



JOLEE MAGAZINE
180° FROM ORDINARY

Jo Lee Magazine



IMAGE • COMMERCE • POWER

World Luxury



joleemagazine.com • 416-720-1172

A bokeh light effect with out-of-focus circles of light in shades of blue, green, orange, and yellow against a dark background.

MILESTONE **225**: LIFE'S LUXURIES.

At milestones, we have food created for
your life's most luxurious moments.

There's no doubt you'll like what you see
and love what you taste.

milestones

FOOD CREATED FOR YOUR LIFE'S MILESTONES™





Dining With Josephina Lee: Morning Drama

BY JO LEE FOR JO LEE MAGAZINE

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

Hello dear friends!

Many have asked that I share a bit of the beauty in my life. I so revel within the old and the new, and each day I make them come true.

So, will you come with me this early morning and dine in breakfast elegance in a setting for only great conversation filled with convivial chatter. What better way to grow in mind than through the richness of your guests surrounded in an atmosphere you never want to get up from!

When I begin to set my table, I set the stage as if for a performance, bringing the art of how my table presents to a

smash hit. A happy combination of style and indeed, morning drama.

In my setting I portray graceful antique-white with yellow flowers as bright as the rising sun, with ornate china, crystal and silverware placed as supporting actors.

Creating an atmosphere that titillates our senses is like the art of painting. I take the beauty of those around my table and see it reflected through the brightness of the day, now shimmering through the clearness of the windows.

The title of this morning drama is unmistakably “Morning Drama”, but how it turns out is

anyone’s guess until the end of the fifth course.

You too can capture this in your very own incomparable way. Be creative and do it with a flare.

Saluti e buon appetito to you – from my Italian home to yours.

ON THE COVER:

Jo Lee at Toronto's Manulife Centre. Photography & Digital Imaging by Alexandra Egan.

FOUNDER, PUBLISHER, EDITOR
IN CHIEF
JOSEPHINA LEA MASCIOLI-
MANSELL

COO
JOHN BLACK

EXECUTIVE VP CREATIVE
JASON HOWLETT

CREATIVE DIRECTOR
CARLA PICCOTTI

MANAGER DIGITAL RESOURCES
SUSAN BLACK

BACKER
MARISA GALLAGHER

PRINT
A | M AMPED MEDIA STUDIOS

CHIEF CONSULTANT
MAUREEN O'MAHONEY

PRODUCTION
CORNEL BANDELL
SALVITA GOMES MAKHANI

SPECIAL ASSIGNMENT CHIEF
BETTE LADEROUTE

SPECIAL ASSIGNMENT
CLIVE BRANSON
ALEXANDRA A. EGAN
ALASTAIR HARRIS-CARTWRIGHT
JULIA SERA VIOLA

EDITOR ADMINISTRATION
NICOLE BUCKETT

EDITOR CONTRIBUTING
RELATIONS
COLLEEN BUCKETT

EDITOR MARKETING
SUSAN BERGER

EDITOR POLITICAL RELATIONS
FABIO GESUFATTO

NEWS CURATORS
CORNEL BANDELL
JACQUALIN CORBETT-COLES
VICTORIA FRANCIOSA
SALVITA GOMES MAKHANI
GIDEON TAAFFE
HEATHER TAKENAGA
KEVIN WAILOO

THE ADESTE MEDAL

SR. STRATEGIST
GAYLE ROBIN, STRATEGIC
AMPERSAND INC.
TORONTO, CANADA

GLOBAL ADVISOR
MICHELINE C. HOLLAUS
BOCA RATON, FLORIDA

RECRUITING COORDINATOR
JUNEEANNE PRATT

THE 40 AND UNDER
GOVERNORS

HONORARY PATRON
SUE TAM BORDEN
CANADA

SALIM ABU-SAMRA
MIDDLE EAST AND EUROPE

ANIKO BOEHLER
MOROCCO

BING HAN
CHINA

OLIVIA HOLLAUS
UNITED STATES

DAVID WEILL
EUROPE

PUBLISHED BY JO LEE
MAGAZINE LUXURIOUS
VIBRANT

ADVERTISING 416.720.1172
COMPLIMENTARY ON-LINE
SUBSCRIPTION
JOLEE@JOLEEMAGAZINE.COM

JOLEEMAGAZINE.COM

180DFO.COM
FACEBOOK.COM/
JOLEEMAGAZINE

TWITTER.COM/JOLEEMAGAZINE

INSTAGRAM.COM/
JOLEEMAGAZINE

LINKEDIN.COM/IN/
JOLEEMAGAZINE

PINTEREST.COM/JOLEEMAGAZINE

HITS ON-LINE STANDS
BIANNUALLY: MAY 1 &
NOVEMBER 1

JO LEE MAGAZINE AND ITS
WORLDWIDE READERS ARE
DEDICATED TO THE SUPPORT OF
THE ADESTE ACADEMY AND
THE CAMPUS AT YES!

JO LEE MAGAZINE DOES NOT
NECESSARILY AGREE WITH
OPINIONS EXPRESSED IN THIS
MAGAZINE.

ALL RIGHTS RESERVED.
©JO LEE MAGAZINE
180° FROM ORDINARY
REPRODUCTION IN WHOLE OR
IN PART WITHOUT PERMISSION
IS PROHIBITED.



Flat out wonderful.

On your next international trip, experience our new Executive First® Suite complete with lie-flat beds, personal touch-screen TVs and ambient mood lighting—not to mention our attentive crew who will do all they can to make your trip comfortable and relaxing. It's the luxurious way to travel around the world.

Visit the Executive First Suite at aircanada.com/experience

Discover the Executive First Suite on select international flights, with more to follow throughout the year.

®Executive First is a registered trademark of Air Canada.



2020



2019



2018



2017



2016



2015



2014



2013



2012



2011



2010



2009



2008



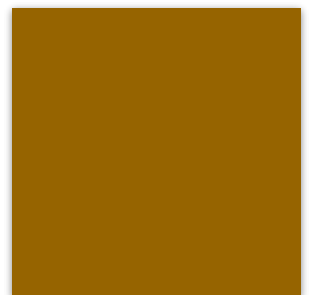
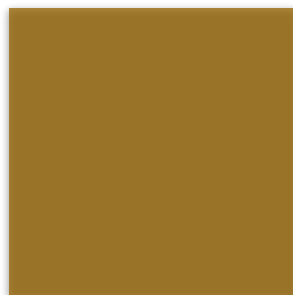
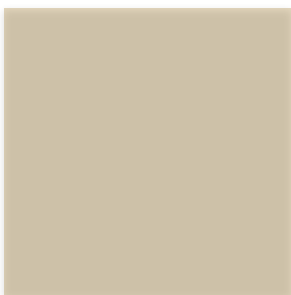
2007



2006



2005



The Adeste Gold Medal

The Prestigious ADESTE Gold Medal is awarded to the 40 and under Unsung Heroes – whose achievements have created outstanding benefits within the categories of Humanities, Social Justice, Technology, Arts, and Medicine: The Unsung Heroes.

ADESTE is a Medal of Honor. It's about those who have achieved extraordinary findings or who have excelled beyond their limits in inspiring others to touch the stars. It's about the drive within the insurmountable challenges in a world we call 'life'! It's about the Unsung Hero who has achieved/created outstanding benefits from Man to Universe. Please! Will you nominate someone today? adestelive.com

2020 Laureate: Social Justice, Earl Patrick Forlaes & Zahra H. Zanjani, Manila – Philippines
2019 Laureate: Humanities, Claudiu Leverenz, Munich – Germany
2018 Laureate: Medicine, Dr. Xavier Duportet, Lyon – France
2017 Laureate: Humanities, Alfonso Nsangu-Cornu, Strasbourg – France
2016 Laureate: Technology, Nadav Ossendryver, Johannesburg – South Africa
2015 Laureate: Medicine, Elif Bilgin, Istanbul – Turkey
2014 Laureate: Medicine, Dr. Georgia Kotantoula, Athens – Greece
2013 Laureate: Social Justice, Akram Azimi, Perth – Australia
2012 Laureate: Medicine, Dr. Sanjay Kumar Shailendra, Bodhgaya – India
2011 Laureate: Arts, Jia Zhang-ke, Beijing – China
2010 Laureate: Medicine, Joseph Teran, Los Angeles – United States
2009 Laureate: Arts, Mariatu Kamara, Sierra Leone – Africa
2008 Laureate: Arts, David Wesongah, Nairobi – Kenya
2007 Laureate: Humanities, Jenna Brianne Lambert, Kingston – Canada
2006 Laureate: Technology, Anna Helen Dyson, New York – United States
2005 Laureate: Social Justice, Phil Arkell, The Niger Delta – Nigeri



Page 68: ADESTE Laureate's 2020. Page 104: Synaptic Transmission, Kukai The Shikoku Henro.



More Readers – Greater Reach. – joleemagazine.com

Exclusively digital publishing for JO LEE Magazine. By scanning the QR Code, the latest issue can be enjoyed on your electronic device of choice. We appreciate your contribution to reducing our impact on the planet and enabling us to direct our resources toward more valuable humanitarian endeavors.

We're jet propelled — like an Andy Warhol painting. Be a part of the most photo-driven, provocative, intoxicating minds. We'll take you on a ride...
joleemagazine.com

Exclusives

24

THE GROUP OF 16 LOST CITIES

For our 2020 Power Issue we give you an incredible opportunity to travel through time to 16 extraordinary destinations.

By Susan Berger

New York/San Francisco/Hong Kong/ London/Tokyo/
Rome/Toronto

74

THE RICH & THE FAMOUS EXPLORING THE BEAUTY OF THE LANGUEDOC

By Mark Raynes Roberts
London/Toronto

84

MANSIONS & MILLIONAIRES BILTMORE ESTATE: COUNTRY LIVING OF AMERICAN ROYALTY

By Victoria Franciosa
Rome/Toronto

Features

16

THE MARVELOUS MAVERICK THE NEW STRUGGLE

By H. Gail Regan
Toronto, Canada

18

PROS & EX.CONS FREE MEDICAL CARE FOR EVERYONE

By Stanley J. Dorst
San Francisco, California

68

ADESTE LAUREATE'S 2020 EARL PATRICK FORLALES & ZAHRA H. ZANJANI

adestelive.com

104

SYNAPTIC TRANSMISSION FOLLOWING IN THE FOOTSTEPS OF KUKAI: THE SHIKOKU HENRO

By James T. Rutka, MD
Toronto, Canada

Intoxicating Opinions

22

SENSING THE UNSEEN IN AWE OF CREATION

By Alan Briskin
San Francisco, California

56

FUTURE ON THE EDGE A GREEN NEW DEAL

By Dr. Rose A. Dyson
Toronto, Canada

64

VARIED INFLUENCES MEMORY — TRIPARTIDE MNEMONIC

By Farhad Nargol-O'Neill
Toronto, Canada

72

THE PRIVATE MUSEUMS SHEBOYGAN MARSH, WISCONSIN

By Julie Re kai Richerd
Toronto, Canada

98

WHEN ANGELS CRY WHEN THE YOUNGER GENERATION TAKES OVER THE STAGE

By Kelechi Eleanya
The Niger Delta, Nigeria

118

NOSTALGIA AND YOU MARILYN MONROE, GARY COOPER, AUDREY HEPBURN

By Kerry Baker
Brisbane, Australia

Travel

58

YES, VIRGINIA! POLYNESIA

By Lois M. Gordon
Silicon Valley, California

Philanthropic

8

THE ADESTE GOLD MEDAL adestelive.com

Wealth

6

THRU THE EYES OF JO LEE DINING WITH JOSEPHINA LEE — MORNING DRAMA

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

66

PIZZAZZ A CHANCE MEETING

By Kathleen Mailliard Solmssen
San Francisco, California

100

THE GLAMOROUS LIFE OF AN AUTHOR THE FED AND HOW IT GOT TO WHERE IT IS AND WHY THAT MATTERS

By Al Emid
Toronto, Canada

Indulgences

14

CONTRIBUTORS

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

20

THE POET'S CORNER

By Joan Chisholm, Vera Resnik & Gary Sweeney

109

EDITOR AT LARGE OUR METABOLISM AFTER 50!

