

# TOP JO LEE

Magazine

world

180° from ordinary

*JO LEE Pays Tribute to ~*

*ONE OF THE GREATS*

*ROBERT J. 'PADDY' SAMPSON*

*PHI POWER*

*LOS ANGELES AND THE NEW WORLD OF MARKET RESEARCH*

*Orlando - Florida*

*Dr. Edward S. Guindi*

*The Cordus Corporation*

*THE REMARKABLE AND PROMISING  
WORLD OF STEM CELLS*

SPRING 2006



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# The Adeste Prize



## We Invite

corporations/individuals  
to contribute to those  
who have achieved.

Foresight requires a curiosity as deep as it is boundless... and our greatest incentive should be in helping those who are young.

We at JO LEE give you an 'open' invitation to embrace those who may otherwise not be recognized and assist them in 'seeing the future before it arrives'.

THE ADESTE Prize will be awarded to 'The 40 and under Unsong Heroes' for achievements in the categories of the Humanities, Social Justice, Technology, Arts, and Medicine.

Nominations are urged by readers around the world. Please! Submit the name of someone you believe is deserving of such an award.

Nominees should have either achieved extraordinary findings, or excelled beyond their limits in inspiring others to 'touch the stars'.

## The Award

Successful awardees will  
receive the exquisitely designed  
ADESTE Gold Medal.

Whenever the committee recognizes an achievement above and beyond expectation – an additional cash prize that embraces the 'on-going endeavors' of an Awardee, will be given. Awards will be announced February end, for the previous year.

## Criteria

The achievement by the Candidate should be of a humanitarian act of significant magnitude which positively benefits mankind by advancing the ability to meet a basic need or should be a new, original, and meaningful discovery.

**ADESTE takes as its Credo – the lessons behind Nobel.**

**For Submissions » [CLICK HERE](#) «**



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**Lois M. Gordon** *Yes, Virginia! Come – Explore with Me*  
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**Lani Silver** *Politically Red* **Craig Ricker** *The digital divide* **Oluwaseun Sotiyo** *When Angels Cry*  
**Sue K. Wallingford** *Dining! The Exquisite 9*

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**P. Darrek Menestrom**  
Corporate Executive  
New York City

Outstanding December interview, Jo Lee. If Nigerian leaders can carry out the programs discussed by The Honorable Harcourt Adukeh, the country will have accomplished the impossible.

Dreams of ending corruption do not often become realized. What does it take? In the case of Russia, where I have worked for several years, their first failure was by the President refusing to abide by a ruling of the Supreme Court. So number one is, will the President abide by rulings of his Supreme Court? Second, how will politicians finance their election campaigns? Will the contributions be in conformation with election law and will the givers be law-abiding corporations or individuals? Or will they be smugglers or intermediaries?

Finally, are politicians paid enough to minimize corruption? This includes all public servants.

I suppose that a free press and education are further requirements to avoid corruption. Not to minimize the importance of privatization, to create people who have a vested interest in a fair government. I will be watching and hoping.

**Thomas T. Saltzburg**  
CFO {Multi-National Corporation}  
London - England

I've been reading your magazine for several issues now and I never fail to be impressed with the quality of the articles and their accompanying pictures. Not only are they interesting but many columns and articles are on very important issues and personal items of the day. There is reading for everyone. In addition, it's inviting to see how the magazine matures with every issue as I continue to promote it with many of my friends.



### «On the Cover

Jo Lee in Ventimiglia  
The Italian Riviera

### «Feedback

Question: how can I have them receive a notification in much the same way that I do. Hopefully, your magazine will also become available at newsstands, in hard cover. Congratulations from my wife and me who continue to look forward to good reading.

**From - Morton Salt**  
Consumer Affairs  
Homestead - Florida

A recent issue of 'You Are What You Ate' finds Morton Salt not agreeing with most of the points in Dr. Buckett's statement.

All salt may be considered 'sea salt' since the salt deposits are from prehistoric oceans. Iodized table salt contains potassium iodide and dextrose {a sugar} as a stabilizing agent for the iodine. Sodium bicarbonate may be used as a processing aid.

The minerals in sea salt are present in very small amounts which are nutritionally insignificant, so the health benefit differences between sea salt and table salt are negligible.

Food-grade salt must contain at least 97.5% sodium chloride. If a sea salt is grey, it likely contains impurities and may not meet food-grade requirements.

Salt that appears moist may also not meet food-grade requirements as the moisture limit for food-grade salt is 0.5%. If sea salt is pink or another color besides white, it may contain additives, such as Hawaiian alae rock or it may simply be dirty.

**Response to - Morton Salt**  
From - Andrea Buckett  
Dr. of Homeopathy  
JO LEE Feature Columnist: 'YOU ARE WHAT YOU ATE'

While all salt may be considered 'sea salt' because of its prehistoric roots, it is the refinement of it that changes its nutritional profile. Refined, iodized table salt only contains sodium chloride {99.5%} and its respective fillers and flow agents {dextrose, sodium bicarbonate and potassium iodide.} Unrefined sea salt also contains mainly sodium chloride but also contains over 80 trace minerals. Nutritionally insignificant, I think not, as the body only requires these minerals in very small quantities. It is the complex nature of the salt in its natural whole form that is of value. Ultimately, getting rid of refined salt in the diet means getting rid of all the prepackaged, nutritionally void food - never a bad idea. Replacing those foods with ones that are nutritionally dense and seasoning them {in moderation} with sea salt is a step in the direction of well being. Culinary speaking sea salt has a much more rounded and robust flavor, thus using less of it is required.

*Nominate someone.*

The Adeste Prize

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jo lee



## « THE MARVELOUS MAVERICK

By H. Gail Regan, Toronto - Canada

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

In Ancient Times, most people earned a livelihood through self-sufficient farming. When the crops failed, it wasn't because a corporation developed poor seeds, sold the wrong pesticide or failed to provide a reliable tractor. Natural disaster wasn't anybody's fault then -- the commercial technology and modern, performance-based institutions had not been invented yet.

Nowadays, modern life is urban and corporate. However, some people still self-sufficiently farm in isolated places and their vulnerability to natural disaster is still no-one's fault. There is no technology or corporation that could have protected the isolated people of north Pakistan from 2005's earthquake damage.

Many of the urban people of Pakistan died in this earthquake because the building codes were not strict enough or the existing codes were selectively applied due to corruption of local officials. In some towns, the public schools collapsed and the private ones remained standing. Less alignment between government and the services it provides is necessary to prevent this kind of tragedy.

Modern corporations exist to perform and a corporate mind-set develops to align its people and the corporate mission. Corporations emphasize narrow expertise, linear thinking and rational expectations, methods that



In Ancient Times: most people earned a livelihood through self-sufficient farming.



limit consideration of alternatives and the ability to act to reduce risk. The governments of the Indian Ocean countries had met previous to 2004's tsunami to consider a warning system like the one for the Pacific Ocean. They rejected the idea, not out of irresponsibility, but on the grounds of cost-ineffectiveness due to the absence of earthquake. Their error in this case was not corruption, but a collusive view of the world as rational and immune from the forces of nature.

Then there is New Orleans. There were numerous, scientifically-based warnings. There is the rule of law and honest government. How could the world's wealthiest and most creative nation let one of its major cultural centers sink?

Of the billions of dollars the United States spends on infrastructure per year, billions have gone to rural boondoggle projects and insufficient billions to levee repair. Why? I don't think the answer is 'corruption' in the sense that corporations are bribing officials to approve the wrong projects. Nor is the problem ignorance of risk -- Wall Street, after all, is in America. What went wrong is that the U.S. central government allocated resources in a political market place, taking urban resources to develop rural areas for purposes of national integration.

A nation may agree that wealth redistribution is affordable and enriching to the recipients. Even when there is alignment around this idea, limits persist despite a shared ideology. A nation's cities, the natural creators of wealth, need to stay above water.



## « THE REMARKABLE & PROMISING WORLD OF STEM CELLS

By Edward S. Guindi, MD, President and CEO  
The Cordus Corporation, Orlando - Florida

Unfortunately, the vast majority of people, including medical personnel, are unaware of the medical wonders of Umbilical Cord Blood Stem Cells. My desire is for this column to arm the reader with a better understanding of stem cells and of what types currently have multiple clinical applications and have already been utilized to save thousands of individuals. [www.cordus.com](http://www.cordus.com)

**S**tem cells are the "mother of all cells" and are like "small factories", which have the ability to replicate or develop into many different cell types that make up the tissues and organs of the body. Stem cells can be found in multiple tissues, such as bone marrow, peripheral blood, skin, liver, fat, muscle, and embryonic tissue. Stem cells can also be found in umbilical cord blood.

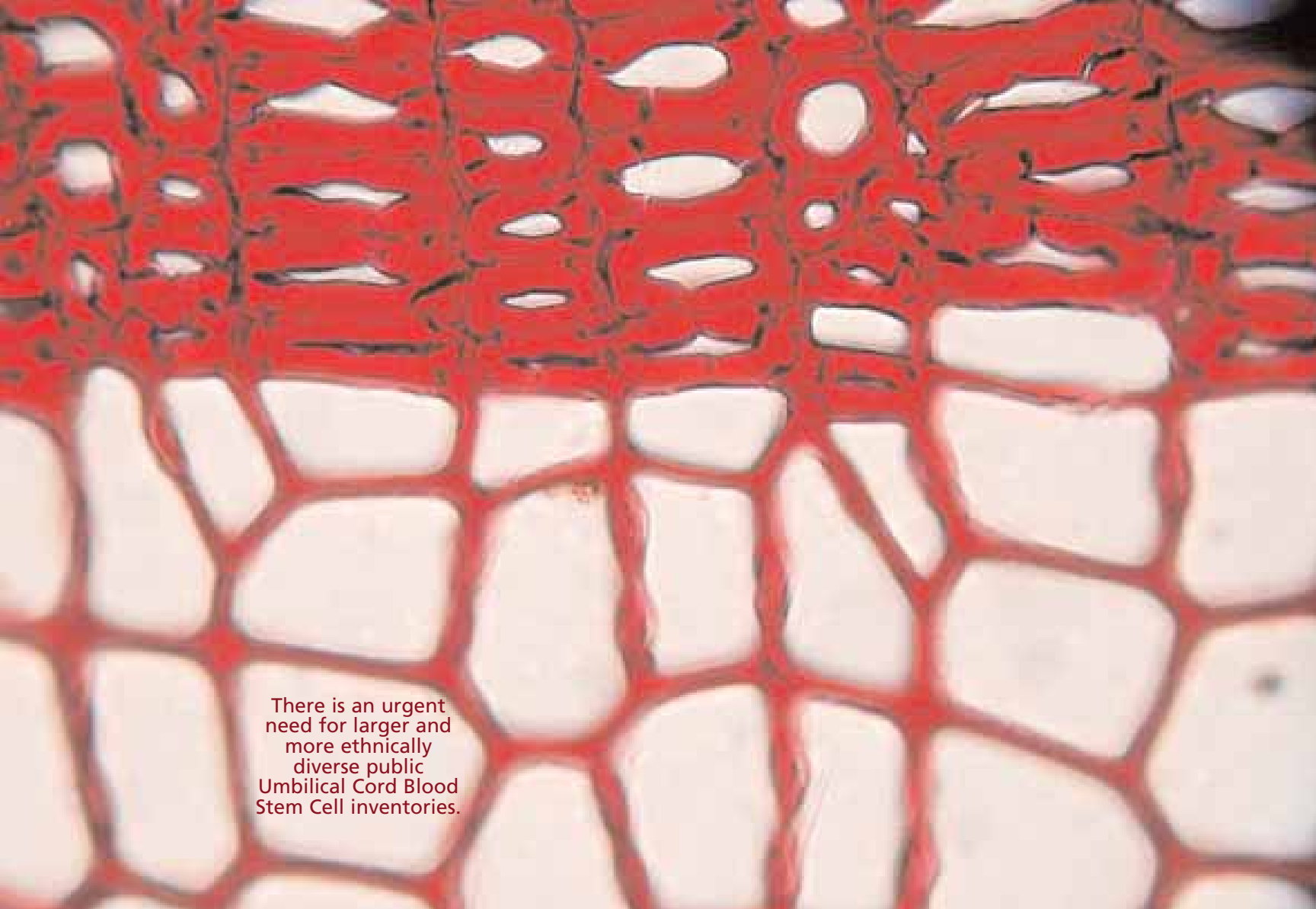
Although many sources of stem cells hold uncertain promise for the future, it is the blood stem cell which has been in use for over twenty years to save tens of thousands of patients. Stem cells obtained from bone marrow or umbilical cord blood are characterized medically as blood stem cells. Over the past several years, scientists have learned that umbilical cord blood is a reliable alternative source for blood stem cells. Although greater volumes of bone marrow can be harvested, it was discovered that umbilical cord blood has 10 times the concentration of stem cells found within the bone marrow.

The blood stem cell is the precursor cell, which develops into red blood cells, white blood cells, and platelets.

- Red blood cells carry oxygen throughout the body.
- White blood cells are responsible for fighting off infection and function in one's immune system.
- Platelets assist in the clotting of blood, that is, they help stop bleeding.

Umbilical Cord Blood Stem Cells have already been used in the successful treatment of over 65 diseases.

It can take an average of four months and sometimes up to two years to locate a suitably matched donor.



There is an urgent  
need for larger and  
more ethnically  
diverse public  
Umbilical Cord Blood  
Stem Cell inventories.

These cells can continue to create an endless supply of stem cells identical to the precursor or develop into many different types of more specialized stem cells {transdifferentiate}. These include blood stem cells, liver stem cells, brain stem cells, neural tissue stem cells, heart tissue stem cells, skin stem cells, connective tissue stem cells, and pancreatic tissue stem cells. Blood stem cells are essential for the immune system as well as for the entire blood system to continue to exist and function. The absence of blood stem cells renders an individual helpless against fighting infection leading to a collapse of the immune system and subsequent death.

Stem cells, whether obtained from bone marrow or umbilical cord blood, save lives. Until recently, blood stem cells have been obtained primarily from bone marrow. Unfortunately, it takes an average of four months and sometimes up to two years to locate a suitably matched donor. This is very precious time, which dying patients do not have. Most patients in need of a lifesaving bone marrow stem cell transplant will die because they are unable to locate, in time if at all, a suitably matched donor. Every year in America alone, thousands of individuals die unnecessarily due to the absence of a large, genetically diversified stem cell bank.

