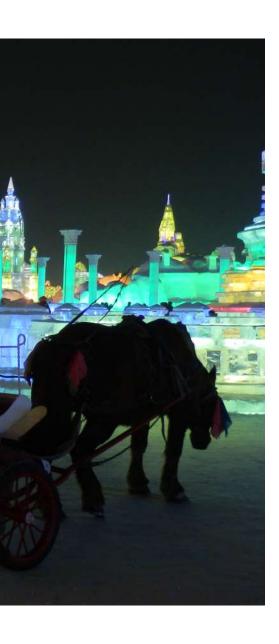
By Susan Berger New York / San Francisco / Hong Kong / London / Tokyo / Rome / Toronto

The world's largest festival, known as the Greatest Show on Earth, takes place annually in Rio de Janeiro for the five days preceding Ash Wednesday. The unique nature of the celebration has its origins in the importation of the festival by the Portuguese in combination with the rhythms, music and dance contributed by Africans brought to the country as slaves.

The highlight of the festival is the parade along the Sambadrome strip, performed by numerous Samba Schools, groups of people from many communities in Rio, bringing dancers, musicians, dressmakers, painters and sculptors together. Each School must pick a theme for its float based on topics of history, social criticism, sports or any other subject related to Brazilian culture. During the parade each school is led by a dancing Porta Bandera, its flag bearer, dressed in an elaborate sequin and feather costume, and accompanied by the Mestre Sala, also sumptuously arrayed, whose job it is to dance with her and interact with the audience. Behind each couple are "alas", separate groups each in different breathtaking costumes and representing a part of the plot, replete with dancing, singing and hundreds of percussion instruments. Each school has an 80minute time slot in the parade, and the festivities continue until dawn. Viewed by two million partying people, the floats, costumes, dancing and music are rated by 40 judges.

Once the five days are over and the Sambadrome empties, the festivities continue with hundreds of street parties and balls throughout the city, with people singing the songs of the Samba, drinking and dancing.





China

HARBIN INTERNATIONAL SNOW & ICE FESTIVAL

By Susan Berger New York / San Francisco / Hong Kong / London / Tokyo / Rome / Toronto

Every January and February in the northeastern city of Harbin the long, dark and brutally cold winter months are illuminated by spectacular displays of ice and snow sculptures. The festival's roots stem from hundreds of years ago in the Qing Dynasty, when local peasants and fishermen made ice lanterns for light during the winter months. Today the festival is a major international event and competition, transforming the city into an icy winter wonderland.

Preparations for the occasion start months in advance, when workers dig up enormous blocks of ice from the frozen Songhua River and then begin the carving. Teams of ice sculpture experts and artists arrive from all around the world to participate in the competition. The festival consists of three theme parks. Sun Island, the first to open, has the world's largest indoor ice and snow art museum, and Zhaolin Park exhibits the ice lanterns. The most spectacular is the Ice and Snow World, showcasing a huge variety of sculptures such as buildings, gardens, flowers, churches, waterfalls, the pyramids, castles, giant Buddhas and animals. Life-size creations of famous landmarks around the world enable the visitor to hike to the top of the Acropolis and gaze into the gates of the Forbidden City. At night, fireworks illuminate the sky and colored lights from inside and outside the sculptures create a magical world.

In addition to exploring the sculptures, the festival offers other activities such as sliding down a giant ice slide on to the frozen river, alpine skiing, ice golf, and ice archery.





Germany

OKTOBERFEST

By Susan Berger New York / San Francisco / Hong Kong / London / Tokyo / Rome / Toronto

The original Oktoberfest, five fun-filled days of eating and drinking, celebrated the marriage between Crown Prince Ludwig of Bavaria and Princess Therese of Saxon-Hildburghausen in 1810. Today the annual festival, located in the original meadow just outside the center of Munich in Bavaria named the Theresienwiese after the bride, is held annually at the end of September and lasts 16 days. The site is constructed specifically for the festival with electricity, running water, gas, plumbing, emergency, policy, fire and security. The six million visitors each year, 70% from Munich and 15% from other parts of Germany, drink seven million liters of beer and dine on grilled sausages, chicken, giant pretzels and, for the more adventurous, wild oxen.

The festival opens with a colorful parade of carriages, floats and people dressed in a variety of costumes. Fourteen tents of various sizes are set up containing long wooden tables and benches, the largest of which holds 10,000 visitors, and outdoor tables in biergärtens surround many of the tents. Most tents provide local Bavarian music, and the Herzkasperl tent provides traditional Bavarian folk dance. While not required, many people wear traditional costumes – lederhosen for men and dirndls (a dress with full skirt, apron and tight bodice) for women.

Beer is the star attraction, flowing from morning until 10 pm, after which the after parties begin. The tents are allowed to sell only original Munich beer from six breweries, all founded between the 14th and 17th centuries. For those not inclined to drink beer and party, there are numerous fairground rides, shooting galleries, and candy floss stalls.





Hungary

BUSÓJÁRÁS FESTIVAL

By Susan Berger New York / San Francisco / Hong Kong / London / Tokyo / Rome / Toronto

Legend has it that the Busójárás Festival commemorates the successful expulsion of the Turks during the Ottoman Empire by the people of the town of Mohács. After fleeing and hiding in nearby swamps, a group of people wearing scary masks returned to the town and frightened away the Turks, who thought they were demons. Today the festival is held to scare winter away and welcome the arrival of spring.

The festival takes place every year in late February for six days, ending on Shrove Tuesday. The focus is the busós, local men wearing traditional sheepskin cloaks, women's wool stockings under men's pants, and carved monster masks. The mask is not intended to alter a man's outer appearance, rather it is to change the person behind the mask, hence each mask is specifically designed for each busó. The stockings historically represent the duality of male and female.

The festival begins on Farsang Sunday, when more than 500 busós arrive on the Danube in rowboats to participate in a march throughout the town beside horse-drawn or motorized fantasy vehicles. On Tuesday, a large bonfire is lit in the main square where a man made of straw is burned, surrounded by the townspeople holding hands and dancing the kolo in a circle around the fire. During the festival there are many musical performances, costumed folk dancing, parades, a children's costume contest, feasts, a display of the art of the mask carvers, and much levity and celebration, fueled by massive amounts of alcohol. Visitors are advised that it is difficult to watch the festivities without being drawn in; spectators may have flour thrown on them or offered drinks. The festival is held in such regard that it has been added to UNESCO's Representative List of the Intangible Cultural Heritage of Humanity.







HOLI FESTIVAL

By Susan Berger New York / San Francisco / Hong Kong / London / Tokyo / Rome / Toronto

Legend has it that the Holi festival has its origins in the mythological love story of Radha and Krishna in which Krishna, the Hindu god with dark blue skin, complained to his mother about Radha's light complexion. To cheer him up, his mother suggested he change the color of her skin by covering her with paint. From this came the custom of smearing others with colors during Holi.

Taking place on the evening of the full moon, usually in early March, Holi is a national holiday. The first night, known as Choti Holi, sees participants gather around a bonfire to celebrate the victory of good over evil, which includes prayers to destroy any evil inside them. The next day colorful powders are thrown, mixed with water from water guns and water balloons so that the powder sticks to the skin. Everyone can be covered in powder, regardless of age or social status. It also signifies the start of spring and the new colors that result.

The colors of the powders represent different things. Red indicates love and fertility, blue is the color of Krishna, yellow represents turmeric, and green indicates spring and new beginnings. In addition to throwing the powders, celebrants light bonfires, dance to traditional folk music, and eat a special sweet made in every household during Holi called gujiya. The customary drink during the festival is thandai, which usually contains marijuana. After partying and spraying colors during the day, people bathe, sober up and visit their relatives and friends.