By Carla Dragnea
Bucharest, Romania

Limoncello

110

WITS END GRAMMATICAL YET CRAZY

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

CONTRIBUTORS



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.



Kerry Baker

NOSTALGIA AND YOU

Kerry Baker's abiding passions have been film, music and travel. "Travel no longer appeals," he says, "and changes to popular music have reduced my former interest to

nostalgia. But my love for cinema and the joy it bestows remains as powerful as ever."

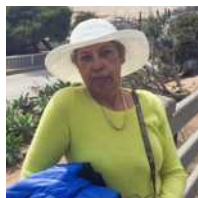


Alan Briskin

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 International Urban Development Association and advisor for The International Executive Service Corps on behalf of the United States State Department Agency for International Development.



Carla Dragnea

EDITOR AT LARGE

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!

E-Help Campus which assists 44+ million young people worldwide with their problems. campusatyes.com



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 co-

founder of the 1996 International Cultural Environment Movement, and serves on executive committees for Canadian Peace Research Association and World Federalists, Toronto Branch.



Kelechi Eleanya

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.

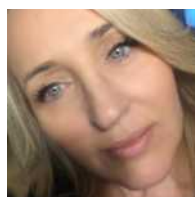


Al Emid

THE GLAMOURS LIFE OF AN AUTHOR

Al Emid's career spans 50+ years in communicating ideas, concepts and information as a producer, broadcaster, and

as a journalist with bylines in various financial publications in several countries. In addition, Al has been a Business Studies Instructor at the community college level. In May 2019, we saw Al's latest eBook release on Volatility.

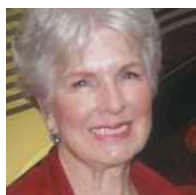


Victoria Franciosa

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.

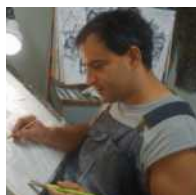


Lois M. Gordon

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.



Farhad Nargol-O'Neill

VARIED INFLUENCES

Farhad Nargol-O'Neill, self-taught in sculptural works in metal, has seen his work in private, public, diplomatic commissions, and exhibitions in many parts of the globe.

In 2014, Farhad began the five year design and carving, then casting, gilding and installation of the bas-reliefs (the complete Rosary story} for the Marian Doors now installed in the beautiful St. Michael's Cathedral Basilica, in Toronto.



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.



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 Reikai Rickerd

THE PRIVATE MUSEUMS

Julie Reikai 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

luxury environments. Born and trained in England, his sculptures can be found in private and corporate art collections around the world.



Dr. James T. Rutka

SYNAPTIC TRANSMISSION

Dr. James T. Rutka is the R.S. McLaughlin Chair, Department of Surgery, University of Toronto, Director of The Arthur and Sonia Labatt Brain Tumour Research Centre, and

pediatric neurosurgeon at The Hospital for Sick Children, Toronto, Canada. He has served as President of AANS, AAoNS and World Academy of Neurological Surgery. He is Editor-in- Chief of the Journal of Neurosurgery.



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](https://www.pinterest.com/fashionandflair) and fashionwithflair.blogspot.com is filled with life lessons and laughter, exquisitely mirrored in her column Pizzazz.



The New Struggle

BY H. GAIL REGAN
TORONTO – CANADA

Ten years ago, on a rare sunny day in April, I sat on a deck with my daughter and two-year-old granddaughter, who seemed restless. “You’re bored,” my daughter said. “Here. Play with this.” She handed her cell phone to the toddler, who instantly settled down and started punching numbers. “Oh,” I thought, “the world has changed.”

I believed then that the problem of numeracy would be solved by now. I predicted the next generation, digital as they learned to walk, would grow up to be rational investors and economically savvy. I did not understand that the infinity of games kids play on screens takes time from sociability and emotional growth.

Many adults nowadays cannot sustain a conversation over a

meal. This decline in civility lays the groundwork for fractiousness. I find the intensity of political struggle anxiety-provoking, even in Canada. What are we conflicted about?

Back in the 1960s when I did my first degree in sociology, they taught us that society works like a furnace. Heat from the boiler (wealth from the economy) is controlled by the thermostats (government, law, formal knowledge and religion). We learned that religious thermostats like the Protestant Ethic could encourage wealth creation. But don’t count on it. We were just twenty years from the end of the ideological struggle of World War II and in the middle of the Cold War.

Since the 1960s there is much more consensus on the boiler.

Societies devote themselves to wealth creation and their citizens are proud when they succeed. But the thermostats are a different story. We don’t agree on free markets, taxation, government finances, monopolies, economic growth rates, and income inequality. We squabble over digital topics. The tension comes from our emotional immaturity developing as we pay the price of digital dependence.



Free Medical Care For Everyone

BY STANLEY J. DORST
SAN FRANCISCO – CALIFORNIA

We have established that we live in the wealthiest country on earth, yet we are told that we will need to do better because we do not have free medical care like some European countries and Canada.

First of all, it is not free for the taxpayers who pay for the medical services.

It is estimated it would cost California taxpayers \$400 million (twice the total current state budget) and our national government would be out \$32 trillion (no, not billion) over the next 10 years.*

Is it just the rich people and companies that would suffer from paying this bill? No! The people and companies who pay the taxes are the ones who create jobs, about \$50,000 for each

new job. Thus, higher taxes will result in fewer opportunities for employment and the creation of wealth. Free health care would soon move us out of our position as the most prosperous country in the world.

Along with unlimited access to free health care you also get poorer health care.

In England 362,600** patients waited longer than four months for hospital treatment and 95,252 waited longer than six months. Can you conceive of waiting this long after finally getting a referral from your doctor? Closer to home, things are just as bad in Canada where the average wait between diagnosis and treatment is five months.

Free medical care does not work, just as we cannot give

everyone a free college education or a free five-bedroom home. Health care only works for the country if people put its cost ahead of their luxuries and have to evaluate the benefit vs the cost.

We are the wealthiest country in the world (per capita GNP) because of our financial system. Redistribution of wealth results in a lower average standard resulting from a lack of funding for those willing and qualified to excel.

Enforced sharing is nice but not productive.

*The Hoover Institute

**England's National Health Service



The Poet's Corner

You

Planted twenty years ago, you grew stately, wider in girth, ring by ring. You anchored roots deeply, prodded extensive branching, some to reach skyward.

Never hurrying, growing patient, wiser, resilient. You told your own story, accepting seasons, storms, onslaughts of atmospheric pollution.

Your stature elicits awe, admiration, beauty announced by shading leaves. Sharing, giving of yourself, woodpeckers drum, drill holes, squirrels scamper, birds perch, nest, people find peace.

Your bark splits, sloughs, twigs shed, leaves crisp. Ants, wasps, inebriate upon your oozing life force. You struggle, fight disease ravishment. Lose.

No bird sings as the chain saw shreds the silence, eliminates your being as you crash to the earth that lovingly nurtured you, creating a spatial void.

You were grand, soon to decompose into new life. Grand again.

Farewell.

© Vera Resnik

Broken Orchids

Break the stem of your growth
and share the more beautiful half with those you influence.

You are capable of regenerating,
but a misguided soul can float on your strength
when they begin to drown in a river of good intentions.

© Gary Sweeney

Aging Gracefully

When I was young
My breasts were like apples.

Now they are like saucers
Ready to be painted,
Gracefully, not fully.

The backs of my hands have veins of highways
Showing the way I have come
Lifting small children and heavy pots of rice.

My eyebrows, once also symmetrical
Are sprouting single sturdy white hairs,
Keep popping straight out.

My face is still full as it once was
Not knowing laughs, at 14 still serene with hope
And sweet and calm looking
Although my husband tells me, "Face, Face!"
When I am often frowning.

Now I think of the sky, blue like a Caribbean Sea
And scattered with small snowy puffy patches of clouds
My brow relaxes.
And my frown dissipates into a smile.

My hair, yes, my hair
Once shining black, long and straight
Had been lost over many months
And now, the re-growth is baby soft and curly
Such a long way to have come.

© Joan Chisholm



In Awe Of Creation

TEXT AND PHOTOGRAPHY BY ALAN BRISKIN
SAN FRANCISCO – CALIFORNIA

There is an intriguing legend of a Jewish Hasidic Master, the Baal Shem Tov. In the language of the Bible, the term Chesed is understood as loving kindness, directed toward a creator as well as fellow humans. Hasids were those who cultivated this loving kindness, opening themselves to be loved by an infinite force and to reflect that love back to the world. The Baal Shem Tov aspired to embody this kind of grace, to live with equanimity and compassion. The only problem was, he was somewhat of an arrogant fellow, with temper tantrums. What distinguished the Baal Shem Tov, however, was his willingness to face his shortcomings, to ask for help.

And this is where the legend takes an odd turn. Whom does he summon for help but Satan,

the dark angel, an outer manifestation of the shortcomings we have within? And Satan is not pleased to be summoned from Heaven where he is free to debate God about the true nature of humans. “How dare you?” Satan bellows. “How is it you do not fear me?” “I do not fear you,” the Baal Shem Tov replies, “I stand in awe of creation.”

There are four lessons we might draw from the tale. The first is that we are never as perfect as we think we are and we must be honest about our shortcomings. The second is that we typically try to repress the shadow, viewing our shortcomings as “not me” or fodder for individual self-improvement. The tale of the Baal Shem Tov suggests a different approach, one of inviting the shadow,

curious how the darker aspects of our personalities might be enlivening and transformative. Third, that when we stand in awe of creation and face the world with a learning mind-set, fear is lessened and curiosity aroused. We become capable of being bearers of compassion for we understand the vulnerability and shadow that is in each of us. Finally, the tale reminds us of the paradoxical forces that must be held in tension. We may aspire to be more loving to others, but we must also be kind to ourselves. We may seek the good but must also live with our darker nature. To hold this creative tension and direct it toward a higher self is wisdom.

To see more of Alan’s writing and photography, visit www.alanbriskin.com

EXCLUSIVE —————
EXCLUSIVITÉ | EXCLUSIVO | EXKLUSIVE | 專屬



Algeria

TIMGAD

BY SUSAN BERGER

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

Built “out of nothing”, or “ex nihilo”, Timgad was founded by Emperor Trajan around 100 AD, and remains one of the best examples of Roman urban planning. Located in the Aures Mountains in northeastern Algeria, the walled city was designed as a perfect square, bisected by two main streets that were perpendicular to each other. It was accessed by four gates, one of which was replaced by a triumphal arch, now one of its most impressive structural remains, when the city expanded beyond its original limits. It was this arch, partly buried in the desert sands, that Scotsman James Bruce discovered in 1765. Little did he know at the time that he was standing above the ruins of the largest Roman settlement ever built in North Africa. It took another hundred years for excavation to begin by French archeologists, who concluded that its inhabitants enjoyed a luxurious and cheerful lifestyle, as evidenced by the sign found in the remains reading, “Hunting, bathing, playing, laughing – that’s living!”

While originally built for the military, the Romans decided to create a comfortable life in Timgad to appeal to the local merchants who came to town to sell their products. Their plan was successful, and local tribesmen moved to the city to obtain Roman citizenship, thereby weakening resistance from local nomadic tribes. The city contained many structures typical of a Roman settlement which can still be seen today, including a forum, or public square used for the sale of goods and social gatherings, a theatre seating 3,500 people built into the side of a hill, 14 baths and many houses.

Timgad was destroyed near the end of the 5th century by indigenous mountain tribes, and although it was partially inhabited at times thereafter, it was fully abandoned in the 8th century following an Arab invasion.