The Bone Marrow Donors Worldwide Registry reports that there are only approximately 8,500 successful matches out of 45,000 searches annually, leaving the vast majority unable to find a suitable match. The National Marrow Donor Program reports that approximately 3,000 searches occur daily.

Umbilical Cord Blood Stem Cells have already been used in the successful treatment of over 65 diseases. These include cancers of the blood such as Leukemias, Lymphomas and Myelomas. They also have been used to successfully treat genetic and acquired diseases such as Sickle Cell Anemia, Thalassemia and over 50 other diseases. Umbilical Cord Blood Stem Cells have already been proven to transdifferentiate in humans to other types of tissue cells such as heart and nerve cells. This gives physicians and scientists the understandable hope that Umbilical Cord Blood Stem Cells will be used going forward as cellular therapies, treating diseases such as Alzheimer's, Parkinson's, heart attacks, strokes, spinal cord injuries, diabetes, solid tumor cancers, multiple sclerosis, Lou Gehrig's Disease {ALS}, and severe burn injuries. Patient with these injuries add up to over 40 million in the United States alone.

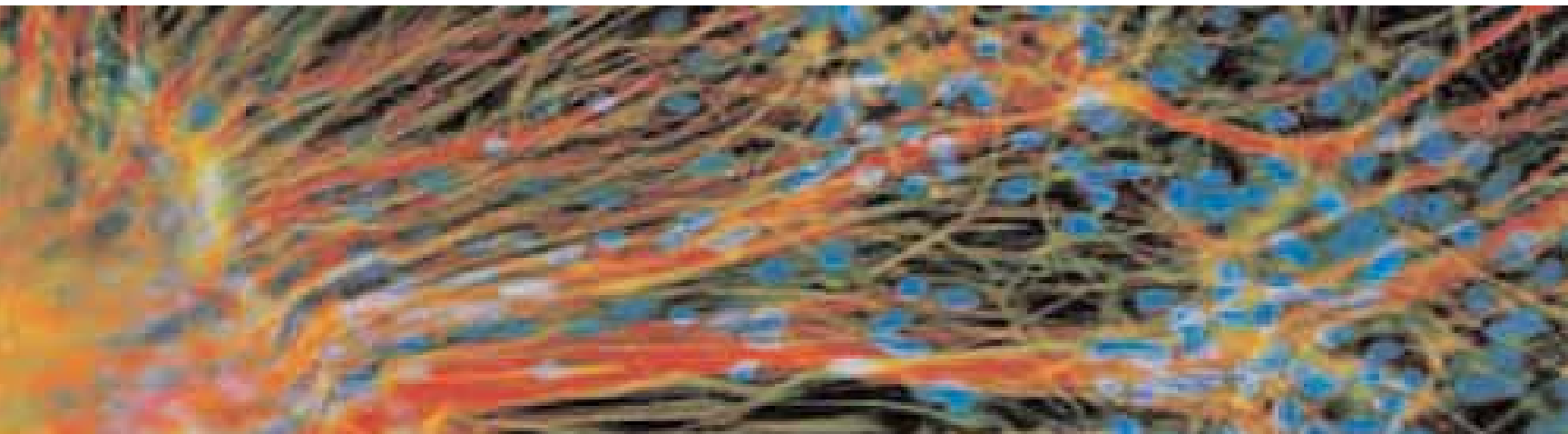
Stem cell research has been a prominent and hotly debated topic in the media. The controversy has been generated over the ethics of using stem cells obtained from embryonic tissue. The collection of stem cells from umbilical cord blood does not elicit the ethical,

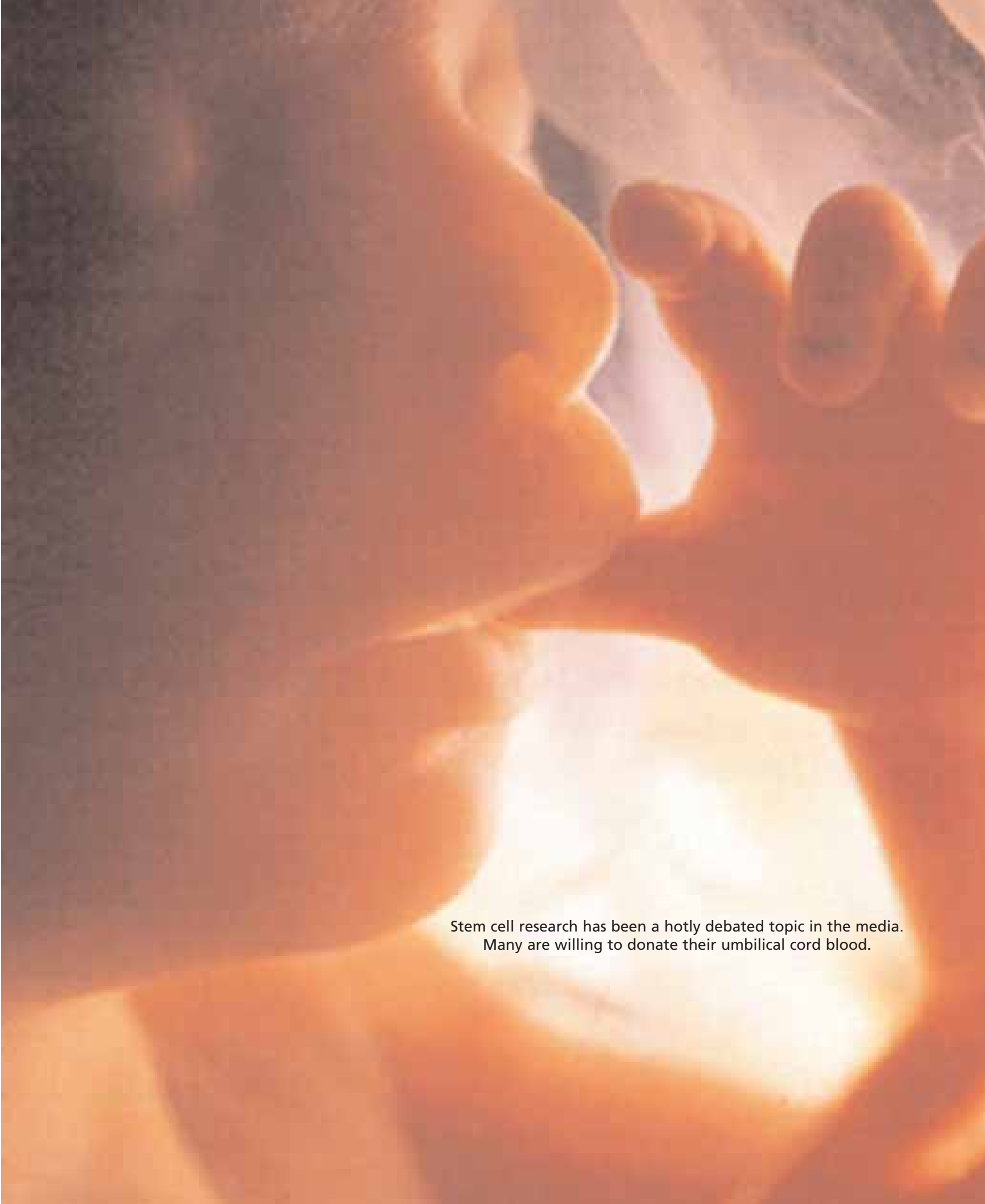
religious, or political controversy associated with obtaining stem cells from embryos. In fact, current legislation, which would make funds available to increase inventories of publicly available umbilical cord blood stem cell units, has Bi-Partisan support, already passing in the House with a vote of 431-1. Because the donated umbilical cord blood {which would normally be discarded as medical waste} does not harm the mother or baby, it also has religious support.

Umbilical Cord Blood Stem Cells have already been used in over 6000 transplants saving thousands of children and adults who would have otherwise died. However, the existing umbilical cord blood banks in the United States have relatively small inventories that are available for the public's use. Most of the umbilical cord blood currently in storage has been privately stored for only the family who stored it. There is an urgent need for larger and more ethnically diverse public Umbilical Cord Blood Stem Cell inventories.

As an Obstetrician, I have had the opportunity to counsel expectant mothers and know that the majority of them are ready and willing to donate their umbilical cord blood. The availability of this controversy-free umbilical cord blood, the urgent need to increase both the size and the diversity of inventories, and the thousands of patients who would benefit from it annually, is the reason why I and my partner, Michael Ernst {who left a successful 17 year career in banking} created CORDUS. He and I have been deeply distressed why so many people have to continue to die needlessly and are passionate about helping to meet this urgent need. We believe that rarely does the opportunity present itself to be involved with an entity that will save so many lives, while improving the quality of life for countless others, utilizing proven medical science.

**Stem cells are the 'mother of all cells' and are like 'small factories.'**





Stem cell research has been a hotly debated topic in the media.  
Many are willing to donate their umbilical cord blood.



jo lee

**EXCLUSIVE**

Jo Lee Pays Tribute to

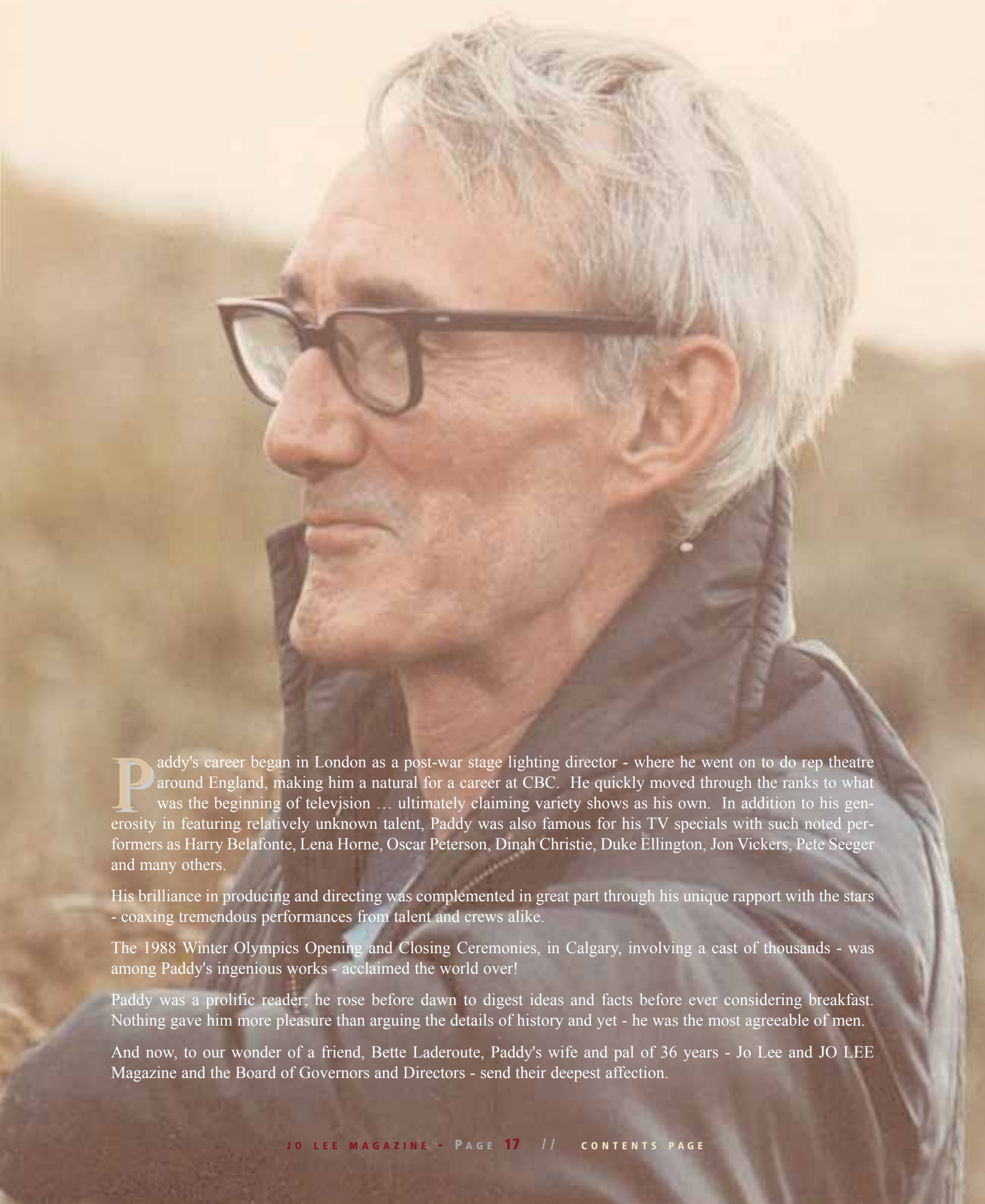
*Robert J. 'Daddy' Sampson*

JUNE 18, 1926 - NOVEMBER 24, 2005

**CBC-TV**  
**{CANADIAN BROADCASTING CORPORATION}**

**EXECUTIVE PRODUCER / DIRECTOR**  
RETIRED

A tribute to my dear friend and colleague  
Who played an early role in helping me realize my dreams.



Paddy's career began in London as a post-war stage lighting director - where he went on to do rep theatre around England, making him a natural for a career at CBC. He quickly moved through the ranks to what was the beginning of television ... ultimately claiming variety shows as his own. In addition to his generosity in featuring relatively unknown talent, Paddy was also famous for his TV specials with such noted performers as Harry Belafonte, Lena Horne, Oscar Peterson, Dinah Christie, Duke Ellington, Jon Vickers, Pete Seeger and many others.