Ireland

ST. PATRICK'S FESTIVAL

By Susan Berger New York / San Francisco / Hong Kong / London / Tokyo / Rome / Toronto

Every year on March 17 cities and towns throughout the country celebrate St. Patrick, the patron saint of Ireland. Born in Roman Britain in the fifth century, St. Patrick was kidnapped and brought to Ireland at the age of 16. He escaped but returned to Ireland, and is credited with bringing Christianity to its inhabitants. Traditionally a religious holiday falling in the Christian season of Lent, St. Patrick's Day has been celebrated for over 1,000 years with Irish families attending church in the morning and partying in the afternoon. Prohibitions against the consumption of meat during Lent were waived, and the revelers would dance, drink and eat the traditional Irish meal of corn beef and cabbage.

Until 1995, pubs were required by law to be closed on March 17. At that time, the Irish government rescinded the law when it chose to encourage tourism and showcase Irish culture to the rest of the world. Today, a million people participate in the St. Patrick's Day festival in Dublin. Parades take place across the country, with celebrations also occurring around the world, particularly in the U.S., Canada and Australia, but also Japan, Singapore and Russia. Festivities include dancing, music and considerable amounts of drinking.

The most common symbol of St. Patrick's Day is the shamrock, a leaf of the clover plant, and participants wear green clothing. Even beer is often dyed green to celebrate the occasion!





Mexico

DÍA DE LOS MUERTOS

By Susan Berger New York / San Francisco / Hong Kong / London / Tokyo / Rome / Toronto

Despite its name, Día de los Muertos (Day of the Dead) is not a day of sadness. It has its origins among the Aztecs, who believed that grief was disrespectful to the dead. Instead of mourning the loss of loved ones, they chose to show love and respect for the deceased.

Today the festival takes place annually throughout Mexico from October 31 to November 2, with people celebrating in the streets and public squares during all hours of the day and night, enjoying parades and parties, singing and dancing. The symbol of Día de los Muertos is La Calavera Catrina, a female skeleton inspired by the Aztecs. People dress up as skeletons and paint their faces to resemble skulls, often wearing shells or other noisemakers to wake up the dead and keep them nearby during the festival. The central focus is the ritual altar, found in private homes, cemeteries and churches, upon which an ofrenda, or offering, is placed, welcoming the dead back to earth.

The altars are highly decorated with "papel picado", or flag-like folk art made of colored tissue paper, and orange and yellow marigolds intended to cheer up the dead with their colors and sweet scent. Skulls are made out of molded sugar paste and decorated with flowers and spiderwebs, often containing the names of the dead. The altars are often covered in edible foods for the enjoyment of the deceased person. In honor of its uniqueness and importance, UNESCO added the festival to its Representative List of the Intangible Cultural Heritage of Humanity in 2008.





Russia

WHITE NIGHTS FESTIVAL

By Susan Berger New York / San Francisco / Hong Kong / London / Tokyo / Rome / Toronto

Until 1993, midsummer was the time of year when performing artists in Russia went on tour or took vacations. This changed when the Stars of the White Nights Festival was created in St. Petersburg. The festival now occurs in that city between the end of May and mid-July each year, and it consists of over 200 classical ballet, opera and musical events at the Mariinsky Theatre and the Mariinsky Concert Hall. Many Russian and international stars participate. Previous years have seen performances by Placido Domingo, the Rolling Stones and Paul McCartney. Over a million people visit the city during this time, and much of the action takes place outside at night as people walk along the city's canals with their 42 islands connected by 342 bridges.

The festival occurs during the season of the midnight sun, when the Northern Lights dazzle at dusk and dawn. A series of carnivals takes place, the largest and most popular of which happens in the Peterhof, where actors dress in period costumes from the times of Peter the Great and Catherine the Great and reenact some of the most important historic events of that time.

The Scarlet Sails event is the largest annual public gathering in Russia, with a mock pirate battle on the River Neva followed by a multi-level water, light and fireworks show and ending with the appearance of a tall ship with red sails, all occurring after 1 a.m.





South Korea

BORYEONG MUD FESTIVAL

By Susan Berger New York / San Francisco / Hong Kong / London / TOKYO / ROME / TORONTO

Located a few hours from Seoul, the city of Boryeong sits on a 136 km coastline containing fine sea mud rich in minerals. A cosmetic business was developed in 1996 consisting of 16 products including mud packs and creams, but sales were poor. In order to increase awareness of the products, which claim to remove excess oils from the skin, reduce scars, stimulate skin growth and improve blood circulation, promoters created the first Mud Festival in 1998, and now more than a million people descend on the area for two weeks every July.

The festival is spread throughout downtown Boryeong and nearby Daecheon Beach. The fun starts in the morning when participants are ferried in by the busload and dropped off at the beach, which has been prepared with mud trucked in from the nearby mud flats, creating mud pits, mud fountains and mud pools. Activities include mud wrestling, mud soccer, mud sliding, mud swimming, and mud body-painting. If that isn't enough, there are mud massages, a mud sculpture competition, and a mud beautify contest. Volunteers stand nearby ready to spray cold water at people to remove the sun-dried mud.

For those tired of the mud, there is paragliding, volleyball and wind-surfing on the beach, and during the evenings the sky lights up with fireworks and live performances fill the air with music.







LA TOMATINA

By Susan Berger NEW YORK / SAN FRANCISCO / HONG KONG / LONDON / TOKYO / ROME / TORONTO

The world's biggest food fight takes place on the last Wednesday of August every year in the town of Buñol, near Valencia. Begun in 1945 during a street parade, one young boy grabbed some tomatoes from a nearby market stall and began pelting everyone with them, encouraging others to retaliate. The next year, the same people picked a fight again, this time bringing their own tomatoes. After the fight was banned in the 1950s, residents protested by holding a tomato burial in which a coffin was paraded with a giant tomato inside. After a couple of years, the authorities reversed course and allowed the food fight to continue.

The fun begins at 11 a.m. when someone climbs up to the top of a two-storey high greased wooden pole in the center of town, the Plaza del Pueblo, to reach a ham placed at the top, cheered on by the crowd. As soon as the ham is dislodged, water cannons are fired and the tomato throwing begins with tomatoes that have been hauled into the town in trucks. The fight lasts for an hour, during which time 150,000 tomatoes are thrown. Most people wear white in order to clearly see the mess made on their clothes by the tomatoes. Some men wear only their underpants, while other people wear swimming goggles or snorkeling gear to keep the puree out of their eyes and nose. There is one rule; tomatoes must be squashed before being thrown.

Once the hour is over, the streets are cleaned with water from a Roman aqueduct. Visitors, covered from head to toe in tomato pulp, often wash themselves in the nearby river or are hosed down by local residents.





Switzerland

Montreux Jazz Festival

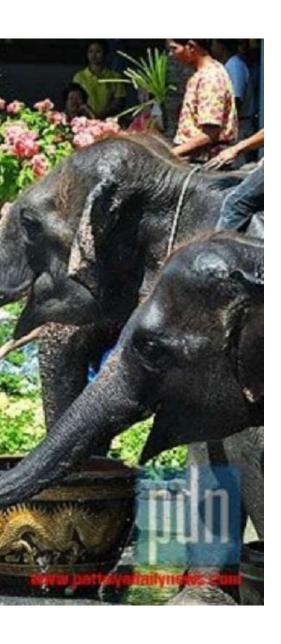
By Susan Berger New York / San Francisco / Hong Kong / London / Tokyo / Rome / Toronto

Set in a spectacular location on Lake Geneva with the Alps as a backdrop, the first Montreux Jazz Festival was held in 1967 at the Montreux Casino. It lasted for three days, featuring the American Charles Lloyd Quartet as well as 12 European jazz artists participating in a competition. It subsequently became an annual event, and since the late 1970s it has taken place for two weeks in July, showcasing blues, gospel, soul, rock and other music genres in addition to jazz. When it became too large for the Casino, it moved to the Montreux Convention Center {which provides numerous auditoriums and event spaces} as well as to parks, trains, boats and indoor settings. Hundreds of thousands of people attend the events, which include 300 free concerts and some improvised acts throughout the city.