EXCLUSIVE

EXCLUSIVITÉ | EXCLUSIVO | EXKLUSIVE | 專屬



Bangladesh

BAGERHAT

BY SUSAN BERGER

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

Known as the Mosque City, Bagerhat at one time included 360 mosques, public buildings, mausoleums, bridges, roads, and water tanks, mostly constructed of baked brick, which was not a commonly used material at the time. Located at the convergence of the Ganges and Brahmaputra rivers, the city formerly known as Khalifatabad was founded in the 15th century by the Turkish general Ulugh Khan Jahan, and contains some of the most significant buildings of the initial period of the development of Muslim architecture of Bangladesh. The city, which was created within a few years, was covered up by the jungle after Khan Jahan's death in 1459.

Interestingly, there is a lack of fortifications, which were deemed unnecessary due to the impenetrable mangrove swamps of the area, keeping its enemies away. The quality of the buildings, the methods for the supply and evacuation of water, the cisterns and reservoirs and the transportation infrastructure all attest to skilled planning and technical skill and a strong sense of spatial organization.

More than 50 Islamic monuments, all built in the Indo-Islamic architectural style, have been discovered after the vegetation that has obscured the city for centuries was removed. The most remarkable is the Shait-Gumbad, or Sixty Dome Mosque, which was built with 60 pillars and 77 domes. Also notable is Khan Jahan's tomb complex, which contains an engraved inscription attesting to his piety, providing an explanation for the density of the religious monuments.

EXCLUSIVE —————
EXCLUSIVITÉ | EXCLUSIVO | EXKLUSIVE | 專屬



China

LION CITY

BY SUSAN BERGER

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

The remarkable Lion City, or Shicheng in Mandarin, attained its current underwater status as a result of the intentional flooding of the surrounding valley in 1959 to create a man-made lake in order to build the Xin'an Dam and adjoining hydroelectric station. 300,000 people were evacuated, forced to leave the homes where many of their ancestors had lived for centuries. Left abandoned for decades, it was rediscovered in 2001 when the Chinese government organized an expedition to ascertain if any of the city remained.

From 25 to 200 AD, Shicheng was considered one of the most powerful ruling cities in China, and was once the center of politics, economics and culture of the area. Diving expeditions have determined that the city had five entrance gates, in contrast to the traditional four, with two western facing gates in addition to three in the other directions, making the city architecturally unique. The city's wide streets have 265 archways containing stonework of lions, dragons, phoenixes and historical inscriptions, as well as white temples, homes and magnificent buildings.

Since the water used to submerge the city did not contain anything corrosive and was not conducive to marine life growth, the contents of the city remain in perfect condition, as they are protected from wind, rain and sun erosion. While wood often does not survive being immersed in water, even the wooden structures of Lion City are perfectly preserved. As it is located 130 feet below the surface of man-made Qiandao Lake, only advanced divers are permitted to get up close to the ruins to view the underwater ancient city.

EXCLUSIVE —————
EXCLUSIVITÉ | EXCLUSIVO | EXKLUSIVE | 專屬



Egypt

THONIS-HERACLEION

BY SUSAN BERGER

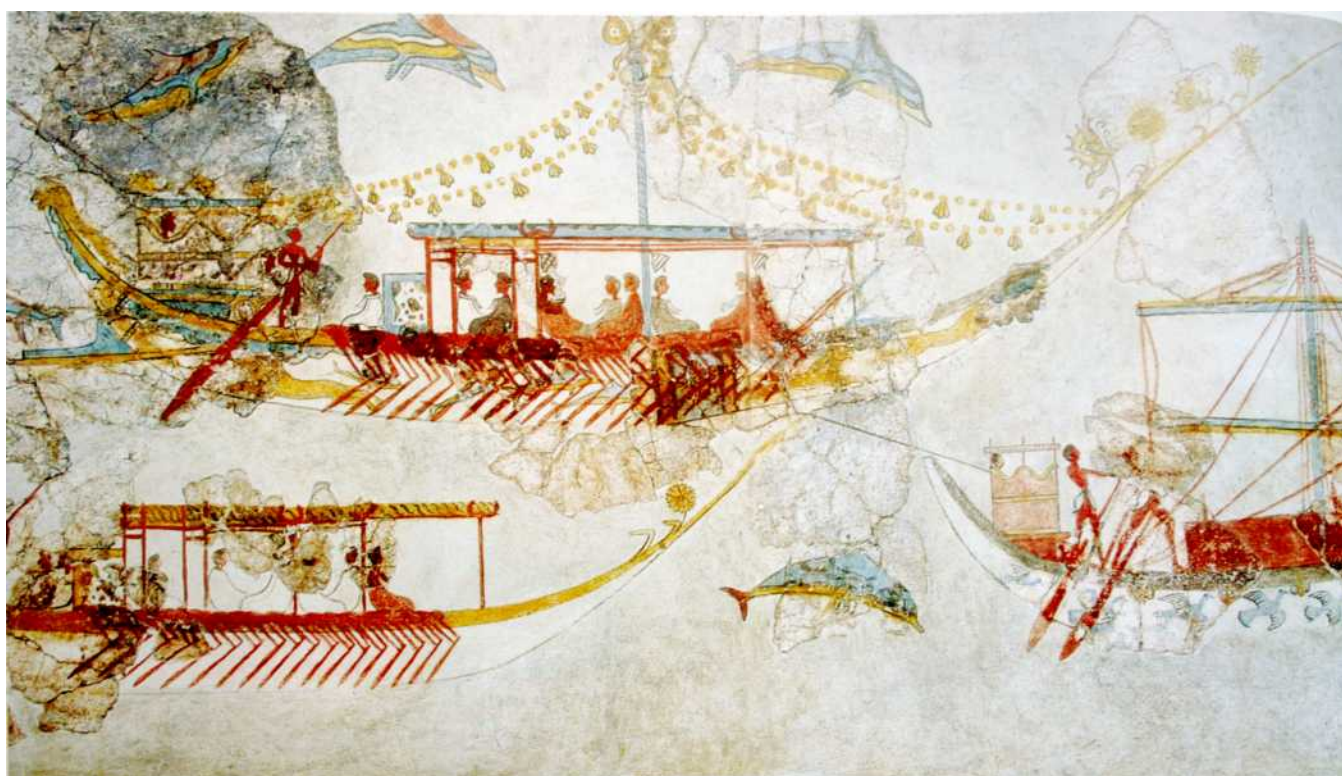
NEW YORK / SAN FRANCISCO / HONG KONG / LONDON / TOKYO /
ROME / TORONTO

Referenced in a few rare inscriptions and ancient texts, the port city of Thonis-Heracleion was hidden for thousands of years, submerged under the Mediterranean sea.

Guarding the city at the mouth of the Nile, the huge granite statue of Hapy, God of fertility, lord of the river, stood until it crashed into the sea. The rest of the city, where Helen of Sparta sought refuge with her abductor, Paris of Troy, subsequently disappeared under the water, covered by sand and silt. However, in the early 2000s a group of divers working off the Egyptian coast found a large piece of rock under the seabed, and brought it up to the land. Lo and behold it was a salt-encrusted piece of Hapy. As the searching continued, six more pieces of the statue were found, and then ruins of temples, pottery, precious jewelry, gold coins, oil lamps, 64 ships, tiny sarcophagi for sacrificial animals, and statues up to 16 feet tall.

Founded 2700 years ago, Thonis-Heracleion was one of the great port cities of the world, controlling all maritime trade into Egypt. As the gateway to the Mediterranean, and by extension the western world, it became a center for international commerce. Located 15 miles north-east of what is now Alexandria, it preceded that city as the main trading port for the region by several centuries. Built on a series of interlinked islands, sand and mudbanks, Thonis-Heracleion was criss-crossed by a network of canals and sprinkled with harbours, wharves, temples and towers, joined by bridges and pontoons. Goods were inspected and taxed at the customs administration center and sent inland for distribution. How the city ended up under water is largely a mystery, although it is possible that it was caused by a tremor in the earth.

EXCLUSIVE —————
EXCLUSIVITÉ | EXCLUSIVO | EXKLUSIVE | 專屬



Greece

AKROTIRI

BY SUSAN BERGER

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

Discovered by a Greek archeologist in 1967, the prehistoric town of Akrotiri on the island of Santorini was destroyed by an earthquake and subsequent volcanic eruption in 1615 BC. It has since been considered an ongoing excavation project, with only 26% of the settlement uncovered to date.

The earliest evidence of human habitation in Akrotiri goes back to the fifth millennium BC. The discovery of fragments of pottery indicate that it developed trading relationships with other cultures in the Aegean, from Syria to Egypt, leading to its growth. From the Early Bronze Age around 2500 BC until its demise, Akrotiri became a prosperous and architecturally complex maritime hub. Situated on the copper trade route, it was an important center for processing copper, as evidenced by the discovery of molds and crucibles.

The explosion buried the town beneath meters of volcanic ash, creating what is now considered one of the Mediterranean's greatest archeological sites. Removal of the ash showed a sophisticated settlement with an elaborate drainage system and multi-story houses decorated with magnificent wall paintings. 58 colorful frescos have been discovered and conserved, containing remarkable images of plants, dolphins, monkeys, boys, flowers and fishermen and their fleets. The 35 buildings uncovered so far include storerooms, workshops, a kitchen, a bathroom, a weaving room and a storeroom filled with ceramic vessels, along with a network of paved streets and open squares. There has, however, been no discovery of any skeletal remains of the inhabitants of Akrotiri, indicating that they were aware of the signs of an upcoming disaster and were able to evacuate before the eruption. Although the volcanic explosion destroyed Akrotiri, it also preserved it. Today a modern roof and walkways are suspended above the archeological remains, allowing tourists to walk among the two- and three-storey buildings.

EXCLUSIVE —————
EXCLUSIVITÉ | EXCLUSIVO | EXKLUSIVE | 專屬



Guatemala

TIKAL

BY SUSAN BERGER

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

One of the major centers of Mayan civilization, Tikal is situated in the tropical rainforest of the Yucatan peninsula. First settled between 900 and 300 BC, it reached its architectural and artistic peak between 600 and 800 AD. Decline subsequently set in, and by the 10th century, Tikal was abandoned and remained hidden until it was discovered by an expedition in 1848. Excavation and restoration began in 1979.

Archeologists have discovered 3,000 structures over a six-mile area, many of which remain, uncovered by growth, as they were a thousand years ago. The ceremonial center is the Great Plaza, which is surrounded by monumental structures, including five pyramidal temples and three large complexes called acropolises, which were temples and palaces for the upper class. Pyramid 1 ascends 145 feet above the ground and is topped by the Temple of the Jaguar, and its partner across the plaza, Pyramid II, rises 125 feet and contains the Temple of the Masks. The highest of the monuments is Pyramid IV, soaring 213 feet and the site of the Temple of the Two-Headed Serpent. Tall carved stones, or stelae, each depicting a king and covered in hieroglyphs, have helped explain Mayan life.

It is estimated that around 60,000 people lived in Tikal at its peak. Writings from the site show that the Mayan were warriors, and their stories were those of battles, sacrificial offerings and torture. Theirs was an advanced civilization, skilled in engineering, math and astronomy. They created a calendar with 365 days, and their lunar cycle was only seven minutes off the best that modern instruments can compute. The locale contained no body of water, and so they relied on seasonal rainfall for their water supply, which they collected in reservoirs. While the reason for the decline of Tikal is not known, it is theorized that the growing civilization fell into decline as a result of drought.

EXCLUSIVE —————
EXCLUSIVITÉ | EXCLUSIVO | EXKLUSIVE | 專屬



India

DWARKA

BY SUSAN BERGER

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

Revered as one of the most prominent sacred pilgrimage sites of Hinduism and one of the seven most ancient religious sites in India, Dwarka is located in a remote part of the state of Gujarat. According to Hindu mythology, it is the site of the sacred city of Dvaraka, which is mentioned in the “Mahabharata”, one of the two great epics of ancient India, and is where Krishna once lived until he passed on from this world. After his death, legends say the city was engulfed by a massive flood.

Dvaraka was believed to be a meticulously planned city, divided into six sectors containing residential and commercial sectors, roads, plazas and palaces made of gold, silver and precious stones, public facilities, gardens and lakes. Surrounded by water, it was connected to the mainland by bridges.