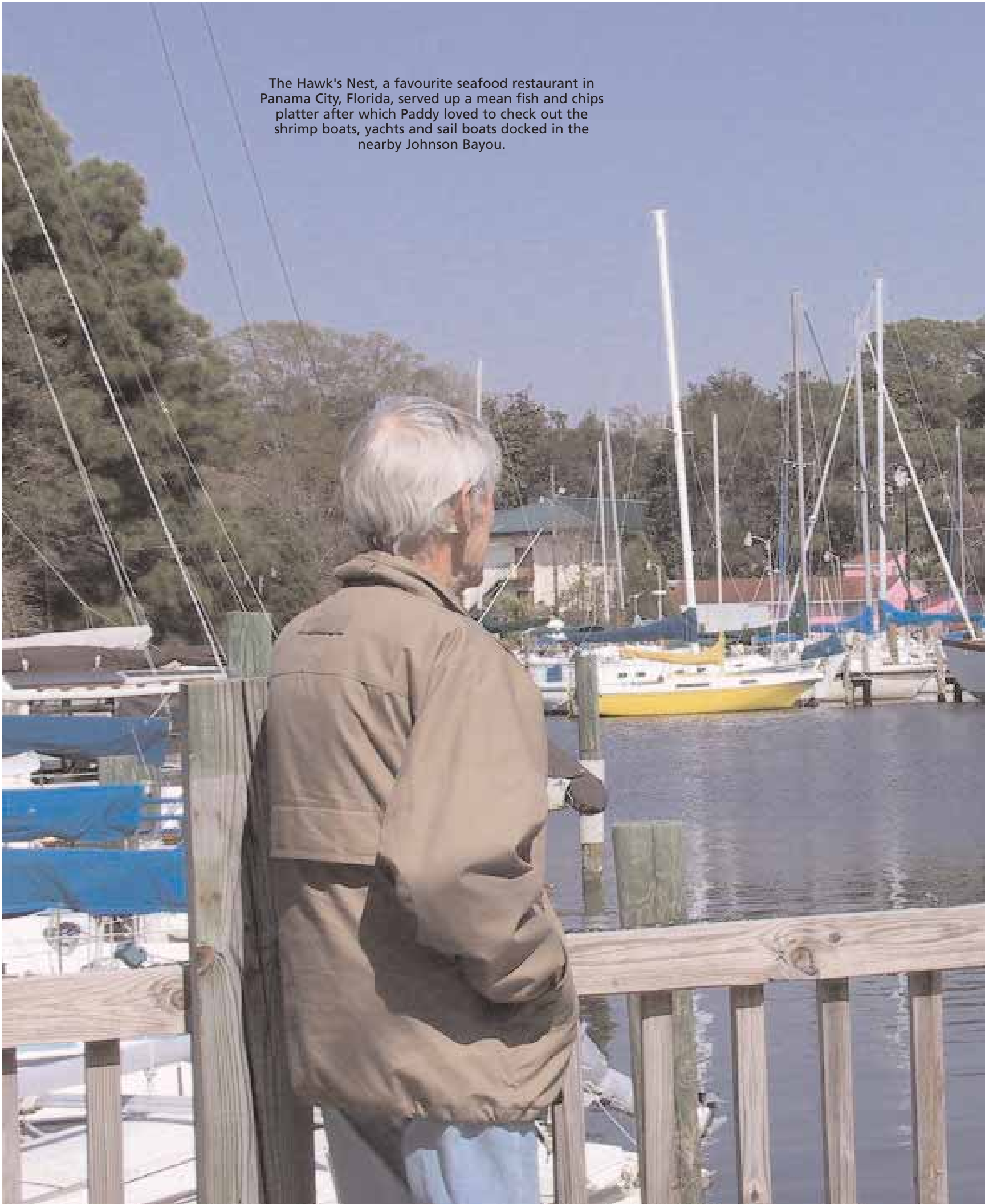
His brilliance in producing and directing was complemented in great part through his unique rapport with the stars - coaxing tremendous performances from talent and crews alike.

The 1988 Winter Olympics Opening and Closing Ceremonies, in Calgary, involving a cast of thousands - was among Paddy's ingenious works - acclaimed the world over!

Paddy was a prolific reader; he rose before dawn to digest ideas and facts before ever considering breakfast. Nothing gave him more pleasure than arguing the details of history and yet - he was the most agreeable of men.

And now, to our wonder of a friend, Bette Laderoute, Paddy's wife and pal of 36 years - Jo Lee and JO LEE Magazine and the Board of Governors and Directors - send their deepest affection.

The Hawk's Nest, a favourite seafood restaurant in Panama City, Florida, served up a mean fish and chips platter after which Paddy loved to check out the shrimp boats, yachts and sail boats docked in the nearby Johnson Bayou.





Just a kid, really, Paddy lied about his age and joined the Royal Navy in 1941, spending much of his time on ships in the Pacific. Seen here in his freshly starched whites, he had this photo taken to send home to his mother Jean and his little sister Liz.

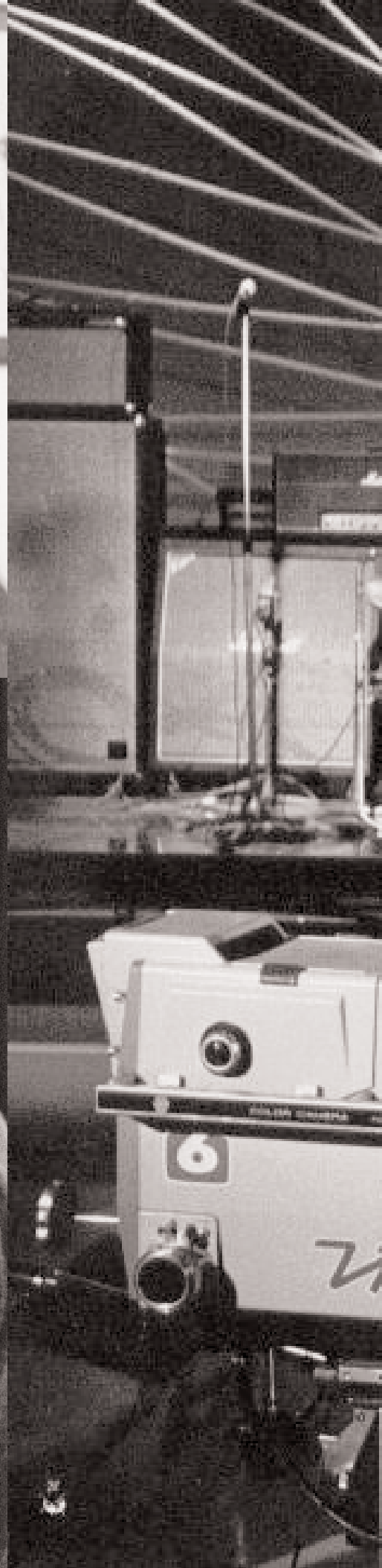




Duke Ellington, another fascinating artist who fell under Paddy's directorial spell and became a great friend, often telephoned Paddy from all over the world and at all hours of the night, after a night on stage just to chat.



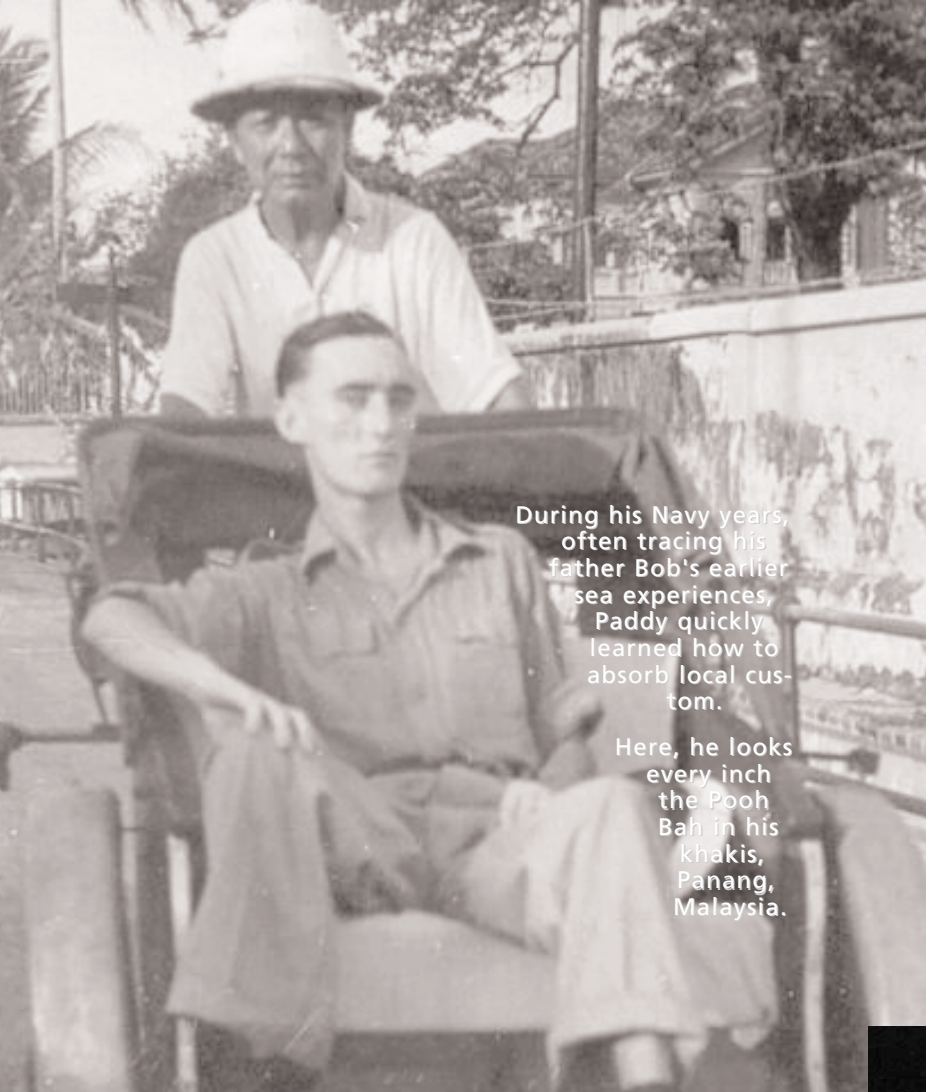
Paddy and Willie Dixon at one of Paddy's most inspired productions called "The Blues".





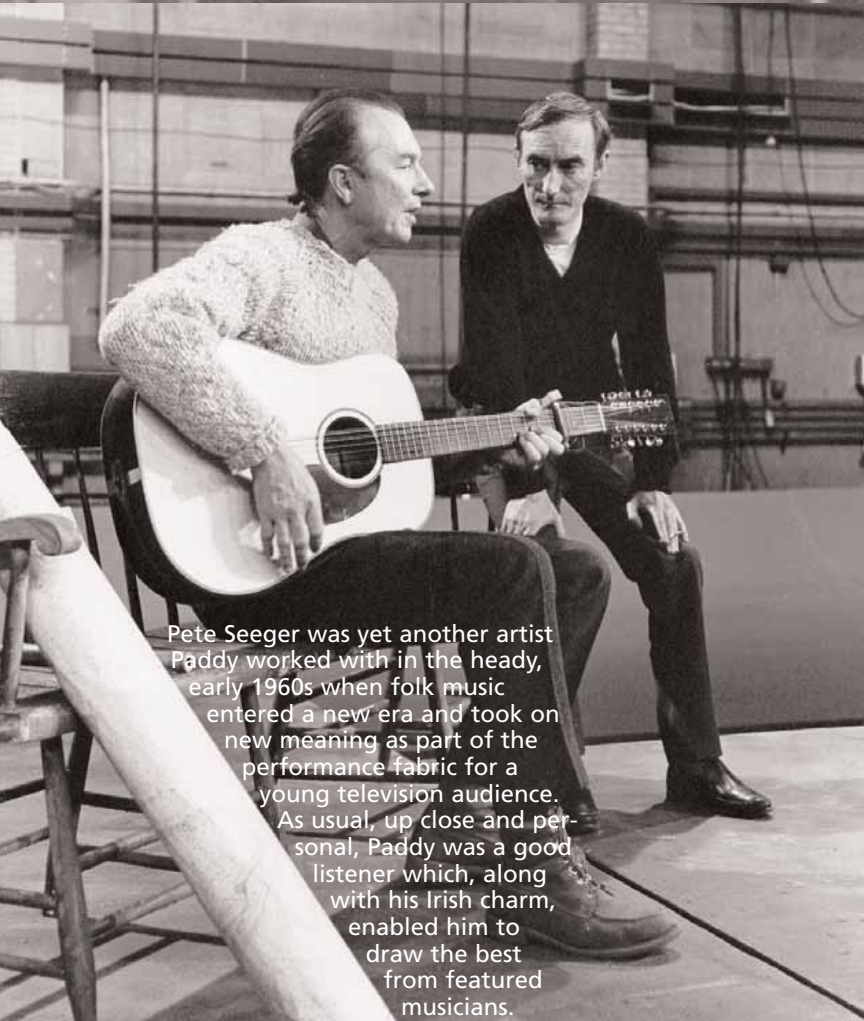
While on a world tour in 1974, Harry Belafonte agreed to a co-production of his stage show between his own company and the Tokyo Broadcasting System.

He hired Paddy, producer/director of several Belafonte TV specials, as his consulting director in Tokyo. Pictured here with Harry and the TBS producer and director, to get a feeling for the show, Paddy joined the tour in Phoenix and travelled with Harry and the company to performances in Los Angeles, Honolulu and Japan before working on the Tokyo production.