Today the festival hosts scheduled performances, workshops and competitions for guitar, solo piano and voice. The three ticketed venues showcase well-known artists, and have featured performances by Nina Simone, Miles Davis, Ella Fitzgerald, Marvin Gaye, Aretha Franklin, Carlos Santana and James Brown, amongst many others. In 1971, while the band Deep Purple was waiting to perform, someone from the crowd fired a flare gun at the wooden roof in the Casino, which immediately caught fire. This led to the writing of "Smoke on the Water", which has turned out to be their most popular song.

Festival activities expanded over the years with the formation of the Montreux Jazz Artists Foundation, which focuses on educational projects and the training of a new generation of artists. Since its inception, the festival has recorded all of its concerts, which now includes more than 5,000 hours of live music, and has been recognized by UNESCO's Memory of the World Programme.





Thailand

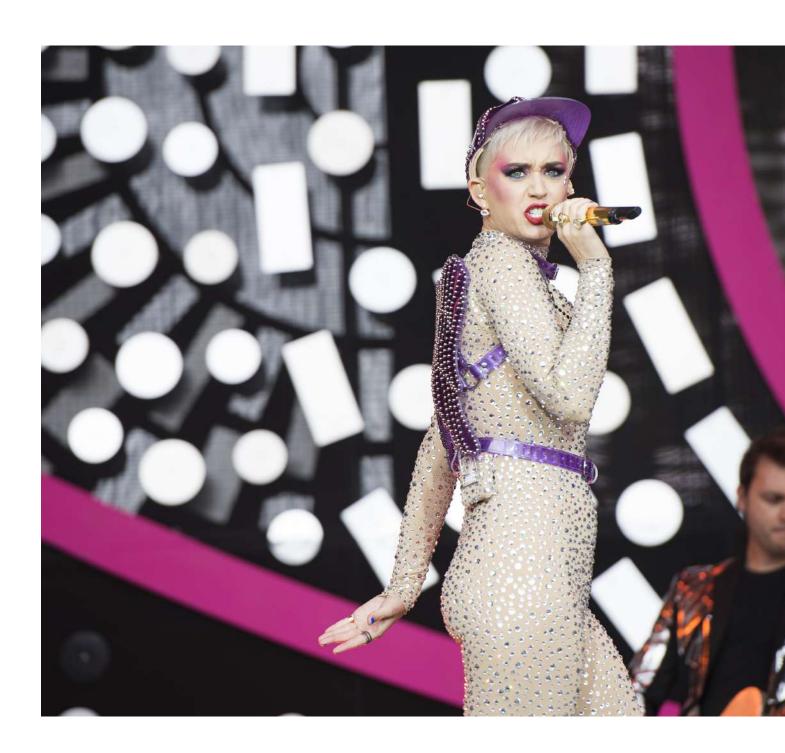
SONGKRAN WATER FESTIVAL

By Susan Berger New York / San Francisco / Hong Kong / London / TOKYO / ROME / TORONTO

The Songkran festival marks the start of the Thai New Year. A public holiday, it is celebrated with time off work, visits with family, and plenty of water fights. Originally a traditional Buddhist festival, it takes place between April 13 and 15. The word Songkran comes from the Sanskrit word meaning astrological passage, referring to the sun's changing position in the zodiac.

The Thai people believe that water is spiritually purifying. The festival originated with locals collecting water that had been poured over Buddha statues for cleansing. It was then poured over village elders and family members to bless them and wash away bad luck and sins from the past year. While many families visit their temples and give alms to Buddhist monks at this time, the festival has evolved into a three-day water fight, complete with music, dancing, drinking and soaking everyone with water from water guns, balloons, hose pipes and buckets.

The largest street party in Bangkok takes place along the 4 Km Silom Road, a street lined with vendors selling water guns, toys, food and drinks, with thousands of people engaging in water fights. The biggest celebrations in the country take place in the northern city of Chiang Mai, with some festivities lasting six days. It is customary in the north for people to collect sand, which is representative of the dirt carried on their feet, and to take it to their local monastery, where it is sculpted into piles and decorated with colorful flags.





United Kingdom

GLASTONBURY FESTIVAL

By Susan Berger New York / San Francisco / Hong Kong / London / Tokyo / Rome / Toronto

Originally called the Pilton Festival, the first event was held on Worthy Farm in the county of Somerset the day after Jimi Hendrix died in 1970. Tickets cost £1 and included free milk from the farm! Today, Glastonbury has expanded into the nearby fields, and has become one of the world's most famous music and performing arts festivals. It features all genres from rock and pop to minimal house, Techno drum and bass, and attracts more than 130,000 people. Tickets to the last festival sold out in 32 minutes. Every fifth year there is no festival in order to allow the land, locals and organizers to take a break.

On a site two and a half kilometers across, the festival encompasses many stages, the most famous of which is the Pyramid Stage. Built to replicate the Great Pyramid of Giza, it is 30 meters tall and made from four kilometers of steel pipes. Hundreds of artists have performed at Glastonbury, starting with David Bowie in 1971 and including Elvis Costello, Radiohead, The Who, Adele, Amy Winehouse, U2, Coldplay and Beyoncé.

In addition to organizing the concerts, the festival works with charities and those in need. Oxfam, Greenpeace and WaterAid are the main charities receiving donations from Glastonbury, fulfilling the festival's desire to help the environment. In this vein it has created a "Love the Farm, Leave No Trace" campaign to encourage attendees to clean up after themselves and to take care of the field where the festival takes place.





United States

BURNING MAN

By Susan Berger New York / San Francisco / Hong Kong / London / Tokyo / Rome / Toronto

The organizers of Burning Man consider the event "an annual experiment in temporary community dedicated to radical self-expression and radical self-reliance". Each year for nine days the week before and including Labor Day week-end 70,000 people arrive at Black Rock City in the middle of the Nevada desert ready to party.

Nothing is for sale at Burning Man except coffee and ice, and participants must bring food, supplies, shelter and anything else they might need during their stay for survival in a harsh environment. Theme camps, set up throughout Black Rock, are groups of participants, called Burners, who come together to provide a service, entertainment, art or other interactive experience for everyone at Burning Man, such as massages, zip lining and wine tastings. Art installations can either be built as part of the camps or set up on the open playa. They are also where most people set up their tents and can be groups of anywhere from six to 400 people. Participants often wear wild costumes full of color and decorated with feathers, glitter, beads, golden capes, giant wings, stilts or anything else that captures the imagination. The website suggests bringing "toys and costumes which express your creative spirit".

People amble around the site on foot, bicycles or scooters, and come together to cook, drink, make art, barter services, or generally enjoy themselves. There is plenty of music, however no acts are pre-booked. On the last Saturday of the event, a large wooden structure is burned, giving Burning Man its name. When it is done, attendees are expected to clean up after themselves before they leave.