The existence of Dvaraka was long dismissed as a myth. Archeological excavations, however, suggest that there is evidence of a destroyed settlement dating back to the 15th century BC. This discovery led to offshore investigations, and stone structures and anchors were found just off the shore of the current modern city of Dwarka. These imply that Dvaraka was one of the busiest ports on the west coast of India. Since the ruins date back at least 9,000 years when the area was submerged under water, it means that the city must have existed before then. Further exploration has revealed sandstone walls, a grid of streets and evidence of a sea port 70 feet under water. The ruins are considered to be Dvaraka, and give credence to the belief that the “Mahabharata” is not a book of myths and legends, but an actual account of past events.

EXCLUSIVE —————
EXCLUSIVITÉ | EXCLUSIVO | EXKLUSIVE | 專屬



Italy

POMPEII

BY SUSAN BERGER

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

Before the catastrophe struck in 79 AD, the town of Pompeii, located south of Naples at the base of Mt. Vesuvius, was a resort for Rome's upper class. Magnificent villas lined the paved streets, and the town was filled with tourists and slaves, factories, artisan shops, taverns and cafes, brothels, bathhouses, markets and open-air squares.

It is estimated that 12,000 people lived in Pompeii at the time of the eruption of Mt. Vesuvius. Most had time to flee. Those who stayed encountered falling ash and collapsing buildings, following by a surge of superheated poison gas and pulverized rock which poured down the side of the mountain, obliterating everything in its path. When the eruption finished the following day, Pompeii was buried under millions of tons of volcanic ash, 20 feet high, and stayed untouched until 1748, when it was discovered by a group of explorers looking for ancient artifacts. The ashes preserved the town in exactly the condition it was in 17 centuries before. Buildings were intact and skeletons were frozen where they fell; archeologists later even found jars of preserved fruit and loaves of bread. An account of the explosion was detailed in two letters written by Pliny the Younger.

Hundreds of homes have been excavated containing elaborate wall paintings and floor mosaics, providing a history of architecture for at least four centuries. The center of the city's life was the Forum, a rectangular area surrounded by a two-story colonnaded portico. Surrounding it are temples, a large market, the headquarters of the woolen industry, the meeting place of the government, the palaestra (sports ground) and a theatre. Excavations have revealed gardens, bakeries, food and wine shops, hotels, and shops of sculptors, toolmakers, and gem cutters. The discovery of Pompeii was responsible for the neo-Classical revival of the 18th century, as Europe's wealthiest families displayed art and reproductions from the ruins, which helped to shape the architectural trends of the era. Pompeii is of great historical significance, providing insight into the social, economic, religious and political life of the ancient world.

EXCLUSIVE —————
EXCLUSIVITÉ | EXCLUSIVO | EXKLUSIVE | 專屬



Kenya

GEDI

BY SUSAN BERGER

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

A Swahili settlement founded in the 13th century on the coast of the Indian Ocean in the forest, Gedi was inhabited by sailors, traders and settlers from Oman who worked the spice route between the Middle East and Africa. No historical record of the town remains, nor is the cause of its demise in the 16th century known.

The ruins were discovered by British settlers who were clearing the forest in the early 20th century. From the 14th to the 16th centuries, Gedi was home to a large Arab community. Excavations have uncovered a town built entirely from plaster, earth and coral, surrounded by two walls. The rich lived in the inner wall, and the outer wall included farm and plantation land with mud houses for the middle class. Peasants resided outside the walls. The town was remarkable for its sophistication; houses contained advanced drainage and plumbing, including flushing toilets. Also uncovered were the Great Mosque, a fort, palaces, a well 50 meters deep, and tombs, one of which contains an inscription from 1399 in striking Arabic script. Deep in the forest is the palace where the King held court and assisted women with marital problems. Chambers have been found which have no windows or doors; access was through a secret door from the roof. It is believed that these vaults were used by noblemen to store their gold and jewels. Evidence that the residents of the town traded with outside cultures is clear from items found from all over the world, including Ming vases and Venetian glass.

The town was abandoned in the early 16th century and covered by the forest. Theories abound as to the cause, from a plague to a sudden attack by tribesman from Somalia. Whatever the cause, the nobles had time to react, as no gold or stones have ever been found in their secret vaults.

EXCLUSIVE —————
EXCLUSIVITÉ | EXCLUSIVO | EXKLUSIVE | 專屬



Libya

LEPTIS MAGNA

BY SUSAN BERGER

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

One of the most beautiful cities in the Roman Empire, today Leptis Magna contains some of its most complete and well-preserved ruins. Located 130 km from Tripoli, it began as a Phoenician colony in the 10th century BC, ultimately becoming one of the Roman Empire's most important cities after being enlarged by Septimius Severus, who ultimately became emperor. As Rome declined, Leptis Magna weakened. After being attacked by Vandals, Berbers and Arabs, it was abandoned and forgotten in the 7th century AD, covered by sand. Excavations began in the 1920s when the Libyan Antiquities Service and Italian archeologists began studying and preserving the site.

The first item seen when entering the ruins of the city is a gigantic arch built in 203 AD in honor of Severus. The site contains 30 major monuments including Hadrian's baths, the Forum, a row of Medusa heads, several basilicas, the port, temples, fountains, a marketplace and an amphitheater seating 15,000 people, as well as shops and residential districts. In 2005 a team uncovered a length of five colorful mosaics created during the 1st or 2nd century which had decorated the walls of a pool in a Roman villa.

The site is endangered due to several factors. Since 2011, when rebels ended Colonel Gaddafi's reign, the country has been mired in conflict. Flooding has eroded many of the coastal buildings, and uncontrolled growth of vegetation is taking over the ruins. A substantial number of the 600 marble columns from the colonnaded way and the Forum were removed from the site and relocated to Windsor Castle, Versailles and Saint-Germain-des-Pres in Paris, some thinned to fit French drawing rooms. Many of the works of art uncovered at Leptis are on display the nearby Leptis Magna Museum and at the Archeological Museum of Tripoli.

EXCLUSIVE —————
EXCLUSIVITÉ | EXCLUSIVO | EXKLUSIVE | 專屬



Morocco

AIT-BEN-HADDOU

BY SUSAN BERGER

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

On the southern slopes of the High Atlas mountains, the town of Ait-Ben-Haddou is a remarkable example of the earthen architecture of southern Morocco as well as Pre-Saharan construction techniques. While the oldest buildings date from the 17th century, the building techniques can be traced back centuries.

The town of Ait-Ben-Haddou was once a stop on the ancient Sahara Trade Route linking ancient Sudan to Marrakesh, where traders carrying slaves, spices and other goods would rest on their way to Timbuktu or the Western Sahara. It is considered a ksar, or fortified village, situated on a hill overlooking a river. The ksar is a group of closely-built homes constructed of local organic material formed into bricks and covered by a red mud plaster. Some of the homes, or kasbas, of the wealthy traders are large multi-store buildings with ornate decorative motifs. Narrow alleyways wind through the kasbas and up the hillside. The common areas of the town include a mosque, a public square, grain threshing areas, two cemeteries (Muslim and Jewish) and the Sanctuary of the Saint Sidi Ali or Amer. The town walls contain high corner towers which served to defend the ksar.

The rooms in the kasbas followed practical designs. No room could be larger than the maximum size of the nearest indigenous tree that provided the ceiling beams. Narrow slits acted as windows so archers could shoot their arrows during tribal attacks, which were common, and flat roofs became open-air bedrooms during the hot summer months. Holes in the walls existed to ventilate the homes, whose walls would dry out and disintegrate much faster without them. Because the buildings are made of clay, they are damaged with each storm, necessitating the repair of the walls.

EXCLUSIVE —————
EXCLUSIVITÉ | EXCLUSIVO | EXKLUSIVE | 專屬



Peru

MACHU PICCHU

BY SUSAN BERGER

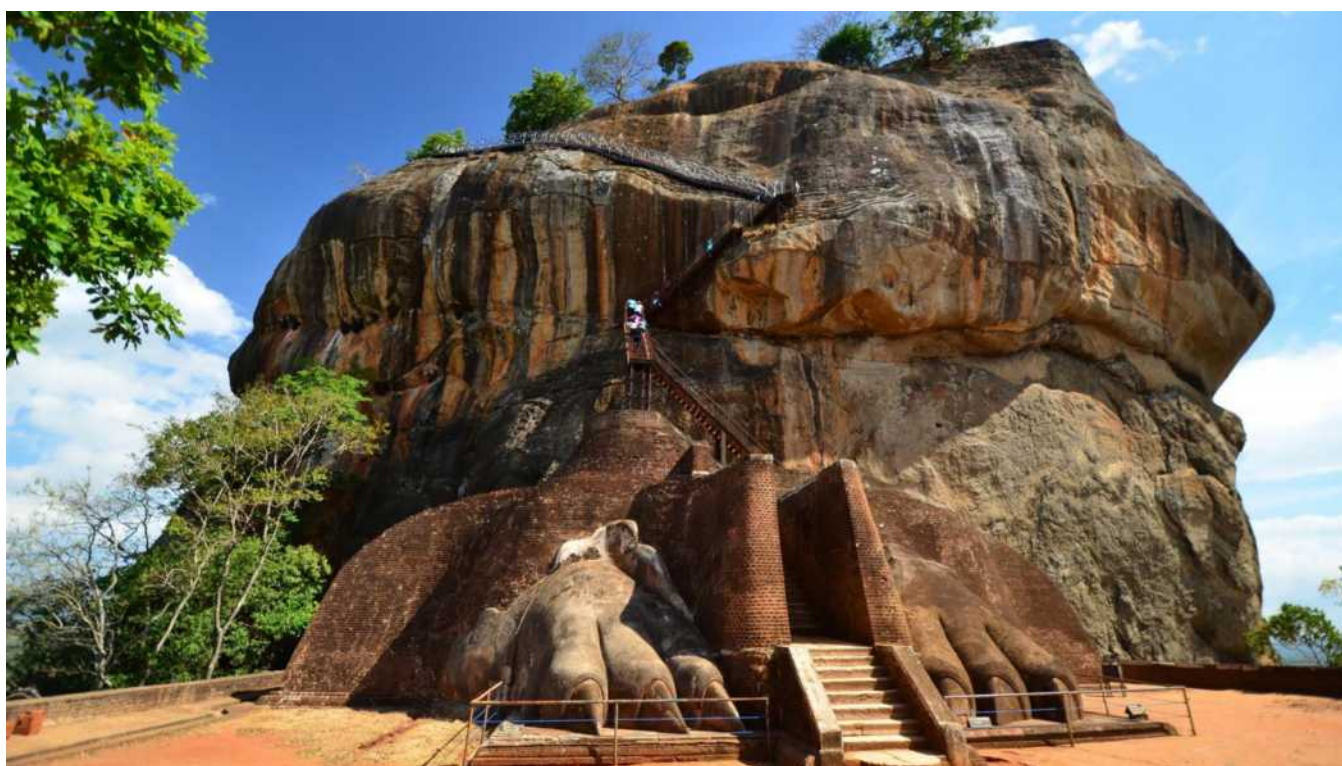
NEW YORK / SAN FRANCISCO / HONG KONG / LONDON / TOKYO /
ROME / TORONTO

Designated one of the New Seven Wonders of the World, the ancient Inca settlement of Machu Picchu stands at an elevation of 7700 feet. Located near Cuzco, Peru in the Andes Mountains, it was constructed between two tall peaks, Machu Picchu and Huayna Picchu. Archeologists agree that it was built by the Emperor Pachacutec in the 15th century as the Inca began to expand their territory across the continent, likely as a refuge for the Inca nobility. Surrounded by steep cliffs and hidden by the forest, Machu Picchu had one narrow entrance, so only a few warriors were needed to defend it.

Until its discovery in 1911, Machu Picchu was known only to the peasants living in the area. The site covers five miles, including more than 3,000 stone steps linking its different levels and 150 buildings ranging from houses and baths to temples, as well as terraced fields and a sophisticated irrigation system. Stones used in construction were fit together without mortar. The Inca were very advanced engineers, using no draft animals, iron tools or wheels. The site was carved out of the area between the two peaks by moving stone and earth to create a flat space. The walls, terraces, stairways and ramps blended perfectly into the natural setting.