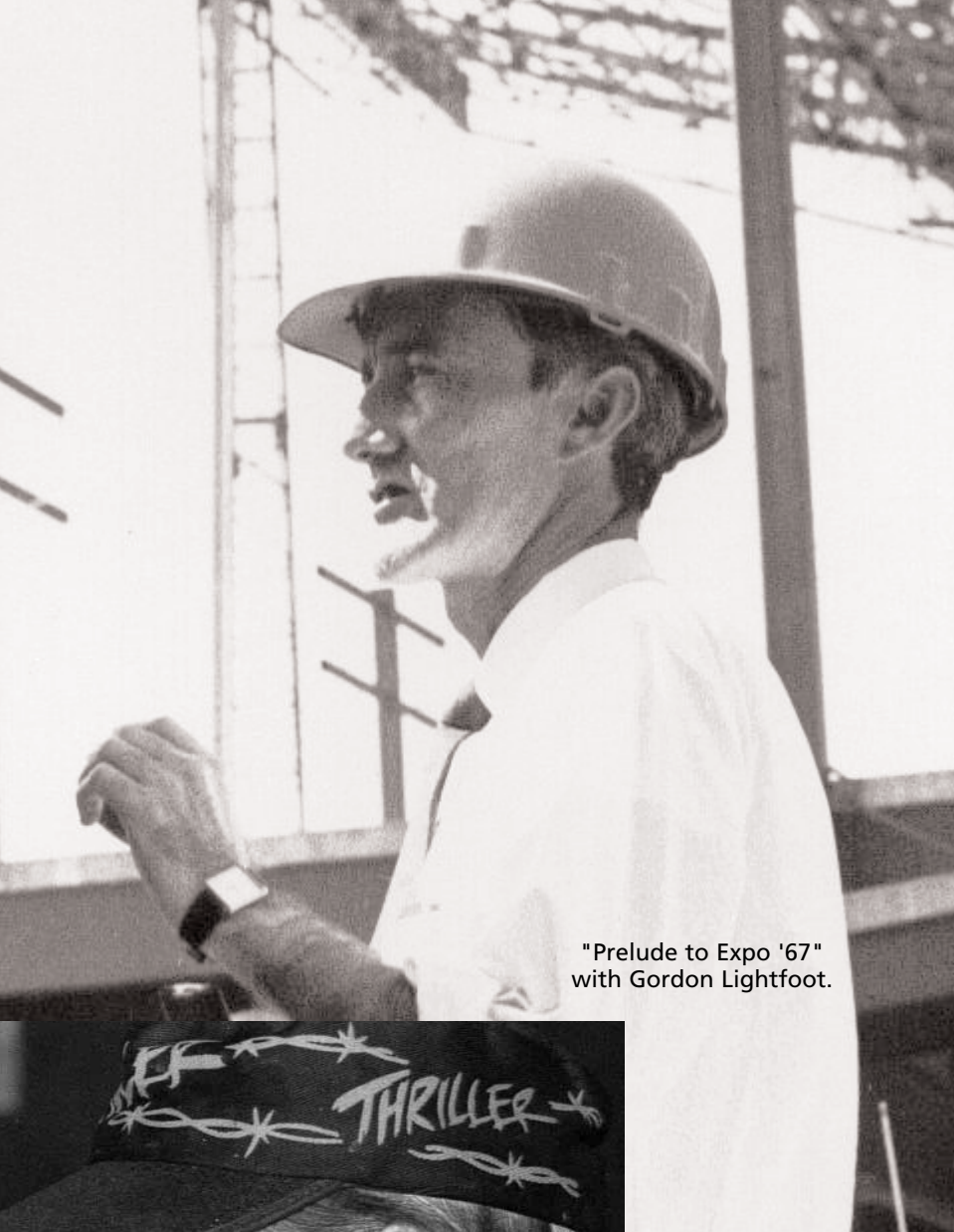
During his Navy years, often tracing his father Bob's earlier sea experiences, Paddy quickly learned how to absorb local custom.

Here, he looks every inch the Pooh Bah in his khakis, Panang, Malaysia.



Pete Seeger was yet another artist Paddy worked with in the heady, early 1960s when folk music entered a new era and took on new meaning as part of the performance fabric for a young television audience. As usual, up close and personal, Paddy was a good listener which, along with his Irish charm, enabled him to draw the best from featured musicians.

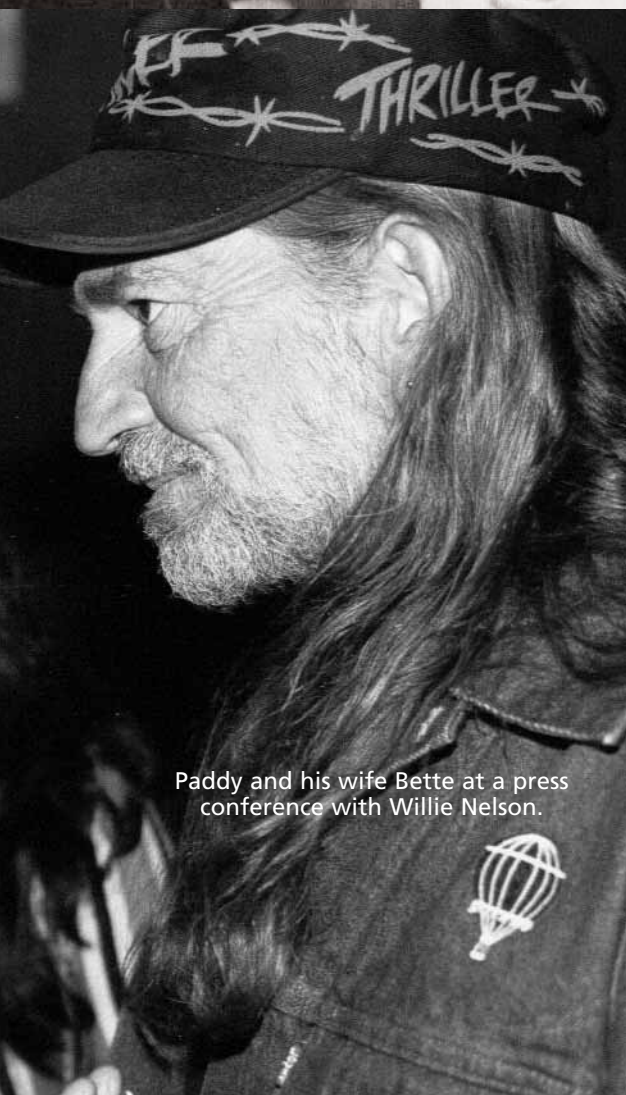




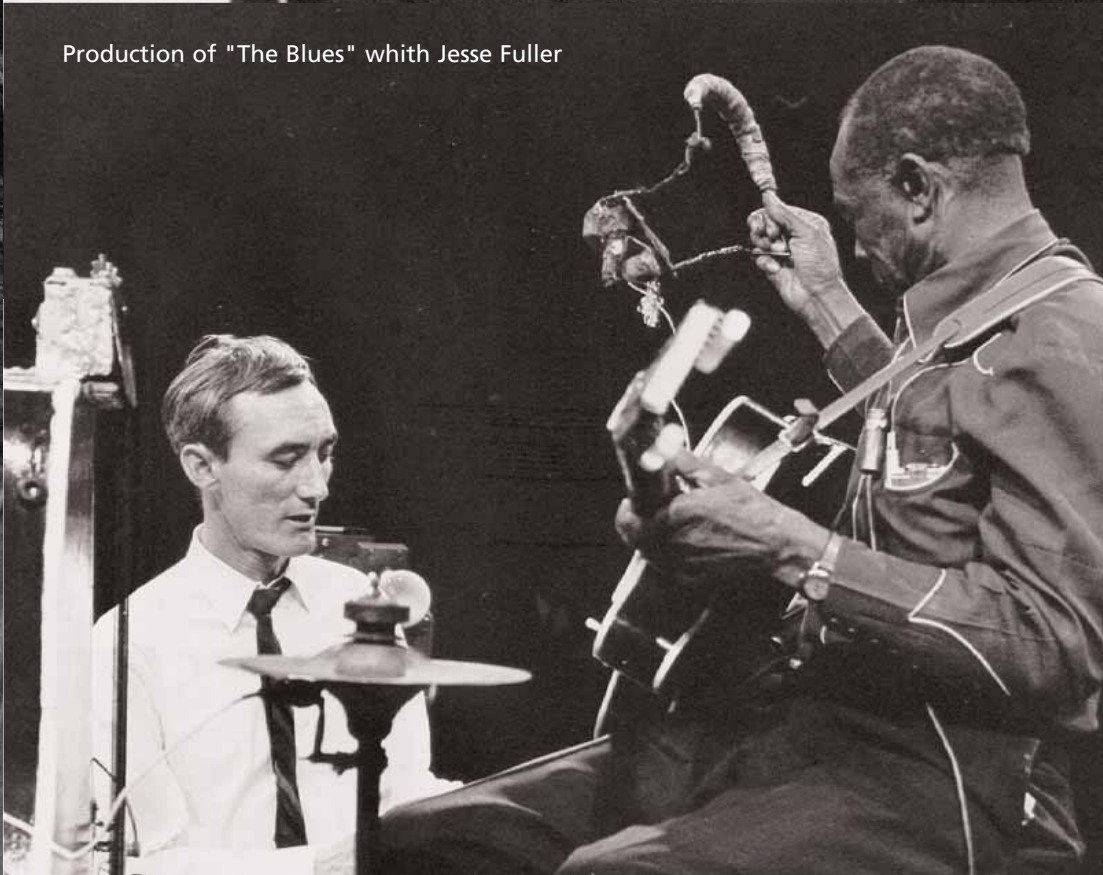
"Prelude to Expo '67"  
with Gordon Lightfoot.



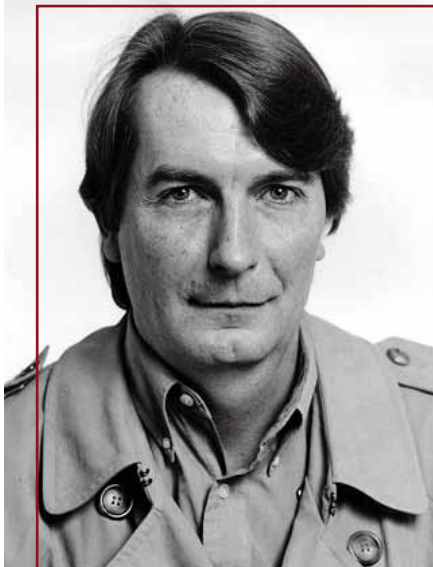
Patrick Watson, seen here with his wife Caroline Bamford and Paddy somewhere in the bowels of the NAC, hosted the 1984 Gala for Zhao Ziyang, Premier of the People's Republic of China from 1980 to 1987.



Paddy and his wife Bette at a press conference with Willie Nelson.



Production of "The Blues" with Jesse Fuller



## « COLLECTIVE ECLECTIC

By Robert R. Brooks,  
San Francisco - California

The trouble with subscribing to a morning newspaper is that inevitably, reading it becomes the first thing I do upon arising from my bed each day. Too quickly upon opening my eyes, even without benefit of reading 'all I missed in the world while I slept', do my night-time dreams and my mind's explorations fade from my awareness. I tend to want to linger as long as I can in that half-in, half-out world between the dream state and hard-"reality." I sleep eight hours during any given twenty-four hour period AND I think that my slumbers {and whatever occurs during them} is at least 30% as important as whatever my body does while up and about and awake.

# TO BE INFORMED or THAT IS THE

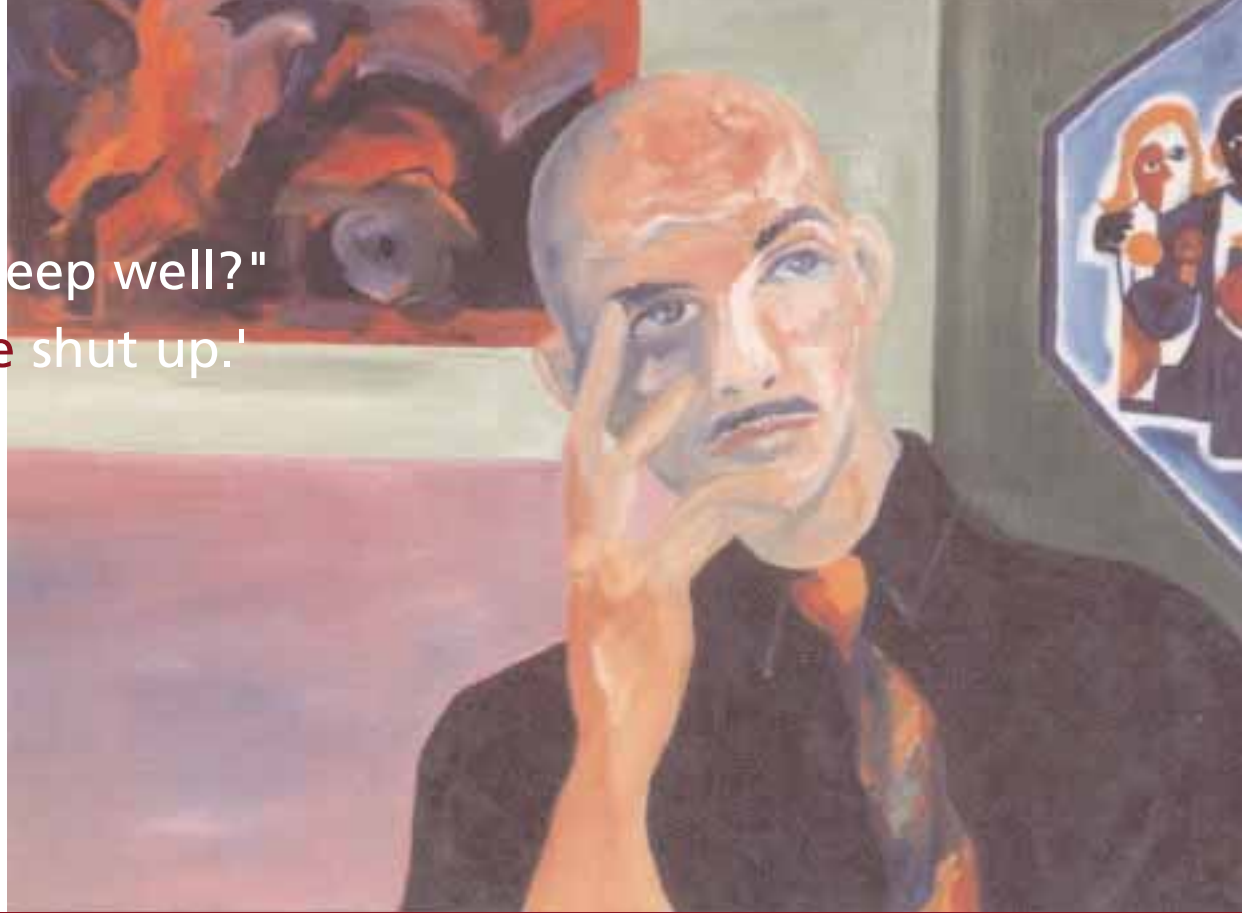
Sometimes in my dreams: I can actually control the world.



People who sleep only because they need to are even less fun than people who only eat because they need to. I once had a young Swiss exchange student here for a couple of weeks. I made us dinner one night. I asked him whether or not he would like some grated parmesan atop the steamed and buttered broccoli I'd made. "No, it makes me nervous", he replied sharply. "I eat to live, I do not live to eat." I remember thinking, "How sad." I mean, I don't live to eat either, but, given that it is a necessity, why not make it the best tasting necessity that you can? Make an Art out of it even. Anyway, I digress.

Sometimes in my dreams, I can actually control the world and shape it and direct what goes on in line with my immediate desires. To be honest, these types of

"Did you sleep well?"  
'Oh please shut up.'



# NOT TO BE INFORMED

## QUESTION

dreams I've only had a few times in my life, yet, I will never forget the sensation of having them. And every night before I drift off, among a couple other things, I give longing thought to repeat the experience. They term it 'lucid dreaming' and, boy, is it a kick! But again, I digress.