The Silent Revolution

By Dr. Rose A. Dyson Toronto – Canada

The rise of authoritarian populism throughout developed nations in the Age of Trump is widely regarded as part of a growing backlash against immigration, economic insecurity, and globalization. Xenophobic inclinations are increasingly common. International rules are fraying and the old rules of trade agreements are being dismantled with trends toward protectionism. At the Munk Center in Toronto, American public policy expert Ronald Ingelhart reminded his audience that for most of human history, survival was of paramount importance. But in recent decades, in the absence of war, life-threatening diseases and imminent starvation, a better educated generation of young people has grown up more focused on identity, culture, social justice, peace-building and environmental issues.

Meanwhile, the growing income gap has kindled a longing,

particularly among older people, for the good old days of less uncertainty and greater prosperity. Middle class and professional jobs, along with those of the working class, are now threatened by automation. The resulting polarization between those Professor Ingelhart calls "materialists versus post-materialists" has brought the revolt against rapid, unfolding change into sharp political focus. Policy makers, dealing with challenges posed by climate change, find themselves caught between a rock and a hard place. Although the democratic process remains the governing order of the day, the complexity of problems involved is still poorly understood by the electorate. It seems self-evident that good government, cognizant of the need for income redistribution, structural change, addressing climate change, and transitioning to renewable energy while upholding the principles of peace, order and

humanitarianism, are the only way forward. There are, however, some silver linings. Among G7 nations only the U.S. and Japan have not signed on to the Ocean Plastics Charter, initiated by Canada, which calls for reuse and recycling of plastics. Corporate leaders now talk of the need for "a circular economy" that reuses any kind of waste. In Canada, journalist John Ivison calls the federal carbon tax set to take effect on January 1, 2019 "a winner" politically for the governing Liberals.

Scientific evidence indicates we only have years left to turn things around. The irony is that reaction to the urgent need for change may throw us all back into an era where the scramble for mere survival is, once again, paramount in the human condition. It remains to be seen whether or not common sense will ultimately win out.



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Majestic Ireland

By Lois M. Gordon Silicon Valley – California

And what is an ultimate jewel in quality destinations? Killarney, Ireland!

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Farms offer wonderful
experiences not to be forgotten.
The breathtaking beauty of the
landscape, the majestic
mountains and mystical lakes all
present to you the magnificence
of South-West Ireland.

The Muckross Estate, which included Muckross House, was presented to the state by Senator Arthur Vincent and his parents-in-law in memory of his late wife Maud.

WILDLIFE

There are otters, stoats, hedgehogs, pygmy shrews, Irish hares, rabbits, rats, wood mice, badgers, foxes, red squirrels and minks. The park also supports a wide variety of bird species. The Lakes, which in their present form are the result of glacial excavation during the last Ice Age, contain fourteen species of fish.

ARCHAEOLOGICAL & HISTORICAL TREASURES

Within the park are Bronze Age copper mines, the monastic site of Innisfallen, the 15th century tower house known as Ross Castle, the Franciscan friary of Irrelagh (Muckross Abbey) of roughly the same period, estate mansions, cottages, and stone-built bridges.

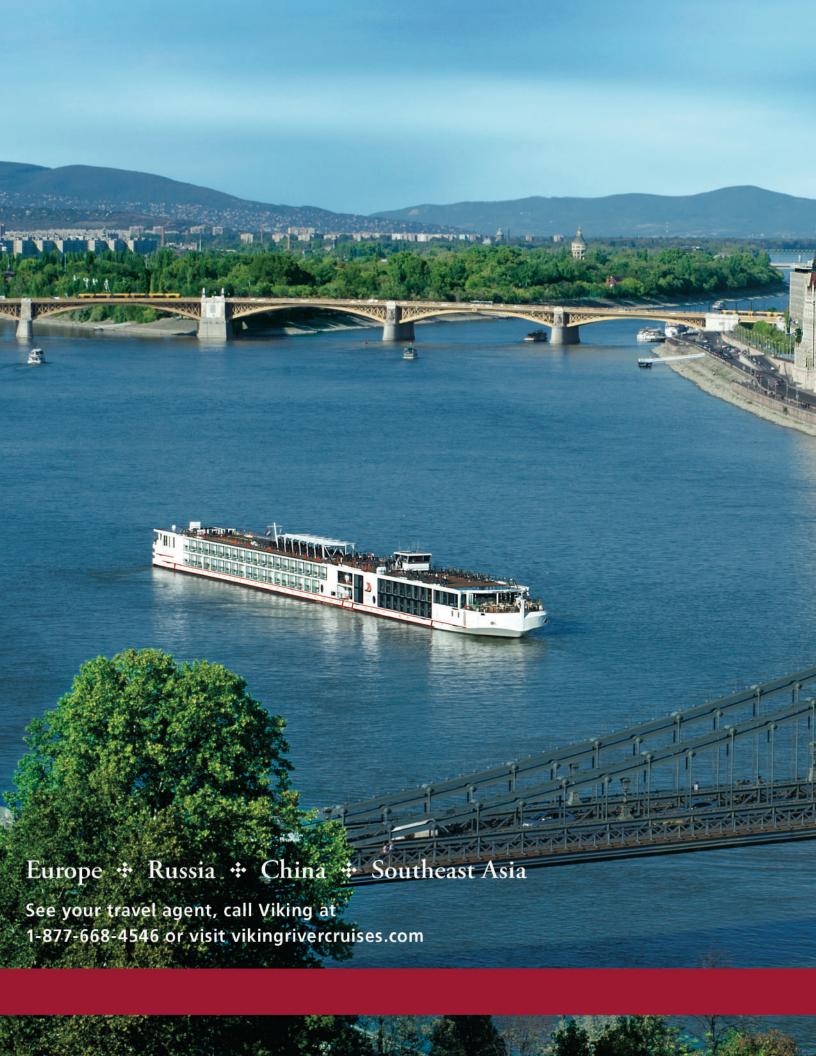
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SHOPPING IS A MUST Killarney is a wonderful place to stay and from which to do day trips to other beautiful areas of Ireland. Our driver was wonderful and took us well off the beaten track to all corners. We even found the burial place of my husband's greatgrandparents in Golden, County Tipperary. It caused us a great deal of excitement and joy. We shopped in Waterford and bought crystal and Wedgewood amongst other beautiful items.

Our trip, with private car and driver, took us from Dublin to Shannon. We took twelve days to do it and loved every moment. From Shannon we flew to Scotland and toured another week, took the train to London, spent six days and nights in London, sailed home on the Queen Mary 2 and spent four days and nights in New York City before flying home. It was a grand adventure.

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Hidden Zreasures

By Warren Porter Toronto – Canada

"This wine is really old...it must be worth a fortune!"

If I had a drop of wine for every time I heard this, I would have a Double Magnum. At least a couple of times a week I receive a random, unsolicited email from someone who has found a few bottles of wine in their own basement, a deceased loved one's attic or a garage sale in Yuma, Arizona. On very few occasions are any of these worth more than the bottle deposit, but I'll shine a little light in an effort to help lighten my inbox.

First, wine is a perishable product and as such has a lifespan that varies greatly depending on the producer, the grape and even the vintage. A first growth Bordeaux from 1965 was described by a well-known critic as "stewed garbage", while the same wine from four years earlier was worth a sizeable amount. So not all wines are created equal.

Second, a wine must be stored properly to age well no matter what wine it is (and there's no difference in storage between red and white, by the way). The generally accepted temperature is 12.7C, with consistency being the most important. Too cold will age it slower and too warm will age it faster. Up and down fluctuations will kill it. Keep it out of light, on its side, and away from vibration.