The Inca were a very spiritual people, and many visitors to Machu Picchu feel its mystic energy. Its location was ideal for studying the pattern of the stars and denoting the equinoxes. The city contains pillars which align exactly with the sun when it is at its highest point twice a year, when the Inca performed certain rituals. The Intihuantana stone at the site was believed to conduct spiritual visions and to bestow wisdom to see the future. The Temple of the Dead, found in the lower levels, welcomed spirits back to the land of the living. Built at the height of the Inca empire, Machu Picchu was abandoned after 100 years. Theories abound as to why it was vacated, such as a lack of water.

EXCLUSIVE —————
EXCLUSIVITÉ | EXCLUSIVO | EXKLUSIVE | 專屬



Sri Lanka

SIGIRIYA

BY SUSAN BERGER

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

While the surrounding area is believed to have been occupied since prehistoric times, including by Buddhist monks in the 3rd century BC, Sigirya is renowned for the period beginning in the 5th century AD when King Kashyapa built a fortress, palace and pleasure garden on the top of a rock 600 feet above the surrounding plain that is so steep its top overhangs the sides. After his death, the site was returned to the Buddhist monks, where it became a monastery until the 14th century. Covered by forest, it was thereafter known only to local villagers. With knowledge of the site preserved in Buddhist texts, outsiders eventually discovered it and reached the top in the 19th century.

In Sinhalese tradition, the lion is the mythical ancestor of kings and a symbol of royal authority. The final ascent to the top of Sigirya is via a staircase emerging through the open jaws and throat of a lion, and hence the site is also known as Lion Rock. A wall, 450 feet long and 130 feet high, is covered with paintings of women thought to be courtesans of King Kashypapa, some shown like celestial beings descending from the clouds. The royal gardens utilized advanced hydraulic systems consisting of canals, lakes, dams, bridges, fountains and underground water pumps which still provide water to the site's gardens today.

Archeologists do not know why the city was built on top of this gigantic rock. While many claim it was for protection, some are skeptical that it warranted hauling materials up 600 feet. Another theory is that since ancient beliefs held that building on top of high mountains or rocks facilitated reaching the heavens, the hilltop palace of Sigirya may have been designated a gateway between our world and the world of the gods.

EXCLUSIVE —————
EXCLUSIVITÉ | EXCLUSIVO | EXKLUSIVE | 專屬



Turkey

EPHESUS

BY SUSAN BERGER

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

One legend claims that Ephesus was established in the 11th century BC by an Ionian prince; another that it was founded by a tribe of female warriors from Anatolia. Close to Izmir in modern-day Turkey, Ephesus was once the most important Greek city and trading center in the Mediterranean. It suffered through numerous wars and changed hands many times as a result of various conquests. In 400 BC its Temple of Artemis was built; the largest on the planet, it was known as one of the Seven Wonders of the World. In 129 BC Ephesus was left to the Roman Empire, and some claim it was second only to Rome as a sophisticated center of culture and commerce. In the 7th century an earthquake and decline in the city's harbor due to a shifting shoreline along with Arab invasions forced the population to flee, and the city went into decline. By the end of the 15th century when the Ottoman Empire took control of Ephesus, the harbor was useless and the city was abandoned.

Archeologists began excavating the area in 1863. Although only 20% of Ephesus has been unearthed, it is still one of the largest accessible archeological sites in the world. The Library of Celsus, with its magnificent façade, was built in 123 AD and was once one of the largest libraries in the ancient world. The Terraced Houses, belonging to wealthiest residents of Ephesus in the first century, had hot and cold baths, heating systems and marble floors, and the walls exhibit artwork, mosaics and love poems written by hand. The Great Theatre held 25,000 people, and is thought to be the largest outdoor theater in the ancient world. Fortunately, Ephesus had advanced sewer and aqueduct systems.

Ephesus was an important center in the spread of Christianity. In the 1st century AD Saint Paul and Saint John were said to have visited, winning many Christian converts. Mary, the mother of Jesus, is thought to have spent the last years of her life in Ephesus with Saint John, and their tombs can be visited there today.

EXCLUSIVE —————
EXCLUSIVITÉ | EXCLUSIVO | EXKLUSIVE | 專屬



United States

MESA VERDE

BY SUSAN BERGER

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

The Ancestral Puebloan people, or Anasazi as they were formerly known, occupied the Four Corners region of the USA, covering parts of Colorado, New Mexico, Arizona and Utah. Beginning in 1000 to 1100 AD they built 600 dwellings out of stone, mortar and plaster into the high canyon walls, reaching their architectural peak in the 1200s. The structures were primarily residential, although some were used for storage and rituals. By 1300, the area was abandoned.

Cowboys discovered the cliff dwellings in the 1880s. The arid climate and shelter from overhanging rocks has served to preserve them, and today it is possible to see how the Anasazi lived over 700 years ago. The dwellings, which were reached via retractable ladders, can be visited in the same manner today. Inside, you can see ceilings blackened by hearth smoke and handprints in the walls. The largest of the cliff dwellings is Cliff Palace, which has 150 rooms. The dwellings were originally up to four stories high. Families lived in architectural units organized around kivas, which were circular rooms. Inside the kiva was a fire pit and a ventilation shaft, and additional rooms fanned out from it, including storage areas. The Ancestral Puebloans had time for leisure activities, creating beautiful murals, advanced pottery, and jewelry.

It is not known why the site was abandoned, however by 1300 the people had migrated south. In 1906, President Theodore Roosevelt established Mesa Verde National Park to “preserve the works of man”, the first cultural national park in the USA.

EXCLUSIVE

EXCLUSIVITÉ | EXCLUSIVO | EXKLUSIVE | 專屬



Zimbabwe

GREAT ZIMBABWE

BY SUSAN BERGER

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


The ruins of the city of Great Zimbabwe, located in the southern part of the country in the Mutirikwi valley, contain architecture that was unmatched elsewhere in Africa. The buildings were made of granite walls with turrets, towers, decorations and sculpted stairways. Built by the Bantu-speaking Shona people between 1000 and 1450 AD, it was the capital of the Kingdom of Zimbabwe, given its name by the clusters of stone buildings called zimbabwe in Bantu. Soapstone figurines discovered at the site represent a bird, which now appears on the flag of modern-day Zimbabwe.

The city, which reached its height during the Late Iron Age of southern Africa, prospered due to the surrounding mineral deposits. More than 4,000 gold and 500 copper mines have been found at the site, and an extensive trade network existed that reached the East African coast. The oldest part of the ruins, the Hill Complex, is believed to have been the spiritual center of the city. Inside, from a huge boulder shaped like the zimbabwe bird, the king presided over rituals such as the judging of criminals, appeasing of ancestors and sacrifices to the gods. Outside the Hill Complex lies the Great Enclosure, a circular monument made of 900,000 pieces of granite. The largest ancient structure in Africa south of the Sahara, it is thought to have been a royal residence, with its enclosed tower used as a granary. The third area is known as the Valley Ruins, consisting of earth and mud-brick houses where goldsmiths, potters, weavers, blacksmiths and stonemasons lived.

By the 15th century, the gold deposits were running out, and overpopulation and droughts led to the migration of the Shona people northward, leaving Great Zimbabwe abandoned. It was discovered by European colonists in the 19th century, however they refused to believe that it could have been built by indigenous Africans. Their racism and ignorance led to the plundering of countless artefacts from the ruins, which were sent to museums around the world.

IT'S NOT A BUDGET EMERGENCY

**CLIMATE
EMERGENCY**



ZERO CARBON

NOT LEFT

A Green New Deal

BY DR. ROSE A. DYSON
TORONTO – CANADA

Greta Thunberg, a seventeen-year-old Swedish girl, just may be saving the world. Her fierce rebuke of world leaders, whom she accused of stealing her future at the 2019 UN General Assembly gathering in New York City in September of 2019, was backed by millions of young people all over the world marching in protest and demanding greater action on climate change. Her month-long climate strike, refusing to go to school, has, on a global basis, inspired youth to endorse the key question she asks, “Why should we be studying for a future that soon will be no more, and when no one is doing anything whatsoever to save it?” With her clarion call to action, the eleven-year deadline set by the International Panel on Climate Change earlier this year, has received a badly needed boost of support and kindled a renewed sense of urgency that more must be done if we are to meet the 2015 Paris Accord targets set to hold the earth’s temperature increase to 1.5C.

Cities all over the world are declaring the climate crisis an emergency. On October 2, 2019, Toronto followed Montreal and Amsterdam, adopting a series of transformative strategies. Hospitals, universities, schools and developers have all pledged

to work with the city in fighting climate change. Aggressive new targets have been set to reach carbon neutral status, where emission reductions and offsets equal or exceed production, and it is expected that both the provincial and federal governments will step in to help. With his “Green Ways Initiative”, Toronto Mayor John Tory has committed the city to become carbon neutral by 2050 and left the door open for an acceleration of that deadline to 2040.

In his recent book, “The Trudeau Formula”, Canadian investigative journalist Martin Luckas explains how the Leap Manifesto, first proposed at a New Democratic Party Convention in 2016, has morphed into a Green New Deal advocated on both sides of the 49th parallel. In the United States, Democratic candidates campaigning for the 2020 presidential election have been especially quick to recognize the public’s growing appetite for real, meaningful change. The dots between the overlapping crises of racism, inequality and ecological collapse have become increasingly difficult to ignore. Just maybe, a new, transformative, cross-border political agenda is beginning to take shape.



YES, VIRGINIA! —————

OUI VIRGINIE! | SÍ VIRGINIA! | JA VIRGINIA! | 是維吉尼亞州！

As we 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.

Polynesia

BY LOIS M. GORDON
SILICON VALLEY – CALIFORNIA

Vacationing in Polynesia is many a people's dream.

While it is true that, price-wise, Bora Bora often remains very expensive, many other islands are affordable.

Maupiti is a favorite! Not far from Bora Bora, it is said to have the most beautiful lagoon in the world, much fewer tourists, with prices for lodging, restaurants and activities defying all competition. Among the approximate ten guest houses in Maupiti, there are two that deserve to be patronized.

TAUTIARE VILLAGE

Maupiti's lagoon is an idyllic place, whether you are on one of the big motu that frames the island or on the island itself, with beaches immaculately white with nautical activities through the wide lagoon.

This charming family pension welcomes you inside a big house

by the shore and features five beautiful and very well-furnished rooms with sunsets visible from each room's deck. At the foot of the house, complementary kayaks await you for your daily, renewed discovery of Maupiti's immense lagoon where an impressive sample of underwater fauna and flora beckons you into waters between three and 10 feet deep. The quietness of this place invites you to relax and is less than three kilometers from the village.

PENSION MAUPITI VILLAGE becomes a more remote place with unusual experiences.

Maupiti Village, located on the motu to the right of the pass, is a dream place.

On one side, the lagoon beach beckons you to fully enjoy quiet and inviting short walks, its iridescent sand and the astonishing discovery of its

underwater diversity. On the other side is the ocean for as far as you can see.

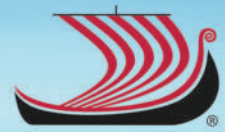
Lodging finds you with a choice between three beach bungalows or perhaps even less expensive, a room in one of the pension's two large "fare". Prices will surprise you as they include all meals and the originality of the proprietor's home cooking.

So, come explore with me and remember: vacationing in Polynesia is many a people's dream.



Europe ❖ Russia ❖ China ❖ Southeast Asia

See your travel agent, call Viking at
1-877-668-4546 or visit vikingrivercruises.com



VIKING CRUISES

Exploring the World in Comfort®



THE WORLD'S LEADING RIVER CRUISE LINE...BY FAR®

CST# 2052644-40

Sure there's competition,
but it diminishes when you're original.