Most every day, before my ablutions, I arise, walk to the kitchen, put on the kettle for coffee, then to the front door to switch off the porch light and retrieve the newspaper. With the front door open I simultaneously make both an external {objective} observation and an internal {subjective} one. First: what is the state of the weather/what's the weather like today and Second: how difficult/aching effortless/easy was it to bend-over and pick up the paper from the doormat. Did I swim yesterday?

I then retreat back down the hall to my bathroom, sit, light a cigarette, and hold in my outstretched arms, before my still sleepy eyes the most recent world catastrophe and all the news {breaking negativity} that's fit to print. This surely cannot be a healthy habit/routine. I am not a surly person. However, one could glean that impression of me if the only basis for their opinion was my response to the inquiry {while still half-asleep}, "How are you this morning?!" My feeling at these times is "I don't know if it is me yet." I don't want to be reminded that it is morning. And how is it anyone is at all? There is no answer to that in the first place! "Did you sleep well?" 'oh please shut up.'

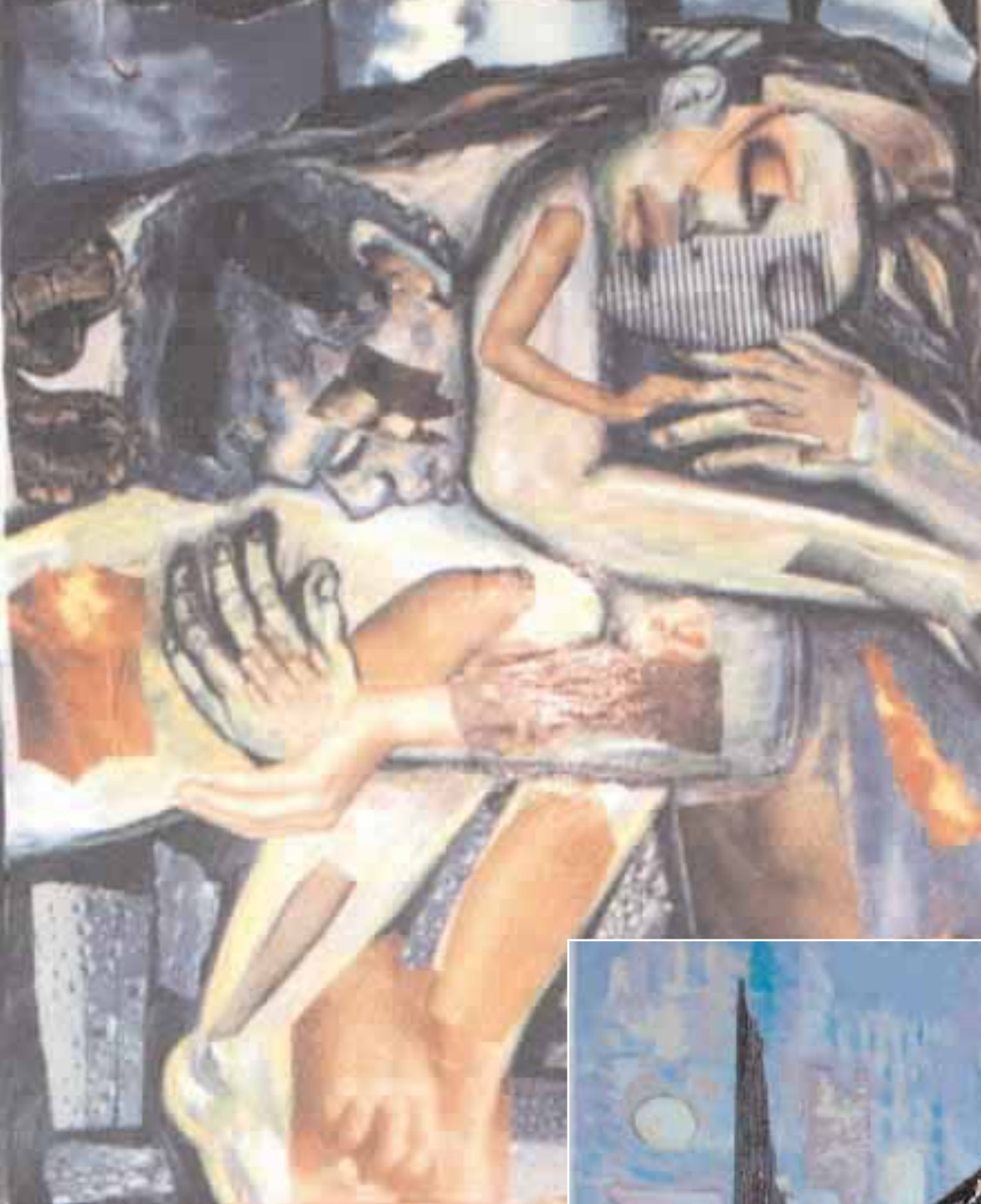


"How are you this morning?"  
My feeling at these times is: "I don't know if it is me yet."

\* Robert Brooks is a free spirit who every once in a while comes across with a gem of prose. Always drawn to liberal arts, Rob attended Stanford and Oxford. He is a prolific writer, dedicated photographer, hiker and a sixth generation Californian.

To be informed or: not to be informed.





My slumbers  
are at least  
30% as  
important as  
whatever  
my body  
does while  
I'm awake.

"I eat to live, I do  
not live to eat."



jo lee



## « YES, VIRGINIA! COME - EXPLORE WITH ME

By Lois M. Gordon,  
Silicon Valley, California, USA

**ZDRAST-vooy-tye KAK dee-LA?**

This is the trip where we met Jo Lee! So it was a wonderful learning experience and a wonderful friend finder!

# RUSSIA

**W**e began by exploring the beauty of St. Petersburg ... built to be the window to the west, to present an image of grandeur of the Russian Empire. With Venice in mind, it has 70 canals and 300 bridges and our guide, Valera, was brilliant as an interpreter.

Peter the Great founded the new national capital in 1703. The city needs much of its infrastructure repaired - however, it is still awesome to behold.

St. Isaac's church, the 4th largest in the world, and the Hermitage museum {originally the winter Palace of Peter the Great} has the largest collection of artwork and antiquities in the world. An art lovers' paradise.



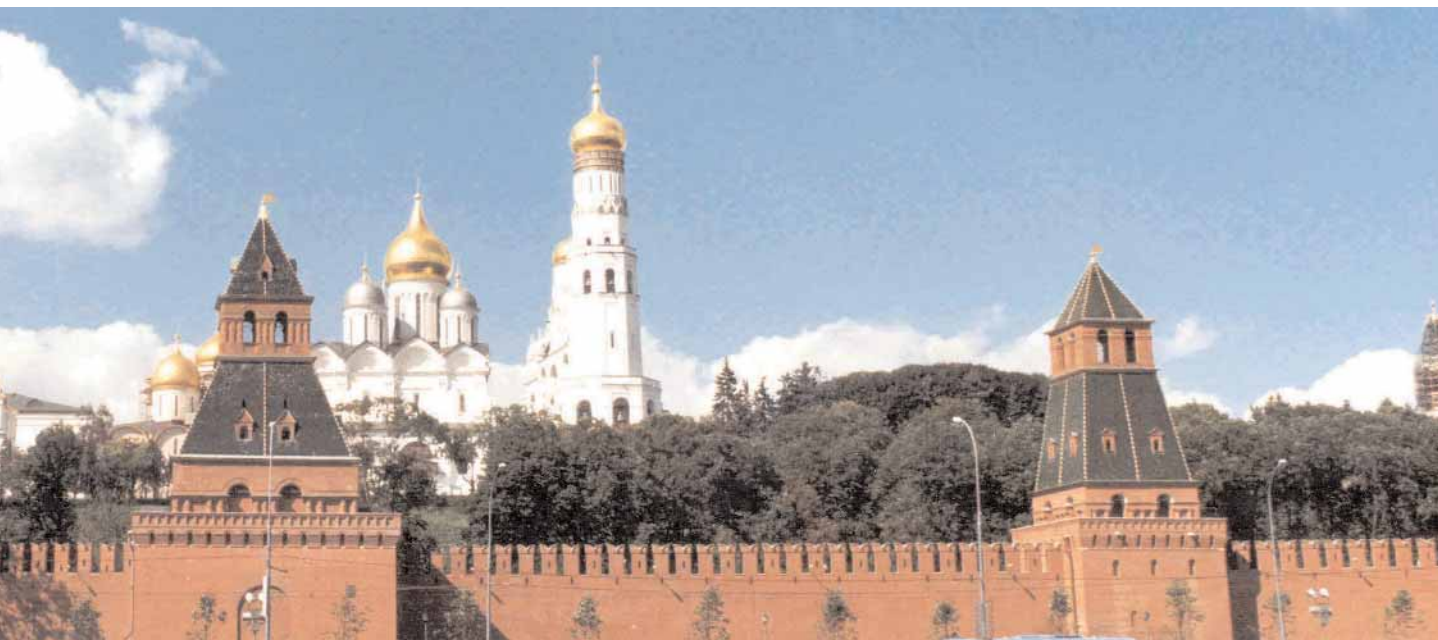
POC

## Hello, how are you?

Along the waterway to Moscow amongst all the villages - we found beautiful markets with wonderful, inexpensive treasures to purchase. People were friendly and welcoming, at one village ... we walked to a home where a woman was working in her garden. She spoke no English and we spoke no Russian, but somehow we communicated and she invited us into her home. She showed us her telephone, which she was very proud of, along with family pictures. A grand experience.

Moscow is a sharp contrast to St. Petersburg. Home to over 12 million people, it is a very cosmopolitan city. Traffic was the same as in every other large city.

The Kremlin is the original fortress and the oldest part of the city. The Armory, a museum within the Kremlin, has Faberge eggs, carriages and artifacts. The collection goes back to the fourth century. In 1813 the Armory building became an exhibition hall and museum. The treasures contained within are overwhelming, presented with an array of objects that is staggering in its historical interest and spectacular richness. Next door, at the Diamond Treasury, the 190-carat Orlov Diamond can be observed.



The Kremlin from across the river

СМЯ



Red Square

#### **THE ARSENAL**

headquarters of the Kremlin Guard.

#### **THE STATE KREMLIN PALACE**

used for performances by the Kremlin Ballet Company.

#### **SENATE**

graceful neoclassical Senate building, commissioned by Catherine the Great.

#### **TSAR CANNON AND BELL**

two curiosities form an oddly appropriate pair. Among the largest of their kind in the world, and neither has ever worked.

#### **CATHEDRAL SQUARE**

for centuries the symbolic heart of Tsarist rule.

#### **ASSUMPTION CATHEDRAL**

is the oldest, largest, and most important of the Kremlin's many churches.

#### **THE CHURCH OF THE DEPOSITION OF THE ROBE THE CATHEDRAL OF THE ARCHANGEL MICHAEL**

is the burial place of the early Tsars and their predecessors, the princes of Moscow.

#### **THE CATHEDRAL OF THE ANNUNCIATION**

Red Square.

Inside the Hermitage



Russian Child



Greeters at Svirstroy

Write Lois: [Click Here](#)

\* As we venture out into our world, your travel can consist of a visit to the next town for the day, or a journey that would place your feet clear on the other side of the world. It is all about discovery and your relationship to the world which is everywhere you walk.

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## New Arrival. Freshly Harvested.

Sweet and citrus with a delicate, chocolate finish, this coffee is an incredible cup, improved only by the hope it brings to a recovering country.

Exclusive to Second Cup



By JO LEE Magazine

New York / San Francisco / Hong Kong / London

Tokyo / Rome / Toronto

# PERFORMANCE HORSE Sires

## STACCATO

Born 1992, Warmblood/TB 16.3hh

Staccato is the current No 1 Eventing stallion on the WBSFH-FEI Breeding Rankings.

Staccato is by Salute who is the sire of GV Stirling Stilton who was short listed for the Olympic Games in Athens and was the best placed Australian Dressage horse at the World Equestrian Games in Jerez 2002.

Salute's sire, Saluut, is the sire of Saluut II who represented the U.S. and was leading money winner for several years running in the highly competitive U.S. Grand Prix Showjumping circuit.

Staccato is from Smiler, who is by Pacific Prince, the sire of Sunbird, winner of Lochinvar Advanced 3 Day Event.

Smiler's grandsire is King of Babylon, sire of several Grand Prix Showjumpers, including King Omega, an Australian representative at the Olympic Games.

Staccato's progeny are now competing at intermediate level and are being sought after by leading Australian event riders

Stud fee: \$1100 inc GST. Agistment and Artificial Insemination available

Contact: Craig & Prue Barrett, Branxton NSW

Phone: (02) 4938 3308 Fax (02) 4938 3308

Mobile: 0418 621 711 Email: [Cdiamond1@bigpond.com](mailto:Cdiamond1@bigpond.com)





## WELTMEYER

Hannoverian, 1984, 166cm

Weltmeyer is still the dominating force in world dressage breeding and is now producing more Grand Prix level representatives than any other stallion, with stars like Wall Street, Wie Weltmeyer and Weltall, all competing at an Olympic level. He is also proving himself to be a superb producer of broodmares, with the current World 5 and 6 year old Champion, Florencio, being out of a Weltmeyer mare. Weltmeyer passes on his superb engaged trot, expansive canter and trainable temperament. He is the cornerstone of any modern dressage breeding program.

Service Fees \$3535

(three inseminations, frozen semen)

IHB also has a large range of frozen AI stallions.

Contact: International Horse Breeders

Lot 5 Mills Road, Axedale, Victoria

Phone (03) 5439 7251 Fax (03) 5439 7547

Mobile: 0427 400 357

Email: [g&e@ihb.com.au](mailto:g&e@ihb.com.au)

## COPABELLA VISAGE (IMP)

Belgian Warmblood, 1998, 16.2hh

Visage's grandsire, Concorde, has produced several of the world's best showjumpers. Visage himself is the complete package: superstar jumping talent, outstanding pedigree, impeccable temperament, great paces and movement, and head-turning looks.

Champion of Champions at DSJWTS, 2003 as a 5-year-old. Winner of the Young Event Horse Challenge at Sydney Royal, 2004. Placed 6th in his first World Cup appearance, at Sydney Royal in 2005, after winning or placing in every Part Two class.