So does that mean that unless the right wine is housed during its entire life in a professionally refrigerated wine cellar it's no good? Absolutely not. We recently came across 25 cases from an old root cellar in north Toronto that the grandson found when they were emptying the home of their grandparents. The wine had never seen proper refrigeration and had spent its 30 to 50 years in a dark, damp basement. The bottles were dirty, the labels were ripped and many had ullage levels (the distance between the bottom of the cork and the top of the wine, the most telling tale of whether a wine is still good) below what would be considered acceptable.

As a retailer (www.irongate.wine) we have a

commitment to exceptional provenance so I couldn't put them on our site, but I called a client who was willing to take a chance, heavily discounted, for the lot. A few months later he called to tell me it was one of the best things he'd ever bought.

So use the above information to curb your enthusiasm for the 1975 Mateus you stumbled across in the trunk of an abandoned car. Do, however, feel free to contact us at Iron Gate should you think you may have something of value and we'll gladly help you out – just don't shoot the messenger. whether or not common sense will ultimately win out.



Now, Now, Now

By Kathleen Mailliard Solmssen San Francisco – California

I just took three words, all from mothers' playbooks, and changed them up a bit. Moms were trying to "calm us down". More often than not, I think of learning to LIVE the NOW moments, one after another. I ask myself, "Am I more concerned about the watch and wallet or about the wit and wisdom? Is time and money more important than laughter and love?" Today, we tend to put things on the back burner while sweet, magical moments are missed because the front burners are overloaded with todo lists and keeping our bank accounts fluid. Granted, being on top of your game is a satisfying spot but so too is a good old belly laugh or two.

Whenever I get change from a purchase – four or fewer pennies, right? I'd get a nickel if it were five cents in change. So I take those two, three or four pennies and toss them into the parking lot. Like bees to honey,

they are picked up and I hear, "Look, I just found some lucky pennies." And I am delighted! Although we tend to steamroll through our lives these days, more than ever, the vintage lyrics "little things mean a lot" today ring oh so true.

CAUTION SLOW is a familiar, bright yellow warning sign on the highway. For me, it's a "Checkpoint Charlie" as I ask myself, "Am I breaking my life's speed limit? Is life passing me by while I'm struggling to build a life?" How about taking a well day rather than a sick day? How about having more "staycations"? We could all use a few more Norman Rockwell days. I have a friend whose sons are very \$UCE\$\$FUL. The other day she said, "I'm blessed just to breathe the same air as they do."

Growing up, we had a lovely lake house. My father was chief of staff of the hospital, taught

surgery at the medical school, and started a hospice in our home state. Unfortunately, he died way, way too soon at only 64. Back to the lake house. He'd get up so very early on Saturday mornings and put on a coat and tie. He'd say to our mother, "Sorry sweetheart, it will take me half a day to unwind."

STOP is another sign that makes me STOP and think, "Am I getting and giving enough joy-filled moments? Am I spending time with loved ones on days other than holidays and birthdays? Am I riding the merry-go-round of life often?"

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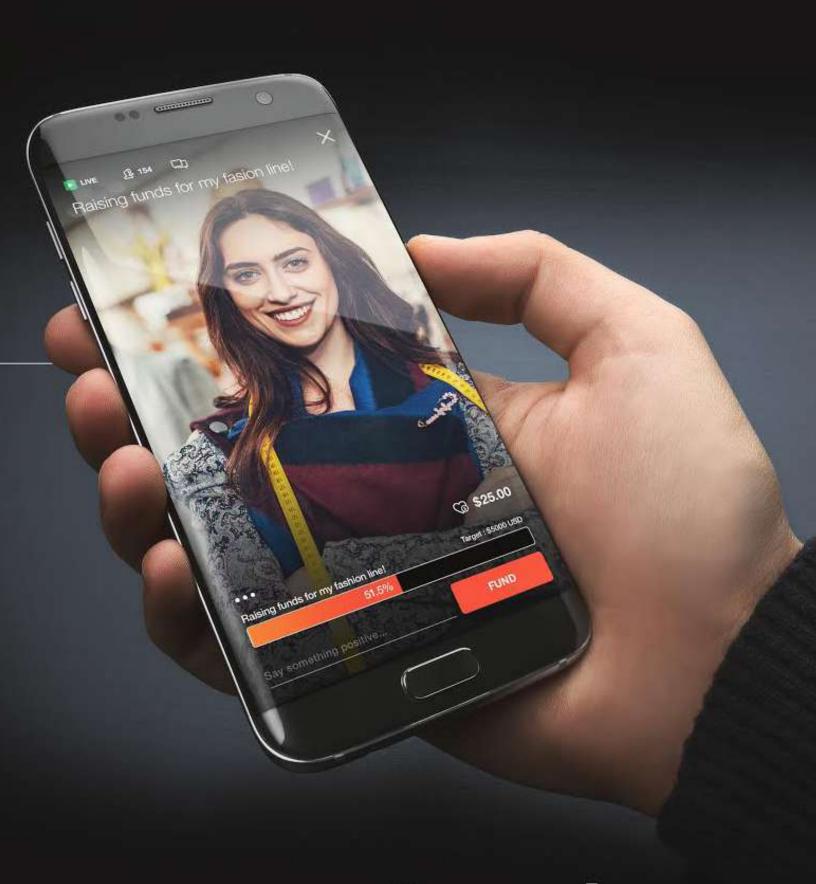
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The Glenstone Museum

By Julie Rekai Rickerd Toronto – Canada

In 2006, Emily and Mitch Rales opened their private museum, The Gallery, designed by the late New York architect, Charles Gwathmey, on their 230-acre Maryland property, where they also lived, in order to share their post World War II modern and contemporary art collection with the public. The combination of Mitch Rales' business acumen and great success in venture capitalism and Emily Rales' art historian and gallery background soon created a vast collection that outgrew the confines of The Gallery.

The Pavilions, a 204,000 square foot series of buildings, of which 50,000 square feet are gallery spaces, are connected by a glassenclosed walkway and surround an 18,000 square foot water court filled with water lilies. This proved to be the answer to the lack of space and turned the museum into one of the largest private museums in the world. The Glenstone's \$200 million expansion, designed by Thomas Phifer and Partners, consists of 11 galleries of brilliant works of

art by such renowned artists as Louise Bourgeois, Keith Haring, Jenny Holzer, Jackson Pollock, Jasper Johns, Donald Judd, Alexander Calder, Kerry James Marshall, Yayoi Kusama, Dan Flavin, Agnes Martin, Henri Matisse, Mark Bradford, Damien Hirst, Martin Puryear, Mark Rothko, David Hammons, Andy Warhol, Robert Rauschenberg, and Cy Twombly, to name just a few. Sculptor Michael Heizer has an outdoor, rooftop installation all to himself. The regularly rotating exhibitions are all drawn from the Rales' collection in the completely naturally-lit spaces of the buildings.

Landscape architects Adam Greenspan and Peter Walker of PWP Landscape Architecture designed stunning outdoor vistas that contain 7,000 trees, thousands of shrubs, annual and perennial grasses and flowers beside meadows, streams, paths, and along trails that all complement and accommodate magnificent sculptures by the likes of Richard Serra, Jeff Koons, Ellsworth Kelly, Felix

Gonzales-Torres, Tony Smith, Robert Gober, and many others that can all be admired on the Glenstone's sculpture tours.

The Glenstone is a glorious experience both indoors and out. It combines environment". Its superb art amidst magical surroundings presents a unique spiritual as well as an intellectual experience. Four to six hours can easily be spent admiring the art, walking the grounds, taking breaks at the café for casual dining, and visiting the Glenstone's Environmental Center.