TheDenrichGroup

ADVERTISING • BRANDING • SOCIAL MEDIA • WRITING • PHOTOGRAPHY

We're different because we think out of the box

1-844-336-7424 • 613-241-1923 • 613-828-7167

info@thedenrichgroup.ca



PROFESSIONAL PHOTOGRAPHY



SPECIAL EVENTS

GALAS · WEDDINGS · CORPORATE · MUSIC
AWARD CEREMONIES · PRIVATE FUNCTIONS

CONTACT FOR BOOKING

[JULIASERAVIOLA@HOTMAIL.COM](mailto:juliaseraviola@hotmail.com)



VARIED INFLUENCES —————

INFLUENCES VARIÉES | INFLUENCIAS VARIAS | VERSCHIEDENE EINFLÜSSE | 各種影響

Memory

SCULPT AND PHOTOGRAPHY BY FARHAD NARGOL-O'NEILL
IRELAND / TORONTO



Tripartite Mnemonic

SCULPT AND PHOTOGRAPHY BY FARHAD NARGOL-O'NEILL
IRELAND / TORONTO





A Chance Meeting

BY KATHLEEN MAILLIARD SOLMSEN
SAN FRANCISCO – CALIFORNIA

PHOTOGRAPHY BY PETER SOLMSEN

A few years ago, while sitting in a stall (sounds like horse talk) around the periphery of an overcrowded ladies' restroom in San Francisco's Trader Vic's and "sort of" minding my own business, I noticed a rainbow of colorfully elegant shoes worn by the woman in the adjacent stall. They were truly "works of art" with a bit of whimsy thrown into the design just for good measure. I couldn't contain my enthusiasm as I gently kicked her shoe while exclaiming, "I'm dying to see who these lovely shoes are connected to."

Full of joy and total delight, my new friend nearly cartwheeled into the middle of the restroom. "It's me, it's me Barbara, and who are you?" We chatted that afternoon in that restroom for a good half-hour while our husbands were sipping Mai Tais

and wondering what the heck was going on! Indeed, to this day, we chat by the hour – often. Over the years, ever since our "chance meeting", we have been blessed to be guests at her comfy, whimsical Mexican casa for many, many memory-building holidays.

It just takes a delicate, well-balanced combination of sass and good manners (devoid of any filters or safety nets) to engage in a playful interaction with a total stranger. If the approach is sensitive, what have you got to lose?

If you are open to it, "a chance meeting" can happen to you.

A few years ago, I attended our "not to be missed" San Francisco Fall Antique Show. A gaggle of gals and I were

"wining and dining" around a table when, out of nowhere, this fascinating lady announced, "Sorry to bother you, but I must ask, where did you ever find your fantastic hummingbird leggings?" What a doll! What contagious energy! You betcha! We have been "BFFS" since that moment. My compendium of friends runs the gamut of age, stations in life, and energy. For better or worse, richer or poorer, I would be half the person I am today without them. And that truly is PIZZAZZ!!!!



Earl Patrick Forlales & Zahra H. Zanjani

BY JO LEE MAGAZINE

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

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 16th Annual Adeste Gold Medal Laureate 2020

Earl Patrick Forlales & Zahra H. Zanjani
Manila – Philippines
Ages 23 And 23
Social Justice

CUBO Modular hopes to address the global housing backlog with its award-winning product – a house kit made of premium engineered bamboo. Combining a superior building material and a patent-pending modular system, the company can build houses in just four hours.

"Because of that, it's a very fast, and easily deployable housing solution," said designer and developer Earl Forlales.

It was in 2018 that Earl had the idea for modular bamboo housing units. Later that year, he won the

top prize at the Royal Institution of Chartered Surveyors (RICS) Cities for Our Future Challenge. The contest called on young designers to address pressing issues such as rapid urbanization, climate change, and resource scarcity.

Zahra Zanjani later joined Earl to further develop the idea into a viable business.

"You put an engineered bamboo house alongside all other options, and you'd find out that when a person enters a CUBO, the feeling is different. What we want to offer is a place people can call their home. It touches on the cultural aspect of the Philippines, like a modern bahay kubo," Zahra, Chief Operating Officer and Co-founder of CUBO Modula, said.

By using engineered bamboo, which has the strength of up to 14 times greater than concrete and hardwood, CUBO can build housing units that can withstand typhoons and earthquakes and last up to approximately 50 years.

Engineered bamboo is also a very sustainable material given that it only takes three years to grow. Meanwhile, typical wood used for construction takes decades to grow.

CUBO sells its house kits in different floor sizes for a price tag of \$200US to \$500US per square meter. Each house kit is thoughtfully designed to assemble within four hours.

<https://www.cubo.ph/>





9 *Canadian*

restaurants you love, on one card.



THE
Ultimate TM
DINING CARD

Order Online: theultimatediningcard.ca



Sheboygan Marsh, Wisconsin

BY JULIE REKAI RICKERD
TORONTO – CANADA

It is rare enough to find an authentic, private, outdoor native American museum next to a sacred and ceremonial burial ground in Elkhart Lake, Wisconsin, but even more unique to also have it next to a brook and rainbow trout fishing “hole” fed by the natural fresh water springs from the property’s surrounding hills. In 1996, an excavation by the University of Marquette determined that Henschel’s property was the official location of Wisconsin’s oldest red ochre burial site dating back to 800 to 600 BC.

The property began as Johann and Christianna Henschel’s homestead in 1849, where they lived side by side with native Americans of the Potawatami tribe until 1870 when the tribe was relocated. Its mounds and fortifications were recorded in early Wisconsin archeological books. It was after Herman Henschel, Johann and Christianna’s son, had his horses

fall down through a mound that was determined to be a sacred burial ground, complete with skeletons. From then on, the property became an archeological site that produced a wealth of native American artifacts: Indian-related jewelry, stone tools, projectile points, pottery, copper implements, arrowheads, and bone tools. A tool called an “atlatl” was used to throw their weapons.

So many artifacts were found on the property and its surrounding area that the Henschel descendants founded their museum to display them all as well as to show relevant collections on loan. Gary Henschel’s book, “Prehistoric Tools, Points & Arrowheads” that has 250 hand-drawn illustrations, is an excellent guide to the museum’s treasures.

Following a tour of the grounds and a visit to the museum, enthusiastic fishers of all ages can fish for trout raised in the

museum property’s spring-fed ponds. No license is required nor is there a bag limit. The fee is based on the weight of the fish caught and includes fishing poles, bait, the cleaning and/or filleting of the fish, and ice.

The Henschels’ motto is “Come for the FISHING and stay for the MUSEUM. Come for the MUSEUM and stay for the FISHING”.

Location: N8661 Holstein Road, Elkhart Lake, Wisconsin 53020 Tel: (920) 876-3193
website:
www.henschelsindianmuseumandtroutfarm.com

Hours: Open after 1:00 P.M. Memorial Day through Labor Day, Wednesday to Saturday or by appointment during May, September, and October.

Admission: Adults: \$6, Children: 6-12, \$3, Children 5 and Under: Free



THE RICH AND THE FAMOUS

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

Opposite: Roquebrun. The stunning view from the famous hillside gardens high above the village overlooks the Orb River, and the famous vineyards in the Languedoc region.

Exploring The Beauty Of The Languedoc

PHOTOGRAPHY AND TEXT BY MARK RAYNES ROBERTS
LONDON / TORONTO

The Languedoc in France is not only famous for its great vineyards, but also for being a quiet enclave in the mountainous region of the country where the French way of life still exists.

The influence of the Romans can still be seen in towns such as Uzès, Nîmes and Montpellier, where ancient amphitheatres and picturesque avenues make for easy navigation. The town of Roquebrun is typical of the serenity found in these mountain villages where time seems to stand still and one can enjoy living amongst the locals.

The summer months can be very hot, so June and October are preferable times to enjoy the region.

Uzes. The tower of Uzes Cathedral was destroyed during the Albigensian Crusade, and rebuilt destroyed several times up until the French revolution. The 11th century window tower with its unique paired windows is the most iconic architectural feature in Uzes.



Nîmes. Known as the the most Roman city outside of Italy, Nîmes is rich in history with the Maison Carree and Arena of Nîmes in the heart of the city dating back to 2000 BC.



Carcassonne. Le Domaine d'Auriac is just one of the many beautiful country homes in the Languedoc region which provides a welcome respite from the rich history of the area.



Chateau Carcassonne. Built over 2600 years ago the stunning chateau was first fortified in the 4th century, but didn't take its definitive shape until the 13th century. A popular tourist attraction, it has been designated a world heritage site by UNESCO.





Carcassonne Market. The town is famous for its Saturday morning farmers market which brings an assortment of grocery, cheese and meat sellers to the main square.



Carcassonne Fromage. One of the many cheese sellers at the Carcassonne market with a wide array of local cheeses from the Languedoc region.



In this time of transformation, how can we come together to tap into collective wisdom and avoid collective folly?

Activating Collective Wisdom **~ ONLINE ~**

with Alan Briskin & Amy Lenzo

Are You:

- *Passionate about transformational groups and pro-social behavior?*
- *Seeking to create more collaborative environments in business, education, & not-for-profit organizations?*
- *Committed to lifelong learning?*

Join us for a unique on-line experience

www.alanbriskin.com/acw



opposite: Many important Flemish artist's works can be found throughout the estate, including this etching entitled 'The Triumphal Arch' by Albrecht Dürer.

Biltmore Estate *Country Living Of American Royalty*

BY VICTORIA FRANCIOSA
ROME / TORONTO

One of the largest homes and most recognized names in American history both belong to one family, the Vanderbilts. Biltmore Estate in Asheville, North Carolina was built by George Washington Vanderbilt II as a private country retreat in 1889, with construction coming to completion six years later in 1895, when Vanderbilt opened the retreat on Christmas eve of that year to family and friends.

Nestled in the roaming hills of North Carolina, with the French Broad River flowing through it, you can't miss the decadent checkerboard lawns of fine Kentucky bluegrass amidst the more than 8,000 acres of the immaculately manicured grounds of Biltmore Estate, which was designed by

Frederick Law Olmstead, who also designed Central Park in New York City.

The castle, with turrets and medieval ornamented detail lining the steeped roof of the entire structure, was fashioned in the Châteauesque style, topped by cresting or finials, and decorated with gabled wall dormers, drawing inspiration from the French Renaissance.

Careful consideration was taken as Biltmore was positioned to fit into the mountainous profile behind the estate. Vanderbilt commissioned Richard Morris Hunt, a prominent architect in New York, to build his 250-room cottage in the country.

Approaching the estate, one is taken aback by the grandeur and

shear beauty of its design. The exterior walls are constructed of Indiana limestone, and are lined with gargoyles, grotesques and rosettes. But what strikes one the most is the open Winter Garden arcade, lined with vaulted windows and exposed ornamental arches. As you walk through the east facade, one is delighted by the three-storey, winding staircase.

Biltmore Estate was a huge undertaking. It is said that Vanderbilt used much of his inheritance building it over a century ago, at a cost of a well-documented six million dollars. Today that number would work out to 136 million dollars. Biltmore Estate is still privately owned by the Vanderbilt family to this day, but it is no longer being used as a residence.

Biltmore Estate, country retreat of George Washington Vanderbilt II, broke ground in 1889 and was completed in 1895.








During the construction of the estate, Vanderbilt went on many trips to hand pick thousands of pieces of the furnishings throughout the home.