Visage's outstanding first two crops in Europe have persuaded European breeders to import his frozen semen, and breeders in New Zealand are now doing the same.

Stud Fee: \$2,500 (inc GST) Frozen, free return. Chilled by special arrangement.

Contact: Lesley Hargreaves in Sydney on 02-9653 1993 or 0417 663 027. E-mail [lesley@copabella.com](mailto:lesley@copabella.com) or visit the website for more information [www.copabella.com](http://www.copabella.com)



## SHAHMAN

Warmblood BROWN 16.2 hh 1994

Murrindindi Shahman is a licensed stallion with AWSHA and Arabian Horse Society.

Shahman's sire, the Arabian Stallion, Shahwan Gasb is licensed with the European Oldenburg and Trakehner stud books and won with the highest score of all breeds in his 100 day performance test in 1985 at Wareendorf, Germany. He then became a multi-champion at shows all over Europe before being sold to the USA where he stands at stud. Our Shahman has won Champion Led Arabian Warmblood at Royal Melbourne Show and Champion at GRAAC Arabian Show, Werribee. He passes on to his foals, his amazing movement, good looks and very quiet, friendly nature. His dam is by Flaneur (imp, HOLST) who had a huge influence on Australian Warmblood breeding, producing many successful showjumpers, eventers and dressage horses, eg. Grand Flaneur.

Introductory Stud Fee: \$1,320 inc gst

Live service. LFG conditions apply

Contact: WENDY ANSELL COLDSTREAM PARK,

27 Ingram Rd, Coldstream, VIC 3770

Phone/Fax 03 9739 1510 Mobile 0409 337 154





## GRAND KAVALIER

Black Imported Westfalen 17.2hh, 1998 Licensed with Westfalen Verband (Germany), AWH and ACE group

Champion Warmblood stallion and Champion Breeding Stock stallion, Melbourne Royal Sire of ACE licensed sons Larundel Gandalf, Grand Farnese and VPS General (top ranked stallion ACE assessments 2005).

Sire of top ranked foal ACE tour 2001 and 2nd placed filly 2005 and many other top 10 foals. Impeccable breeding by Grundstein II out of a full sister to Rubinstein.

Passes on superb temperament and movement to all his progeny. Closely related to Ahlerich, Rembrandt, Rubinstein, Gigolo and Grunox and many other Olympic horses.

Stud fee \$1485 (inc gst) LFG

Standing at Cloverfern Equestrian Centre,

Riddells Creek, Victoria

Contact Sally Carter

Phone (03) 5428 6427 Fax (03) 5428 7627

Email: [Cloverfern@bigpond.com.au](mailto:Cloverfern@bigpond.com.au)

website: [www.cloverfern.com.au](http://www.cloverfern.com.au)



## **CROFTLEA ARTIZAN**

Grey, 168cm, 2002

Artizan is the ideal sire for those wanting to breed talented, athletic horses for the new Olympic Eventing format. He shows free, swinging movement and a huge scopy jump. His sire line contains one of the most sought after Thoroughbred jumping stallions - Aberlou. The Aberlou line has been a producer of many international eventers such as World Champion Messiah, Delta, Alibi, Aberjack, Lion Heart, Eze, Fairchild and Greenwood.. Artizan's dam Cloudy Bay is by Shamal, a successful New Zealand Sporthorse stallion and sire of International Eventers and Showjumpers. Artizan is in training with Tarsha Hammond and Rebel Morrow who both believe he has what it takes to get to the top. Artizan will stand the 2005/06 season in Australia before being exported to Europe to commence his International competition and breeding career.

\$1320 LFG

Contact David or Amanda Shoobridge

Revelwood Stud

Phone (02) 4372 2011

Mobile: 0417 859 086

[www.revelwood.com.au](http://www.revelwood.com.au)

## DA VINITY

08/03/2001, 15.3hh, Chestnut

At last a sire that has been purchased to produce smaller horses/ponies with extravagant movement. Imported from Germany, what other stallion has the elite bloodlines of the top ranking international sires such as Donnerhall, Rubinstein, Caprimond and World Cup I. Sensational breeding, he is by DaCaprio (Davignon/Caprimond) and out of a Regazzoni mare - granddaughter of the full sister to Gabribaldi I and II - one of the most famous mares of the master breeder, Dr Schultz-Stellenfleth.

His presence and conformation - strong back, sloping shoulder and beautifully set on neck lends itself to producing an outstanding uphill riding horse. Da Vinity's superb temperament, ride-ability and very correct paces make him the perfect sire.

Service Fee: \$1,500.00 (Inc GST) LFG

Video Available

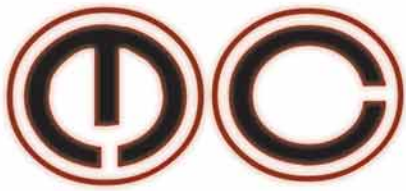
Australian Equine Behaviour Centre

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By  
Kelechi Eleanya and Oluwaseun Sotiyo  
Department of Peace and Conflict Studies  
Institute of African Studies  
University of Ibadan - Nigeria

*Kelechi and Oluwaseun:  
Looking to helping their people today and in the future.*



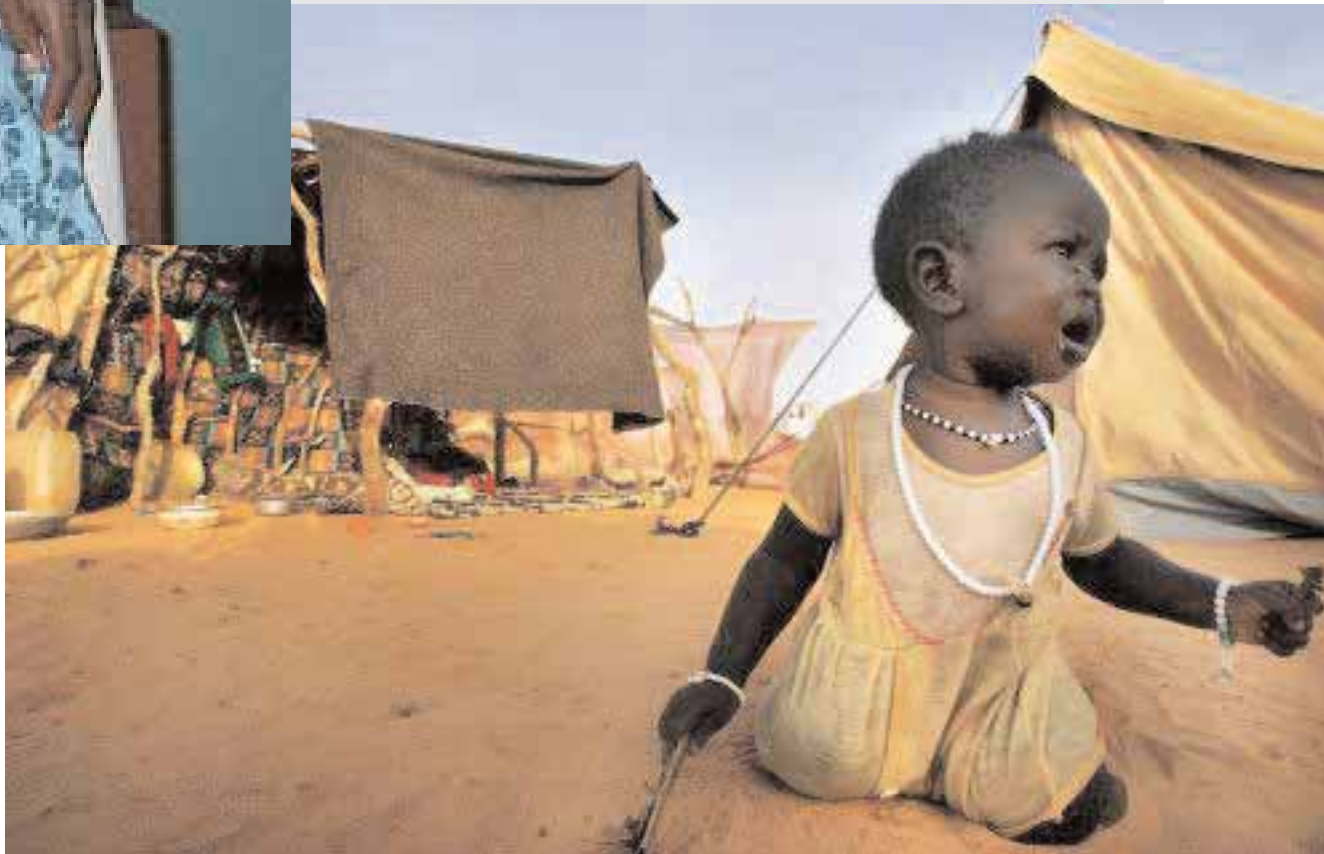
Kelechi is a natural resource economist. He holds a degree in Renewable Natural Resources Management and a Masters in Forest Economics at the University of Ibadan, Nigeria. A committed Researcher in Rural livelihoods and Forest Resources Management, Kelechi shares his skills with a Development Foundation in the Niger Delta and is co-founder of MILESTONES RICH an NGO committed to the achievement of the MDGs {Millennium Development Goal} and beyond, Community Development, Awareness/enhancement of Rural Livelihoods. Kele802001@yahoo.com

Oluwaseun, a Theatre Artist and Conflict Management Consultant - holds a degree in Theatre Arts and a Masters in Peace and Conflict Studies from the Ibadan University, Nigeria. Oluwaseun has directed several drama performances in the Niger Delta as 'Her Last Wish' - HIV/AIDS awareness drama for youth; Campaign against Malaria; De-worming Campaign for children. She is Director of Community Programs {drama, cultural studies, community conflict analysis and resolution, community awareness} for MILESTONES RICH a dynamic NGO focused on Research/Studies on the MDGs and beyond, Peace Education, Action for child care/Rural Awareness Campaigns.

sotiyo\_s@yahoo.com \ miles\_afrique@yahoo.com

*When*

ANGELS CRY





Kelechi, Jo Lee and Oluwaseun in the Niger Delta.

**I**magine seeing an angel crying for help! You wonder: why should an angel ever shed a tear?

Humans often depend on angels. But the reverse is the case here.

When a baby is born into the world, it's so beautiful, innocent and flawless. It comes with hands open wide, holding nothing, but beholds mankind and the terrestrial edifice for the first time. The Angel steps into the world having no name or place to stay except the one a human may offer to give.

Global efforts are focused on combating anti-development trends spelled out in the United Nations Millennium Development Goals {MDGs} which have a striking need for poverty reduction! Challenges to these goals are enormous and interconnected.

In the Niger Delta region of Nigeria - it is commonplace to see a teenager give birth to about 2-3 children in a space of 3-4 years. This often leaves girls, in particular, in social isolation with little education and limited opportunities of earning a decent livelihood.



The standard of living in this region is very low with severely malnourished children. Educational standards are disappointing as high school students are unable to write well or speak English fluently. Sources of livelihood are fast diminishing, health systems and facilities are archaic with huge infant mortality rates.

In a World Trade Organization symposium, Clare Short stated that "One in four of the World's population {two-thirds of them women} live in abject poverty without access to adequate food, clean water, sanitation, essential health care or basic education services.

That's 1.2 billion people whose lives are blighted by poverty, robbed of their dignity, deprived of the opportunity to fulfill their potential."

Have you made a mental note of this figure?

In spite of these problems, there is a high rate of population growth in the Niger Delta...

This directly leads to stiff competition for scarce resources due to over-population which can easily lead to conflict. There is a wide gap between the rate of population growth and the rate of development in the region, especially in terms of livelihood opportunities.

The fact is - the poorest countries need faster economic growth than population growth or, poverty grows invincibly. Economic empowerment opportunities are fast diminishing due to depletion of the natural resources base.

To reach the MDGs for poverty elimination, DFID {Department for International Development} argues for a sharper focus on the 600 million children who make up half the world's poorest people.

These trends imply that achievement of the MDGs is far from this region and concerted efforts are needed to reverse these trends immediately. Targeted research and studies will provide adequate information on the present situation, and strategies can then be adopted to improve education - especially for the female child who is often left to bear the burden after childbirth.

Massive awareness creation and consultation with the people to improve their lot will be facilitated and progress toward achieving the MDGs in the Niger Delta region will be accelerated.

The point, therefore, is not the amount of money that has been dedicated to these Millennium targets but rather - ensuring that these issues are actually dealt with by informed and trustworthy people. Bridging the wide gaps between policy makers and the intended beneficiaries!

Due to high levels of casual sex - owing to the level of our poverty - the incidence of HIV/AIDS infection is on the high rise. Several children born as a result of this act are often infected with the virus. And then, the innocence of these children's hopes of experiencing a good life are dashed ... and all that is left is pain and dissatisfaction.

We both see hope coming for these Angels, *because you and the two of us can make a great difference, before Angels cry ~*





Challenges are enormous and interconnected.



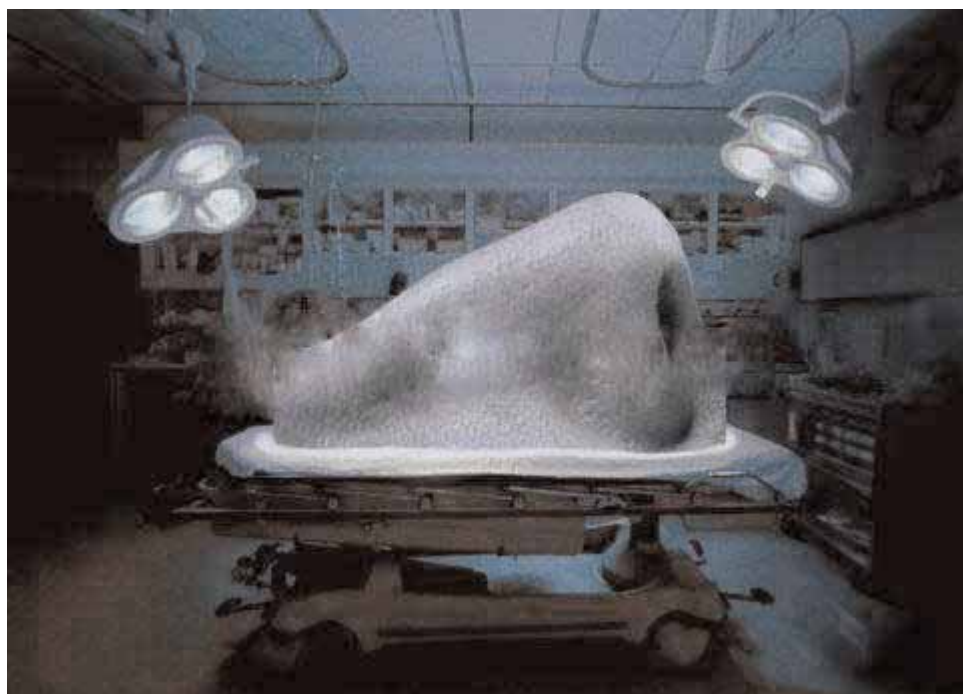
Girls in particular are found in social isolation.