Address: 12100 Glen Road,
Potomac, Maryland 20854
Tel: 301-983-5001
e-mail: info@glenstone.org
Website: glenstone.org
Admission: Free
Hours: By scheduled
appointment,
Thursday – Sunday
10:00 AM – 5:00 PM
Tickets: Are available in threemonth increments on the first
day of every month beginning at
midnight.



THE RICH AND THE FAMOUS

LES RICHES ET LES CÉLÈBRES | LOS RICOS Y FAMOSOS | DIE REICHEN UND BERÜHMTEN | 多元與著名

Opposite: Carrig Country House was acquired in 1996, Frank and Mary Slattery, who have meticulously renovated and restored the Victorian residence to its former glory, and have won numerous prestigious awards for their superb hospitality and food.

Irish Charm On The Emerald Isle

PHOTOGRAPHY AND TEXT BY MARK RAYNES ROBERTS LONDON / TORONTO

One of the great road trips of Ireland is a drive around the scenic Ring of Kerry, a wonderful 179-Km. long (111mile) circular tourist route in County Kerry in south-western Ireland, with panoramic views of rugged coastline, white sandy beaches and inland mountain vistas.

The charm of Ireland is revealed in the small villages where the locals provide great hospitality at the myriad unique independent pubs.

The mixture of history and geographical wonders that can be seen in the spring time make the Ring of Kerry and County Cork well worth visiting.

Timoleague Friary was founded by the Franciscan order in 1240, and is situated at the edge of a long sea inlet in County Cork. It was built on the site of a monastic settlement founded in the 6th century by Saint Molaga after whom Timoleague is named.









The spectacular view from St. Finian's Bay looks out across the Atlantic Ocean towards the Skellig Islands. The larger Skellig Michael Island contains remains of an early Christian monastery that is now a UNESCO World Heritage Site.









Fallingwater Flouse Frank Lloyd Wright's Masterpiece

A Great Landmark In Architectural History and Design

By Victoria Franciosa Rome / Toronto

When viewing Fallingwater house, I can't help but speculate that if architecture were poetry, this would be akin to a timeless poem, integrating the beauty of nature married to an otherworldliness that I could only describe as a veil being removed from my eyes... as though I'm viewing poetry through the language that Frank Lloyd Wright speaks. Wright introduced the world to organic architecture, to which there is no parallel.

Fallingwater is an architectural masterpiece designed by renowned architect Frank Lloyd Wright, built in 1937. Located in the Laural Highlands in western Pennsylvania, it was built for E.J. Kaufmann and his wife Lillian. Positioned directly above the waterfall that the family loved so much, Mr. Wright seemed to see the enormous rock cliffs that had allowed the water to cascade into expansive waterfalls, rendering the poetry that would echo in the design of Fallingwater house. Taking into consideration the family's appreciation for art and fashion, Frank Lloyd Wright understood he was designing a home with a story.

Upon approaching this architectural marvel, the rush of water takes over your senses, becoming the iconic reminder of nature, and can be heard throughout the house, regardless of which room you are in. Many pools surround the home, integrating the beauty of the view and of the function, as though the water is an element of

fundamental living. The continuity of the site in terms of position, shape, and materials, such as rock face and expansion of building layers, are as important as the projections of each level. One side of the house was molded to the landscape, the other was open to its vast and powerful views, seemingly suspended in mid-air, as though the building itself is an extension of the actual hillside, with water trickling into the stream as it continues its path in nature. The house appears to seamlessly assimilate into the organic growth of nature itself. The incline from east to west assures natural sunlight in almost every room of the house. Even the bullnose finishes of the stucco have allowed for the elements to gently flow over and through the external building with minimal wear. Constructed of concrete, glass ribbon casement windows, steel beams and natural stone, the house is completely organic.

Throughout the design, we find attention to aesthetic and function. Fixed furniture guaranteed the home would be experienced as it was designed to be lived in. It's no mistake that the furniture design aesthetic echoes the design of the exterior.

In 1991 Fallingwater was voted "The Most Important Building in the Past 125 years" by the American Institution of Architects. In 1963 E.J.'s son, Edgar Jonas Kaufmann Jr, entrusted Fallingwater to the Western Pennsylvania Conservatory.























E-CON MONOPOLE 1996 PRODUCTION DU DOMAINE DE LA ROMANÉE.COM PROPRIÉTAIRE A VOSNE-ROMANÉE (COTE-D'OR) FRANCE ROMANÉE-CONT 6.101 Bouteilles Ricollin EN BRIDGE ANNÉE 1996 Mise en Conteille au domaine

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The challenge in Canada has been the lack of a secondary retail market to guarantee a fixed price for your wine, without risk. Iron Gate has changed all that by launching IronGate.Wine; a US-based retail entity under NY State Liquor License #G848717.

Two other options that we've been helping collectors with over the past 8 years is selling wine privately to buyers in the US, Asia, and around the world as well as consigning collections to one of the wine auction houses in the US.

Please contact us to determine which avenue is best for your unique situation.

www.irongate.wine







WHEN ANGELS CRY

QUAND LES ANGES PLEURENT | CUANDO LOS ÁNGELES LLORAN | WENN ENGEL WEINEN | 當《極地戰嚎》天使之城

Make That Music Flappen

By Kelechi Eleanya The Niger Delta – Nigeria

Music ... music ... music... every day people listen to different kinds of music, directly or indirectly. Sounds are put together with words and a melody to create an emotion that expresses itself in very different ways.

Music is a gift that permeates the soul and is one of the most universal ways of expression in human life. It represents an enjoyable activity in and of itself, but its influence goes beyond simple amusement. The power of music goes beyond what one might be able to fully express. Music continues to play a major role in society as a major contributor to human wellbeing – people listen, sing, play or compose melodies/ songs. Research has shown music to have several positive impacts on human life including cognitive, social, emotional and psychological benefits. Music can help build relationships, provide connections and social inclusion.

In different parts of the world, music now represents a major component of children's education. This may be because of the perceived benefits it has on the development of the child. Many have called this the "Mozart effect" – a study that linked music to better performance and higher scores for kids in school.

In fact, someone once said, "All highly intelligent people are not necessarily musical, but all highly musical people are apparently highly intelligent". All these seem to emphasize the relevant impact that music may have on human development from young kids to mature adults, including those with special needs.

Very interestingly, scholars have further investigated the power of music and some doctors have found that babies express preference for the same kind of music they heard while in the womb. Other findings suggest that exposing infants and babies to music while in the womb helps build neural bridges used to process thought and information. Essentially, music can stimulate the brain's alpha waves, which creates a sense of calmness in the listener. Other studies indicate that early music exposure and instruction have

benefits on the development of perceptual skills, which affects language and literary abilities, and spatial reasoning which is related to skills used to complete and understand math, and fine motor coordination.

The transformative power of music can be explored

anywhere. In Cateura, Paraguay, children were separated from being workers in a landfill by one man's music initiative. Wastes were recycled into musical instruments, a landfill harmonic was launched, and the orchestra has grown from just a few musicians to over 35. Due to the fame, many families are now enrolling their kids in the music classes. We can save the child and empower our communities; do it now! Make that music happen!!!

In 1991 Fallingwater was voted "The Most Important Building in the Past 125 years" by the American Institution of Architects. In 1963 E.J.'s son, Edgar Jonas Kaufmann Jr, entrusted Fallingwater to the Western Pennsylvania Conservatory.