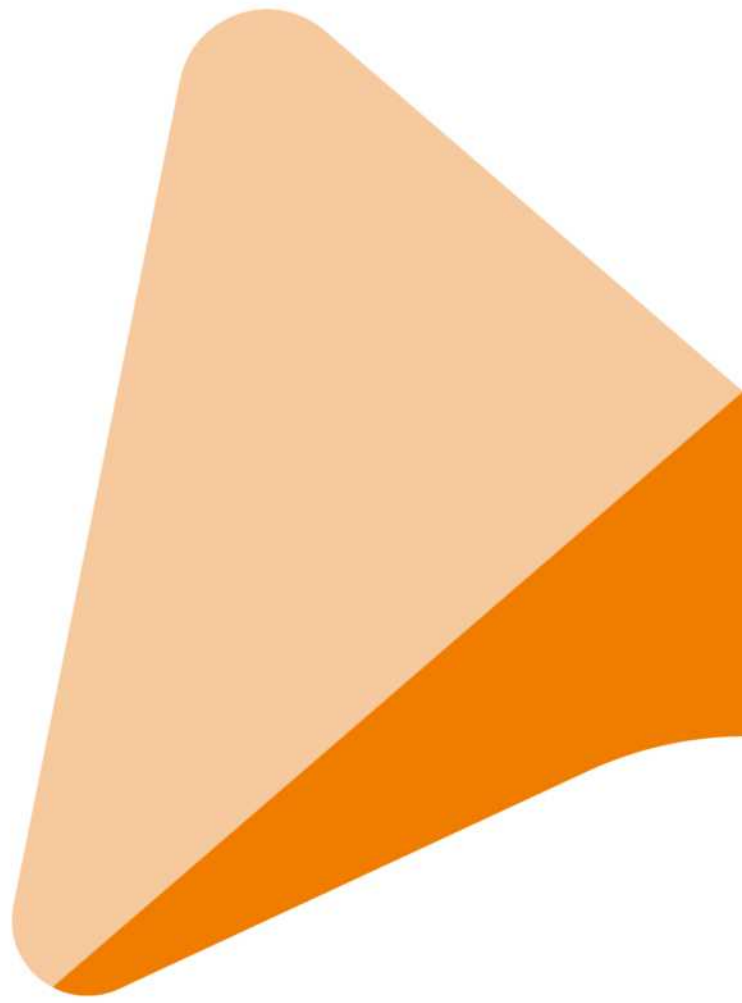
The old dairy barn has been converted into the Signature winery on the estate.



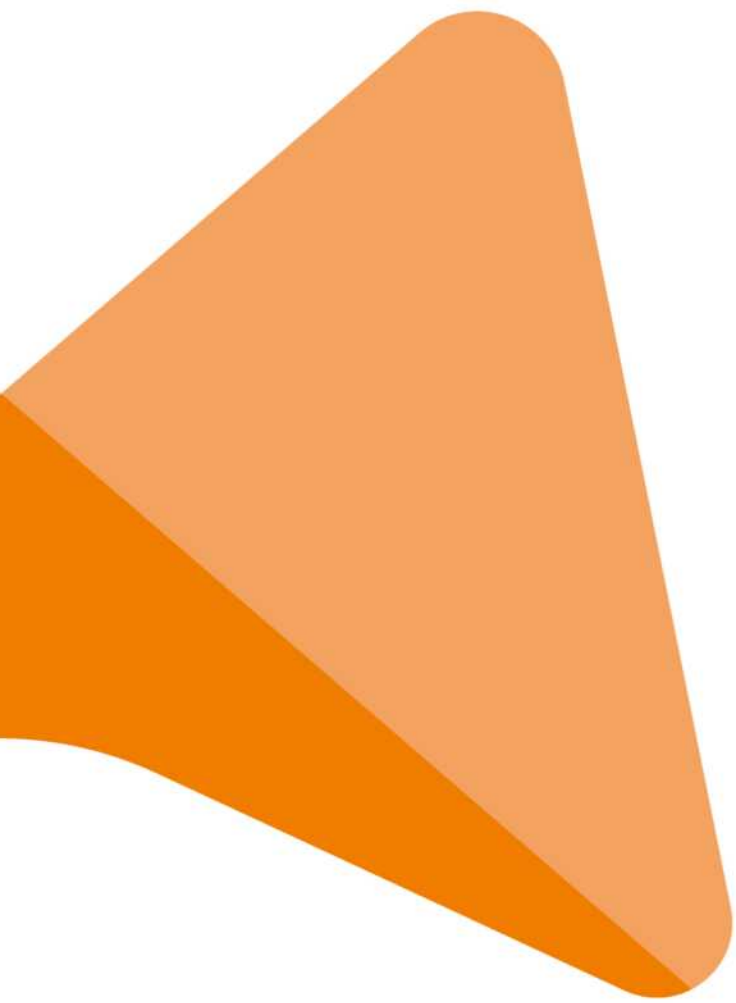
A photograph of an indoor swimming pool. The pool is built into a brick wall and has a vaulted brick ceiling. The pool is surrounded by a wooden railing with a metal mesh fence. Several ropes are hanging from the railing. The pool is lit with underwater lights. A small plant is visible in a planter box on the railing. A light fixture is hanging from the ceiling.

The indoor
70,000
gallon
swimming
pool was
heated, and
housed
with
underwater
lighting.





mun



nevo



That's MY #LExEffect

"Creating visual impressions is my passion.
Now I get to share my message with the world."

- Carmen Bachez: Photographer, Videographer, LEx Member



Leaders Expedition.

connect. empower. mobilize. transform



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

Leaders Expedition (LEx) provides current and future leaders who want to impact global change, with the supportive peer community, the tools, and the framework to do so. Members of our diverse community, engage with and mobilize LEx Local and GlobalCircles. They also use LEx Mentoring Programs, the LEx Marketplace and the LEx Career Exchange to build a supportive, results-oriented community committed to driving transformative, positive changes in the culture of leadership. We are one global community and this is...

"Ours to make a better world."

Our Moonshot Goal? To have one million LEx members in positions of influence, power and impact by 2029: from classrooms, to boardrooms to legislatures.

JOIN THE MOVEMENT www.leadersx.org



When The Younger Generation Takes Over The Stage Demanding A More Sustainable Future Now

BY KELECHI ELEANYA
THE NIGER DELTA – NIGERIA

The call for progress on the global agenda for sustainable development has been on since 1987 when the report “Our Common Future” was produced by the Brundtland Commission. Several agreements have been reached in a series of international conferences and meetings with the leadership of the United Nations.

For many who still wonder what this is all about – what is sustainable development?

The words from the 1987 Brundtland Commission become relevant to answer this question: “Sustainable development is development that meets the needs of present generations, without compromising or undermining the ability of future generations to meet their own needs”. A super-potent definition of a concept that has become a buzz

word across different cycles in the world.

Who is the umpire here? How are the present and future generations deciding what to take and what to leave to meet sustainable limits? Many questions continue to fill the minds of millions of young people across the globe, even after reaching a deal in 2015 with the Paris Agreement. There seems to be an increased level of impatience and a call for action.

In recent times, there have been serious pressures from youth and student groups across the world demanding to know about this “future generations’ plan.” In other words, why has the present generation, especially leaders worldwide, kept silent on the need to take practical steps to ensure that future generations will not be

denied the very opportunities crucial for their survival?

Youths all over the world have staged massive protests in different forms. Even school boycotts.

Never before has there been a high-level demand from global youth circles in cities across the world at the same time for climate action.

Last September, a young girl, Greta Thunberg, stunned the world with her activism and her amazing speech at the 2019 UN summit. It appears the future generations’ leaders are already here to demand action from present generations so that their future will not be jeopardized!

Let’s listen and pay attention to these angelic voices! They are voices seeking to preserve “Our Common Future”.



The Fed And How It Got To Where It Is And Why That Matters

BY AL EMID
TORONTO – CANADA

A very definite hallmark of our changing financial world involves the increased prominence of financial products that we had all along but may not have attributed as much attention to as we do now. Starting roughly fifteen years ago, insurance policies stopped being just documents thrown into a drawer until someone's demise and became an increasing focus of insurer competition, regulatory attention and consumer scrutiny. During roughly the same time mortgages attracted far more attention and scrutiny than ever previously.

Much the same can be said about financial institutions which are now in the limelight more than we would have dreamt before the final crisis.

At or near the top of this list are the central banks: the Federal Reserve System ("the Fed") the Bank of Canada, the European Central Bank and the Bank of

Japan, amongst others. The Fed had originally been set up with a 20-year charter in 1913 but got its first permanent charter in 1927.

Over the decades various events (and American presidents) shaped its role. However, the largest watershed came with the financial crisis of 2008-2009.

Then Fed Chair Ben Bernanke made a series of moves, all of them unconventional and some copied by other governments:

- Decreasing interest rates to the lowest ever in American history
- Successive rounds of quantitative easing
- Bailing out large financial institutions
- Forcing mergers of some financial institutions
- Lending funds to some sectors of the American economy in order to compensate for frozen credit markets

Generally, Bernanke gets credited for avoiding a

depression, but the other result of his action lies in the Fed's increased aggressiveness in the American economy and the expanded length and breadth of its influence. That influence will likely be increasingly front and center as the date of the American presidential election approaches.

Equally as important as the Fed's influence will be the posture of the American president of the next four years. Whether it is Donald Trump in his second term or the Democratic candidate, the result will go a long way towards determining the Fed's independence and influence on American monetary policy.

DESIGNED BY

ZING ★ BIAS





**THE
GENERAL'S
HOT SAUCE**

DANGER CLOSE

ALL NATURAL

★★★★★

HEAT RATING

6.0 FL OZ
(180 ML)

**THE
GENERAL'S
HOT SAUCE**



**VETERAN
OWNED**
COMPANY

86%



PEPPERS
IN EVERY BOTTLE
(MOST ARE ONLY 20%)

**AMERICAN
GROWN**
PEPPERS

ORDER ONLINE TO SUPPORT MILITARY FAMILIES
GeneralsHotSauce.com



Following In the Footsteps Of Kukai: The Shikoku Henro

TEXT AND PHOTOGRAPHY BY JAMES T. RUTKA, MD
TORONTO – CANADA

Some years ago, a dear friend told me about the Shikoku Henro (pilgrimage), which is a 1200 km trail along which there are 88 sacred Buddhist temples, some over 1,000 years old. The trail is ascribed to Kukai (posthumously known as Kobo-Daishi), who was born in 774 AD on Shikoku island, the smallest of Japan's four main islands. During his lifetime, Kukai helped to establish dozens of temples in Japan, initiated the first public schools, and codified the use of the written Japanese language known as "kana". In Kukai's name and honor, the Shikoku Henro was established to honor the memory of a loved one or to experience the extraordinary beauty of the Japanese countryside.

My friend and his wife were born on Shikoku Island. It was a lifelong dream for them to complete the pilgrimage. Sadly,

his wife died a few years ago, and he was still grieving her loss. After further discussion, we both agreed to embark on the Shikoku Henro, and I flew to Japan. We decided to travel by car, driving from temple to temple, with the aid of a Japanese guide who knew the history of all the temples we would visit. It took 10 days for us to complete the pilgrimage and to see all 88 temples.

Prior to visiting the first temple, Ryozenji in Tokushima prefecture, we got dressed in the traditional Henro outfit which included a ceremonial stole, white shirt, conical hat, and walking staff. We also carried the traditional Henro bags in which name slips, prayer beads, incense sticks, and candles are placed.

Upon entering the grounds of each temple, we cleansed our hands at the ceremonial wash

basin, lit candles and incense to place before the temples, and recited the "heart sutra" on the steps of the temple. At its conclusion, we offered prayers to all family members, friends and colleagues. The temple grounds were exquisite. The inner courtyards were peaceful and serene. Although there were certainly similarities between temples, each temple had a unique feel and offered a new perspective to us.

After visiting the 88th temple, Okuboji, in Kagawa, and having finished the entire cycle of temples, we paid homage and said prayers to the memory of my friend's wife whose tomb is in a Japanese cemetery nearby. Our remarkable spiritual journey was now complete.



Making Sense of Your Finances



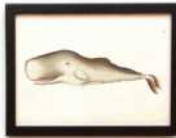
ACCOUNTING | CONSULTING

WWW.MCACCOUNTING.CA



BISHOP & MEDUSA
Museum Jewelry

WWW.BISHOPANDMEDUSA.COM  BISHOPANDMEDUSA  BISHOPANDMEDUSA



"The first museum in the U.S. dedicated to the experience of fragrance." -- New York Times



Berkeley, CA
www.aftelarchive.com



Our Metabolism After 50!