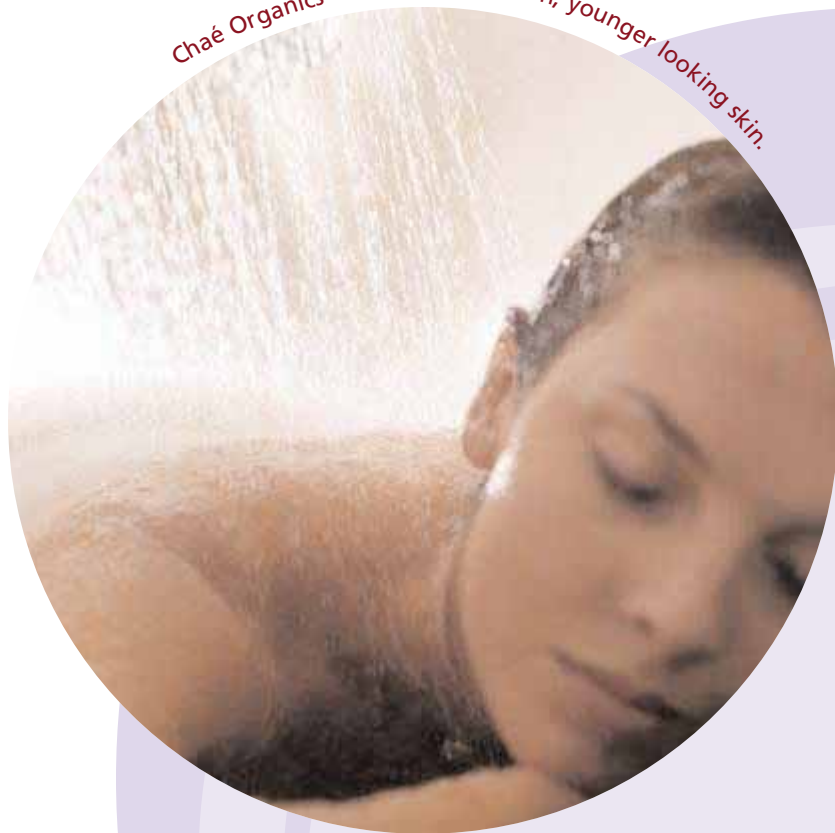
By  
Linda Chaé  
La Veta - Colorado

Linda Chaé is President, Chief Formulation Officer and Chief Spokesperson for Chaé Organics, Inc. Known as a leading authority on toxic / carcinogenic ingredients in skin care, personal care and household products, she is an author and longtime Consumer Advocate. Linda has appeared on radio and television talk shows across many countries, educating consumers on how to avoid toxic ingredients. Her focus at Chaé Organics has been to develop and promote safe, ToxicFree® products for the entire family - beginning with her Chaé Skin Memory System™.

## A NATOMY OF A WRINKLE™



Chae Organics - will create smooth, younger looking skin.



Chae Organics: includes products for the body.



**JO LEE:** Linda - how can we stop the 'march of time'? This is so exciting! Can you imagine anyone who would not want to rid themselves of wrinkles and creases in their natural way! What causes this concern the masses are talking about, as they 'mature'?

**CHAE:** Jo Lee, most skin ages prematurely - growing old before its time. Women {and men} often show accelerated signs of aging that could be prevented or dramatically decreased. Skin was created to completely replace itself every 28 days from the very cells that produced that youthful baby skin. Wrinkles or creases indicate the skin has degenerated.

**JO LEE:** So, educate me, Linda. What, specifically, causes the wrinkles and the sagging?

**CHAE:** Wrinkles and lines are caused - or worsened - by many factors. One cause is stress and another may

very well be ingredients in the skin care - even the anti-aging products - most people use. These products usually contain petroleum-based, synthetic chemicals. Research indicates a number of these can cause degeneration and a cascade of problems including wrinkles, sagging skin and a loss of skin elasticity. For example, synthetic detergents in cleansers break down the skin's own moisture and oil barriers, leaving the skin stripped, dehydrated and vulnerable. Synthetic emulsifiers and binders disrupt collagen and other connective tissue causing it to lose elasticity and become brittle.

**JO LEE:** Are you saying then, that if I remain unstressed and make certain there are no synthetic chemicals in my facial care products - that I should have fewer wrinkles and lines develop?

**CHAÉ:** Well, that's a start. However, deeper lines and wrinkles are created from tension held in the facial muscles that express our every emotion. Feelings of fear, anger, worry and even insecurity are often patterns of tension held over a period of time by musculature far below the skin surface. This tension tightens muscles and other membranes, creating a constriction to pull the skin downward into a crease. Few scientists, plastic surgeons or cosmetic companies are even considering, let alone overcoming this major issue.

**JO LEE:** Linda, how have you addressed these issues at Chaé Organics ... or do you face the same difficulty everyone else has trying to eliminate wrinkles and lines?

**CHAÉ:** There isn't one silver bullet answer to the skin's accelerating aging, Jo Lee, yet after 35 years of research we have discovered and recommend a common sense approach to this problem. Here are three powerful solutions...

## STEP ONE

... Is to eliminate toxic chemicals that contribute to premature aging and wrinkles. A list of toxic chemicals is available at [www.chaecorp.com](http://www.chaecorp.com) or [www.toxicfree.org](http://www.toxicfree.org). The ToxicFree™ Foundation, a non-profit organization, provides a Certification for products free of all the potential age accelerators so you can be assured an independent expert is certifying freedom from toxic, carcinogenic chemicals.

## THEN, WE HELP

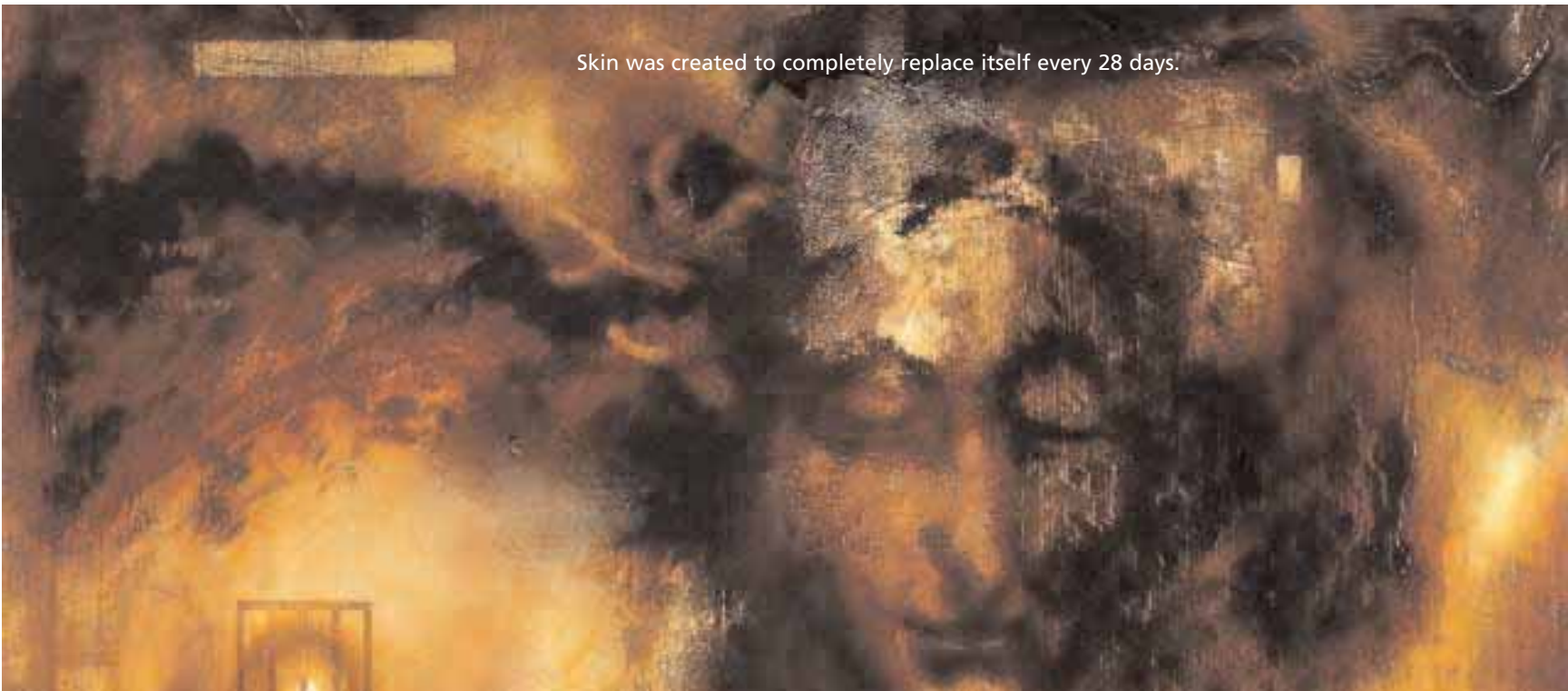
.. Retain and restore the Muscle Memory™ in the facial area by applying clinically proven topical formulas of the Chaé Skin Memory System™. Our team has discovered some incredible, all natural, anti-aging peptides and bioactive, plant-based ingredients to truly help your skin recover and look younger. At Chaé Organics, we believe in the performance of our skin care, so we include numerous active ingredients to feed the cells and create smooth, younger looking skin.

## AND TO GUARANTEE RESULTS

.. We developed a 1-minute series of unique Facial Fitness™ exercise techniques that firm and tone the facial muscles. It is amazing because you can create muscle tone and see the youthful look you had years before.

**JO LEE:** Whew! And I think of all the people who could eliminate cosmetic surgery and instead: come to you. Linda, what about the other products you market, as well?

**CHAÉ:** Yes, we have a number of equally amazing product lines including body, hair and personal care, household, baby care, oral care, and even pet care, Jo Lee -- all carrying the Certified ToxicFree® seal.



Skin was created to completely replace itself every 28 days.



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jo lee

FEATURE



By  
Michael B. Callaghan  
Toronto - Canada

Michael Callaghan, a word warrior with a gilt-edged pen, started in journalism in the mid 1950s and over the years moved into advertising and promotion, speech writing, television on-air reporting, directing and producing political performance and presentations, coaching both as president of his own company, MacCall Communications, and, later, as a senior partner in Public Profile Marketing. Today, Michael paints some of his word pictures in poetry.

# A CANADIAN L ♥ VE SONG\*

A sudden squall combs back the reeds.

***In my memory***

Crystals drift slowly  
As shadows sleep  
At the lake's edge  
Beneath ice-bowed branches  
Of white birch etched in black  
By a brilliant light  
From a diamond moon  
Sailing high across purple sky  
In utter silence  
Until, bones bursting in air,  
A tree snaps in the cold!  
Stopping deer stark still  
In a file on the lake  
Noses high in fright.  
Of a breathless night.

© mbcallaghan

***In my memory***

Sunlight sparkles off ripples  
To the shade of the prow  
Swinging slowly on green water  
Sweeping it clean as a polished glass  
Above a black fin  
That rolls at a silver spoon  
And slips away  
Down a jade hole  
Into shapes and shades  
Fading green to yellow  
While a canoe swings slowly  
On a slim rode  
Slanting  
Down.

© mbcallaghan

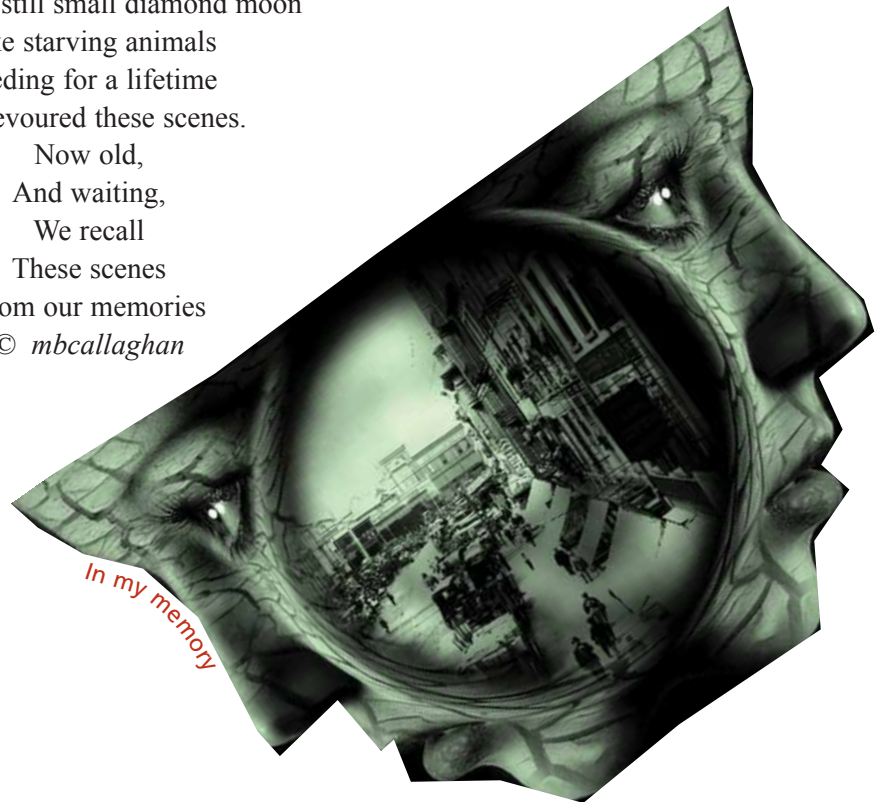
***In my memory***

A sudden squall combs back the reeds.  
And big drops splatter hard on the water,  
As lightning jumps in the distance.  
Signs of fall storms  
And winter on the way  
With a deep freeze  
Beneath a still small diamond moon  
Like starving animals  
Feeding for a lifetime  
We devoured these scenes.