PHILANTHROPIC -

PHILANTHROPIQUE | FILANTRÓPICO | PHILANTHROPIC | 慈善

When we look at the world through the eyes of Unsung Heroes we see undreamed of possibilities. More and more we appreciate the incredible number of nominations submitted from around the world within ADESTE's five categories: Humanities, Social Justice, Arts, Technology and Medicine. The nominees of the ADESTE Gold Medal remind us of how many wonderful people are doing amazing things from corner to corner in this chaotic world. Also, we are reminded that the most important aspect, the heart of ADESTE, is to discover "the 40 and under" Unsung Heroes who "outperform" in a globe of billions. Jo Lee Magazine And Its 23 World Voting Emissaries Of Adeste Present With Pride the 15th Annual Adeste Gold Medal Laureate 2019

Claudiu Leverenz

Munich – Germany Aged 29 Humanities

By JO LEE MAGAZINE
NEW YORK / SAN FRANCISCO / HONG KONG / LONDON / TOKYO / ROME / TORONTO

Munevo's underlying premise is independence and mobility for the wheelchair-bound.

Munevo and Claudiu Leverenz (CEO and Co-Founder) have developed an intuitive, handsfree, wheelchair control system, powered by smart-glass technology that has the potential to create independence for thousands of users.

"Within this independence, controlled movements are necessary, even for the mechanical steering systems like chin controls," said Claudiu.
"What we can do already is filter out fast movements

through the software. Currently, we are developing an even better algorithm with features that no other steering system has."

"We have just started and our vision is to improve life by using smart and innovative technology."

Claudiu has a Bachelor of Arts and a Master of Science degree in Information Systems with experience in both business applications and infrastructure as well as new innovative technologies and startup businesses. He has worked on large scale IT projects within the consulting environment for

major clients in different industries.

Recently, Claudiu started to work as a Global Shaper (World Economic Forum) on different projects that help children to code and help refugees to work with computers.

In this role he is able to understand more about how to create sustainable projects that have a greater impact.

https://munevo.com https://www.youtube.com/ watch?v=jMiRsljzIpc







LA TRANSMISSION SYNAPTIQUE | LA TRANSMISIÓN SINÁPTICA | DIE SYNAPTISCHE ÜBERTRAGUNG | SYNAPTIC 傳輸

On The Importance Of Zeamwork

By James T. Rutka, MD Toronto – Canada

A few months back, I journeyed to my medical school alma mater, Queen's University in Kingston, Ontario Canada, to celebrate the 40th Anniversary of our football team's Vanier Cup championship game against the University of British Columbia. It was the "Football Legacy" weekend at Queen's, and prior to the opening kickoff for the game between Queen's and Western University, our 1978 Vanier Cup team was invited onto the field to be recognized. I have learned that 40 years passes in a blink of an eye. As my team members and I get older, our exploits on the gridiron in 1978 seem to get better. Such often happens with the passage of time.

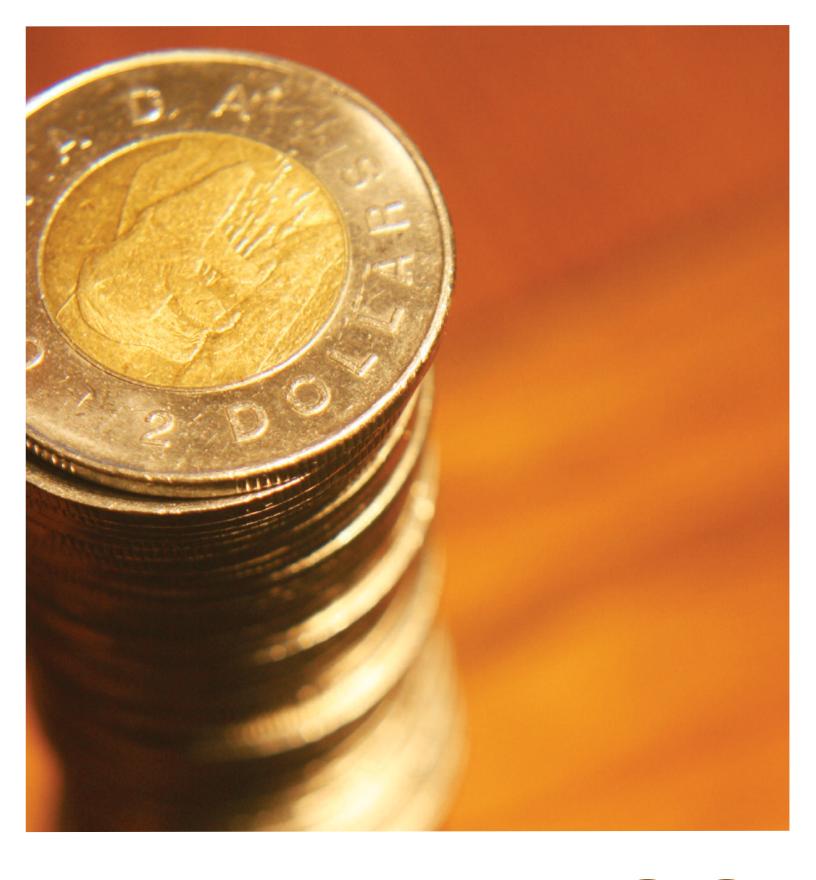
I had the great privilege of being the quarterback of the championship team. I often think of all the lessons I learned while playing with this highly talented group of football players, now all dear friends, several of whom went on to play in the Canadian Football League. In team sports such as football, I learned the importance of discipline, and

the repetition of complex plays on the training field until they could be performed seamlessly and skillfully on game days. I learned the importance of teamwork, and how great things can be accomplished when everyone on the team is pulling together towards a common goal. As quarterback, I learned the importance of strategy, and calling plays from the huddle which took advantage of our position on the field, our opponent's defensive formations, and the time remaining on the clock. My teammates and I all learned the importance of personal fitness, of mind and body, which likely led to our advantage on the playing field not only on the day of the Vanier Cup game, but also throughout the year. We had the remarkable distinction that entire season of being undefeated.

Other lessons learned included time management skills which for me have been invaluable.

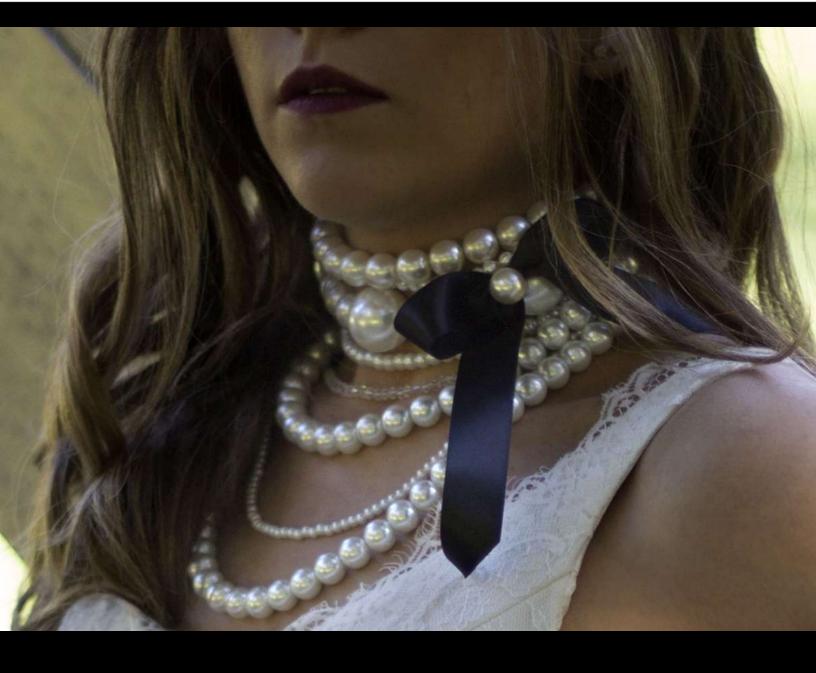
At Queen's, I was studying to become a medical doctor, and it was important to be able to balance my daily studies at school with practicing and playing football six days a week. After graduating from medical school at Queen's, I went on to pursue a career in academic neurosurgery, which to this day requires me to optimize the time I spend caring for my patients, performing research on the molecular biology of brain tumors, and doing a sizeable amount of office administration.