BY CARLA DRAGNEA
BUCHAREST – ROMANIA

It's a fact – we are all aging! Although we may say age is just a number, in reality things start changing when we turn 50. Even the fittest and most health-conscious people experience some changes. Plenty of factors contribute to increased weight over time, but decreased metabolism is a main culprit. In fact, research shows that even if we continue with our regular eating and exercise plan, we'll still gain two pounds per year.

The good news is that we still have a lot of control over our metabolism after 50, and if we follow some of these tips, we will help rev up our engines.

Be more active.
A general activity-level boost each day will do much more for the metabolism than one hour of intense exercise one day a week and then nothing for the remainder of the week. Anything that increases our

activity level will serve to boost the metabolism.

Use multiple muscle workouts.
The leaner our muscles, the faster our metabolism. But if only a few muscles in our body are super-lean due to repeated exercises, we're not going to get maximum results. Therefore, engage in activities that strengthen more than one muscle group at a time. For example, instead of sitting and doing bicep curls, stand and do bicep curls while squatting,

Time your activity well.
Most of us choose one time of day to get our exercise in. Though having a routine is helpful, incorporating physical activity into both morning and night is a change that fitness instructors recommend. If we typically only exercise in the morning, then do a little something in the afternoon or early evening to bring the heart

rate back up for a bit. And vice versa!

Eat enough protein, but not too much.
While it's smart to get our fill, it doesn't mean we have to fill up only on animal protein.

Don't skip meals.
Spreading out our snacks and meals so that we're nibbling every few hours helps keep our metabolism revved. Skipping meals will do the exact opposite.

Get enough sleep.
A good night's sleep can help balance the fluctuating hormones that wreak havoc after age 50. Additionally, a well-rested body is more resistant to cravings. Studies show that when a body is sleep-deprived, the body slows the metabolism to conserve energy.

Oops!

Grammatical Yet Crazy

BY JO LEE MAGAZINE

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

Let's not look at grammar as a cold, harsh mistress. She can also be a fun, kooky aunt. Here are some tricks you can do to make crazy-sounding sentences that are still grammatical.

a) One morning I shot an elephant in my pajamas. How he got into my pajamas I'll never know.
Take advantage of the fact that the same sentence can have two different structures.

b) The horse raced past the barn fell.
In this one, we think we've reached the main verb when we get to "raced," but instead we are still inside a reduced relative clause.

c) The complex houses married and single soldiers and their families.
This one depends on the fact that "complex," "houses," and "married" can serve as different parts of speech.

d) The rat the cat the dog chased killed ate the malt.
We usually have no problem putting one clause inside another in English.

e) Anyone who feels that if so many more students whom we haven't actually admitted are sitting in on the course than ones we have that the room had to be changed, then probably auditors will have to be excluded, is likely to agree that the curriculum needs revision.
Another crazy centre-embedded sentence. Can you figure it out? Start with "anyone who feels X is likely to agree."

f) Buffalo buffalo Buffalo buffalo buffalo buffalo Buffalo buffalo.
Buffalo! It's a noun! It's a city! It's a verb (meaning "to intimidate")! It never stops being fun.

g) This exceeding trifling witling, considering ranting criticizing concerning adopting fitting wording being exhibiting transcending learning, was displaying, notwithstanding ridiculing, surpassing boasting swelling reasoning, respecting correcting erring writing, and touching detecting deceiving arguing during debating. This sentence takes advantage of the versatile English -ing.



G



Goya Move

An app for parents by parents. Goya-Move is designed to give your kids a technology time-out. Parents can set step goals, view what apps kids have installed, and set black out times.







- We Take Care Of Vulnerable Children
- We equip emerging leaders
- We plant and develop churches



AFRICARENEWAL



+256 (0)414 267 916 | +256773758073



info@africarenewal.org

www.africarenewal.org



big yellow bird

branding | marketing

We are the craft and integrity between the
graphic and printed message...

the dedication of hard work and
discipline required to render results

Of Your Focus. To Your Audience. In Your Image

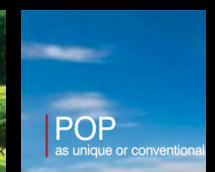


fine creative design of business b

bigyellowbird.net • 416.988.3433 • bigyell



c r e a t e • d e s i g n • p r i n t



r a n d i n g a n d p r i n t

o w b i r d b y b @ g m a i l . c o m

Explore
your possibilities



Marilyn Monroe

BY KERRY BAKER
BRISBANE – AUSTRALIA

When one has a candid shot such as this one with Monroe and Miller, taken on the set of ‘Some Like it Hot’, it is possible to mention how, even though their short marriage was ending at that time, Miller had a deep fascination with her.

Their story is almost that old cautionary tale of ‘beware what you wish for’ as before they were married, both were intensely ‘in love’, but once wedded the dynamics seemed to change inexorably. They married in June 1956 after which both left for England for Monroe to shoot ‘The Prince and the Showgirl’ but already there were emerging problems.

The shoot did not go well (mainly due to Marilyn’s instability) and she clashed badly with Sir Laurence Olivier (again, mainly due to Marilyn’s instability). At just this time she happened upon some notes Miller had been making about her. We will never know the exact wording but because she told Lee and Paula Strasberg the contents, we know the gist. Miller had written that he was disappointed in the marriage (please, this is hardly after the confetti has been swept up) and that sometimes he found her embarrassing. Monroe at that time still idealised Miller and viewed this as a betrayal.

This was not enough to end the marriage but Monroe was becoming deeply morose about being unable to bear Miller’s child. She had a miscarriage in September 1956, lost an ectopic pregnancy in August 1957 and suffered a second miscarriage in December 1958.

So when you add her problems with alcohol and pills and her emotional fragility, when Miller began complaining that the peace and emotional quiet he needed to write was lacking, Monroe began to resent her husband. Thus by the time ‘The Misfits’ based on a short story by Miller began shooting, the end was in sight.



Gary Cooper

BY KERRY BAKER
BRISBANE – AUSTRALIA

Gary Cooper was a dab hand at sketching and watercolours and had developed a love of Art early in life. During their marriage, he and his wife Veronica Balfe amassed a sizable collection of modern Art including works by Picasso, Renoir, Gauguin and Georgia O'Keefe. In fact Cooper fell into acting almost accidentally as his initial foray into Silent films was mainly to help finance studies in Art.

This changed forever when Clara Bow (the first of so very, very many women) fell hard for the young taciturn Montana lad and basically was instrumental in getting him the role in 'Wings'.

From 1923- 1927, Coop appeared in 28 films as an uncredited extra, some shorts and only one substantial role until Ms. Bow used all her influence to land him the role of Cadet White in 'Wings' in 1927 that won two Oscars including Best Picture. The rest, as they say, is history.

By 1939, his star power and box office clout saw the United States Treasury list Cooper as the highest paid man in the country that year. The list of famous women who became notches on the Cooper belt was legendary. Tallulah Bankhead, Marlene Dietrich, Lupe Velez, Carole Lombard, Countess Dorothy di Frasso, Ingrid Bergman, Patricia Neal and the beat goes on. But of his considerable line up of ladies, it was Lupe Velez, the Mexican Spitfire, who caused the most drama.



Audrey Hepburn

BY KERRY BAKER
BRISBANE – AUSTRALIA

When Audrey Hepburn first arrived on set of 'Breakfast at Tiffany's' she had misgivings as she felt she was miscast, but of course that proved false and it became one of her most loved roles. George Peppard was a student of method acting, a style Audrey found difficult to work with. Nonetheless, they got along wonderfully during the shooting and remained close friends until her death.

The saga of casting for 'Breakfast at Tiffany's' could stand as a movie all on its own. The initial search for the perfect Holly led one of the producers, Marty Jurow, past Doris Day (too virginal), Liz Taylor (too sexy), Debbie Reynolds (too sweet), Grace Kelly (too conventional) before someone suggested Audrey Hepburn. Perfect they thought and Jurow flew to the south of France to speak to Hepburn, whose controlling husband Mel Ferrer was becomingly increasingly resentful of his wife's success. He persuaded her to refuse initially but she later relented.

However, a cauldron of egos and insecurities threatened to derail the project from the start.

The initial director and screenwriter were thrown off the movie. The second director begged the producers to sack the leading man. The studio boss tried to axe the specially written theme song. But all these woes paled into insignificance beside Jurow's meeting with Truman Capote.

Let's Ho

— America's #1 Frankie



MASCIOLI ENTERTAINMENT CORPORATION

www.masciolientertainment.com

407-897-8824

ang On!

e Valli Tribute Show



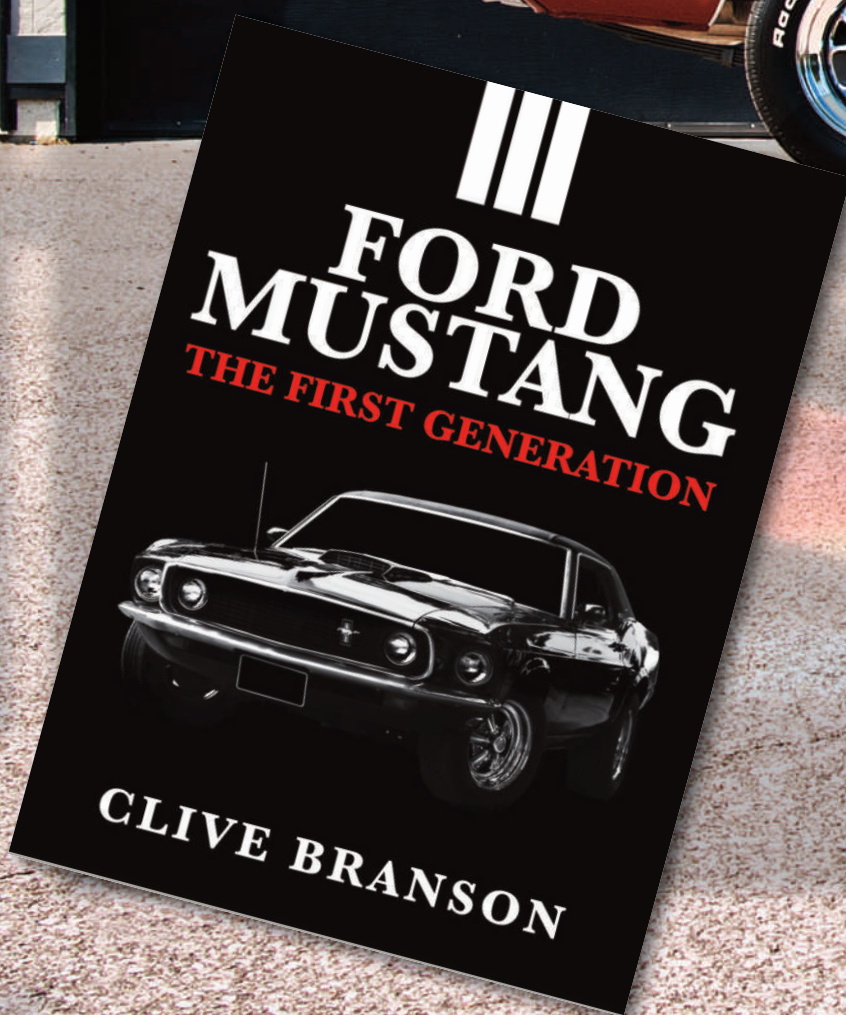
BOOK NOW!

ALL THE **HITS!**

ALL THE **MOVES!**

ALL THE **MEMORIES!**

www.letshangon.com



It has outlasted nine companies, and become unprecedented and u

It has survived every compa production to only trucks and conflicts, controversies, and

Get it on Amazon.co
Published by amberley-book



U.S. Presidents, saved one of the world's largest
came an American icon. And it all hinged on an
unpredictable concept unveiled over 50 years ago.

any cut since 1964, including the most recent by Ford confining its
d SUVs. How did it achieve this? Clive Branson's book highlights the
consequences of the first generation of Ford Mustangs.

om arriving November 1, 2019. Enjoy the ride.

ks.com

Love is a language
that every heart speaks.



Friends have
all things in common.

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





Life.

EXPERIENCE MORE.

Communication. Information. Entertainment.





JOLEE
180° FROM ORDINARY