Of course, the best part of playing team sports, in my opinion, are the friendships and the camaraderie that develop, endure, and strengthen over the course of one's life. While our Vanier Cup football championship occupied only a brief moment in time, that moment has been the source of great memories that will last a lifetime.



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The Dower Of Chewing

By Carla Dragnea Bucharest – Romania

In today's fast-paced environment we forget how to chew! Not only do we buy fast food but we are eating the food fast too. Take a bite, chew it a couple of times, swallow and repeat. Would you not agree – it's time to remember the importance of chewing!

Chewing breaks our food down from large particles into smaller particles that are more easily digested. This makes it easier for our intestines to absorb nutrients and energy from the food particles as they pass through, while also preventing improperly digested food from entering your blood and causing a wide range of adverse effects to your health.

The longer we chew, the more time it will take us to finish a meal, and research shows that eating slowly can help us to eat less and, ultimately, to avoid weight gain or even lose weight. For example, chewing our food twice as long instantly helps us control our portion sizes, decreasing calorie consumption.

Saliva contains digestive enzymes, so the longer we chew, the more time these enzymes have to start breaking down our food, making digestion easier on our stomach and our small intestine which absorbs most of the nutrients from what we eat and drink.

One of these enzymes is lingual lipase, an enzyme that helps break down fats, for example. Saliva also

helps to lubricate our food so it's easier on our esophagus.

The chewing process predigests our food into small pieces and partially liquefies it, making it easier to digest. Digestion is actually a very demanding task for our body, requiring a great deal of energy, especially if forced to digest improperly chewed food. Chewing properly allows our stomach to work more efficiently and break down our food faster.

The bones holding our teeth get a "workout" when we chew, helping to keep them strong. The saliva produced while chewing is also beneficial, helping to clear food particles from our mouth and wash away bacteria so there may be less plaque buildup and tooth decay.

When large particles of improperly chewed food enter our stomach, they may remain undigested when they enter our intestines. There, bacteria will begin to break them down, or in other words they will start to putrefy, potentially leading to gas and bloating, diarrhea, constipation, abdominal pain, cramping and other digestive problems.

Lastly, if we rush through our meal with little chewing, we're also not tasting or enjoying the food. When we take the time to properly chew, we savor each piece and truthfully enjoy the flavors our food has to offer. Happy chewing!!





By JO LEE Magazine New York / San Francisco / Hong Kong / London / Tokyo / Rome / Toronto

Photography By L Devine Lac Ste. Anne County – Canada

It is only when you watch the dense mass of thousands of ants, crowded together around the Hill, blackening the ground, that you begin to see the whole beast, and now you observe it thinking, planning, calculating. It is an intelligence, a kind of live computer, with crawling bits for its wits. — Lewis Thomas

The only time you really live fully is from thirty to sixty. The young are slaves to dreams; the old servants of regrets. Only the middle-aged have all their five senses in the keeping of their wits. — Theodore Roosevelt

The world is full of magical things patiently waiting for our wits to grow sharper. — Bertrand Russell

I can only tell you that eggs, country ham, biscuits, a pot of coffee, a morning paper, a table by the window overlooking the veranda and putting green, listening to the idle chitchat of competitors, authors, wits and philosophers, hasn't exactly been a torturous way to begin each day at the Masters. — Dan Jenkins

Men are mad most of their lives; few live sane, fewer die so. The acts of people are baffling unless we realize that their wits are disordered. Man is driven to justice by his lunacy. — Edward Dahlberg

Being able to pit your wits against literally hundreds of other people is really exciting and ultimately the biggest single challenge for a poker player. — Tim Page

When a man is at his wits' end, it is not a cowardly thing to pray: it is the only way he can get in touch with Reality. — Oswald Chambers

If you can keep your wits about you while all others are losing theirs, and blaming you, the world will be yours and everything in it. — Rudyard Kipling

As it is the characteristic of great wits to say much in few words, so small wits seem to have the gift of speaking much and saying nothing. — François de La Rochefoucauld

I'll match wits with anybody. I don't care if they have the top degree in the world. — David H. Murdock



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I'm Carmen Bachez. This is MY #LExEffect.

I started in photography because creating images was the best way I knew how to share a *piece of me*. Sharing my photos for the first time on social media was the scariest thing. It was the first time I put myself out there. The first time I opened myself to criticism or scrutiny.

What I soon would learn, was that I'd be joining a community. A community that supported my work and my opinions, reinforcing new confidence in me. The more photos I shared, the more people I met. The more people I met, the more eyes to have exposure to my work. I was soon able to build a business centered around what drives me and keeps me up at night. Making an impact through visual media. Being a member of LEx. I now have a stage to share my message with the world, and I know I can help others do the same. That's my Leaders Expedition. That's MY #LExEffect. What's yours?

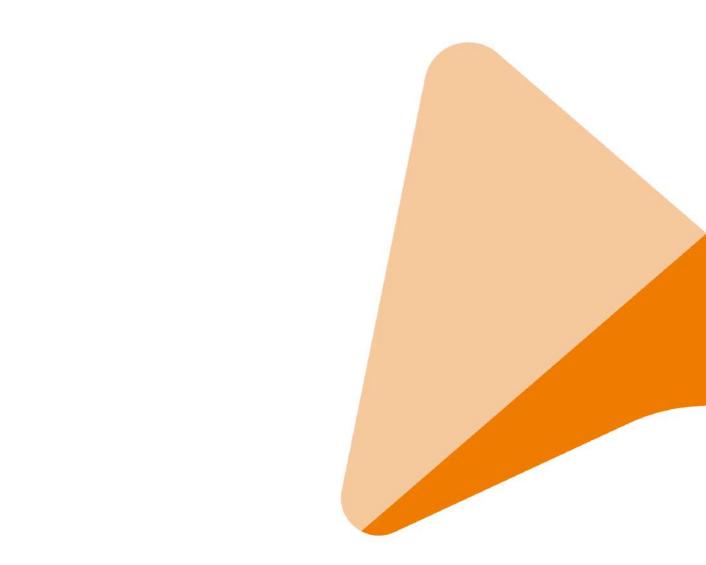
Leaders Expedition

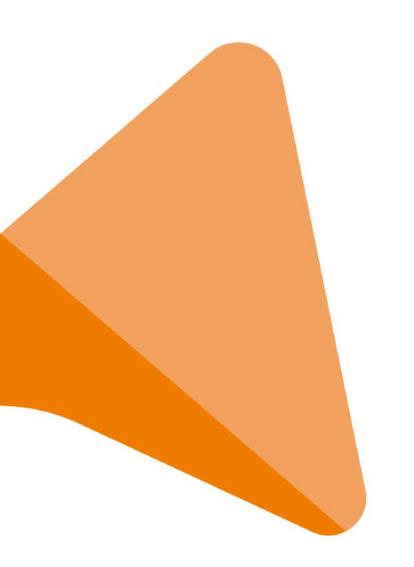
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