Now old,  
And waiting,  
We recall  
These scenes  
From our memories  
© mbcallaghan



Crystals drift slowly as shadows sleep.



In my memory



By  
Gail Conn  
CEO Phi Power Communications, Inc.  
Los Angeles - California

The world of market research has always been considered to be a fairly dry, statistically sober area of endeavor, run by geeky people with numbers coming out of their heads. In recent years, however, something has come along that offers to change that perception: the Internet.

## PHI POWER

Focus groups lack anonymity and fight a battle to distinguish true opinions from peer pressure. Telephones are particularly problematic for young demographics in that many only have mobile numbers. And paper, well, need we even say?

Phi Power Communications was founded on the idea that there is a better way. Even as other companies tap the potential of the Internet as a polling mechanism, there is so much potential that is still largely untapped. We are a custom qualitative and quantitative company which happens to use the Internet. As new projects evolve, we listen to the problems of the client, then we create a dynamically engaging survey that presents stimuli and ask questions in integrated and innovative ways.

Have you ever taken a survey where you start with enthusiasm then find yourself by the twentieth question quite simply bored? And do you find yourself just checking answers to get to the end? This situation creates bad data. We like to see the survey as an experience where you never know what is going to come next. An engaged respondent is a valuable respondent.

**T**raditional research has always used the tools that were available to it - paper, telephones, and focus groups, the latter referring to the bringing of people into a room and asking a bunch of questions. These methods have varied shortcomings.



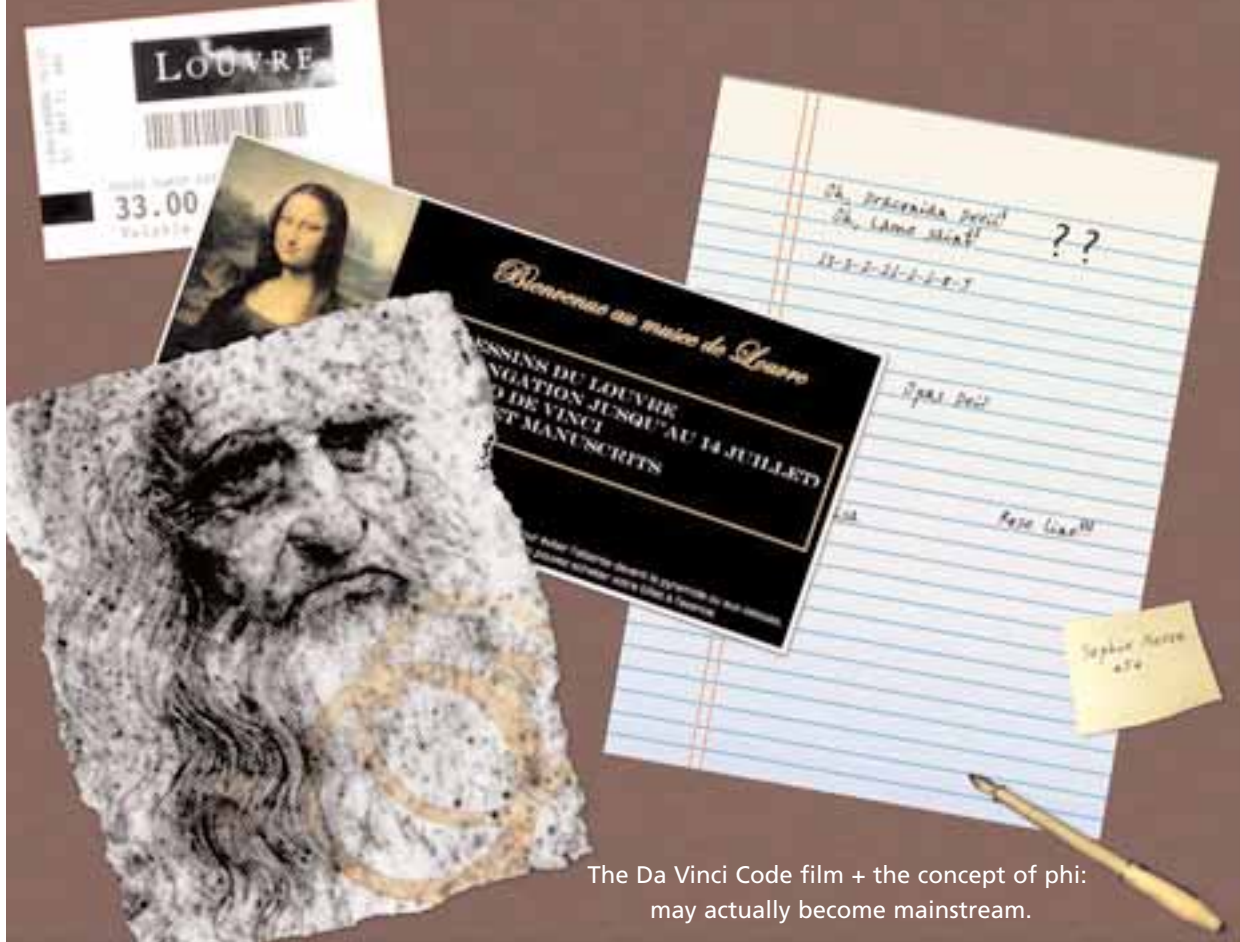
Market Research Focus Groups lack anonymity  
to distinguish true opinions from peer pressure.



The more you learn  
about the amazing  
number phi:  
the more you see  
its significance.

And paper, well, need we even say?





The Da Vinci Code film + the concept of phi:  
may actually become mainstream.

Another point that sets Phi Power apart is our commitment to build our own backend survey technology. We have full time programmers who are constantly upping the bar on what is possible. We stream video and audio, and use animation and hands-on interactivity. For example, whereas we might ask what you think about several different package designs, we might then ask you to design your own. These techniques can be very helpful to companies trying to position their products and services in an increasingly crowded and challenging marketplace. Our CTO Paul Rother has years of experience managing sophisticated multi media projects, and we use all kinds of devices that acquire feedback.

Good research has several components that must all work together. As mentioned, you must listen to the client and design a survey methodology that accomplishes specific goals. Then you must field the survey and get good data. The final step is reporting; where you take the numbers and turn them into specific conclusions and actionable recommendations. Part art and part science, this aspect of the process is accomplished best by researchers with real world experience. We are very fortunate to have Geoff Huntington as our EVP | Research & Program Development. A formidable figure

in the research industry for many years, he brings a sophistication to our analysis that is industry standard and then some.

This is an exciting time to be in the market research business. We have the opportunity to have a real impact as we introduce our continually evolving line of products and services to companies who have serious questions that they need answered. It is exhilarating to take the stodgy world of research and add an element that was never really part of that world, the element of creativity. And there is no better person than my husband Peter to head the Creative Services department. His years of experience in 2d and 3d animation and visual effects for film and TV adds a feeling that anything is possible. As head of sales, which is something I have done for years for other companies, now I also get to strategize, which I enjoy and, even best, do it for my own company.

People ask us what is the significance of phi. We have a lot of information about that on our website at [phipower.com](http://phipower.com). Let me just say for conclusion, the more you learn about the amazing number phi, the more you see its significance ... and just wait until The Da Vinci Code film comes out next year - the concept of phi may actually become mainstream.

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jo lee

FEATURE

By  
Fredrick P.T. Lawton  
New York - New York

# POWER & MONEY

## *Warren Edward Buffett*

"Risk comes from not knowing what you're doing."

- Warren Buffett

Warren Edward Buffett was born August 30th, 1930, to Howard and Leila Buffett, in Omaha, Nebraska, the middle child of the Buffett's three. His father Howard, was a stockbroker turned US Congressman with a fascination for numbers and a keen eye for business. His son would live to immensely multiply his father's dreams.

Trivia: How did Buffett meet his companion?



He is the best stock picker/investor the world has ever known.

**W**arren Buffett always wanted to be rich and he knew what it took to make his dream come true. Today he is somewhat of an American folk hero. He is the antithesis of the typical Wall Street investor, preferring to operate his company out of Omaha, Nebraska, instead of New York City.

He bought his first 3 shares of stock at age 11 and made a modest \$5 gain upon sale. He has come a long way since then, having amassed a fortune of \$36 billion, largely due to his uncanny ability to pick the right stocks at the right time.

Some people may not know Warren Buffett, but they have all heard of the companies in which he owns large blocks of shares. Companies such as Coca-Cola, American Express, Gillette, The Washington Post Company, Wells Fargo and Company, Sees Candy, Benjamin Moore & Co., GEICO Direct Auto Insurance, General & Cologne Re Group and Dairy Queen.

What makes Mr. Buffett different from other investors is that his investing approach works wonders. He has beaten the average return of the S&P 500 for 30 out of the last 31 years. He does not invest in businesses he doesn't understand, which is why he has not bought part of his good friend Bill Gates' Microsoft.

He drinks about 15 cans of Coca-Cola per day and plays bridge religiously. His wrinkled suits, square eye-glasses and bushy eyebrows, accompanied by his contagious smile and awkward chuckle have all added to the Buffett charm. His annual shareholder meetings are legendary and attract almost as many people as a pro sporting event.

### *personal style*

Warren Buffett has three children and lives with his companion Astrid Menks, a waitress. Although it seems confusing, it's perfectly normal to Warren, Susie {prior to her demise last year} and Astrid, who were all friends and signed presents from the three of them. In fact, Susie was the one who introduced Astrid to Warren and the two women remained friends until Susie's death.

While Buffett may be the 'Oracle of Omaha' in all his riches, 99% of all his wealth will go to The Buffett Foundation, which has served mostly family planning clinics since the 1960s. Today, his fortune funds the Foundation to the tune of \$11-12 million a year.

### *coolness factor*

Let's take a step back and think about what 'cool' really is. Usually, cool is someone who goes against the grain in an admirable way. When everyone was buying up Internet companies and riding the wave, he was heavily criticized. He stood back, did not change his position, knowing full well that the tide would come crashing. He knows what he wants and sticks to his guns and in the world of investing, patience pays off.

Warren Buffett is not called the 'Oracle of Omaha' for nothing. He is, without a doubt, the best stock picker/investor the world has ever known. He took a few measly dollars and turned them into a \$36 billion fortune almost single-handedly.

### *accomplishments and fame*

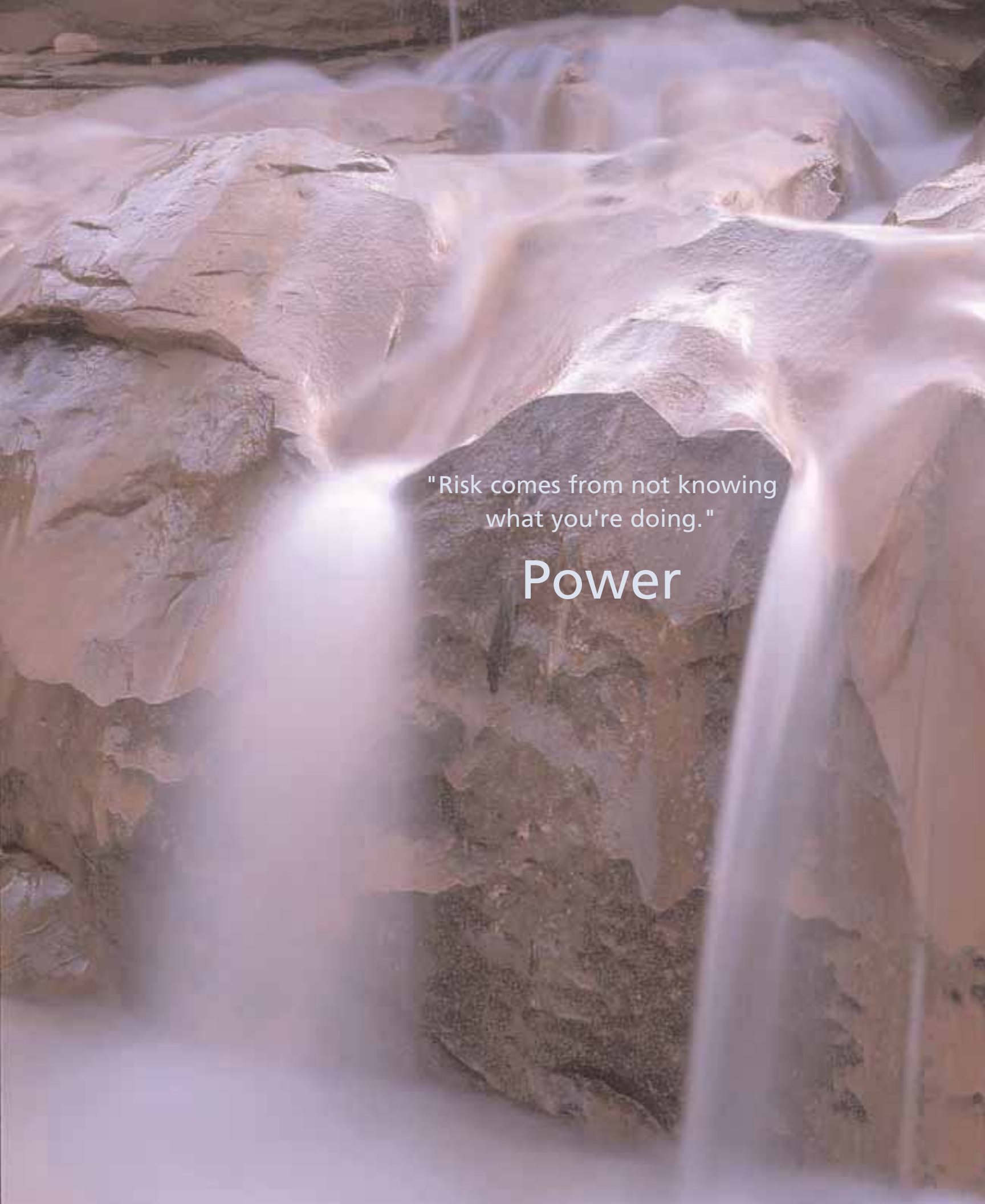
Just about every waking minute of his existence has been devoted to business.

Most other billionaires have built their fortunes by employing hundreds of thousands of people. Mr. Buffett has amazingly built a \$36 billion fortune virtually on his own by buying shares of other companies. His company, Berkshire Hathaway, commonly referred to as an investment vehicle, only employs 13 people full-time.

So how can a firm that employs less people than your local grocery store generate billions in annual profits and consistently rank in the top 10 of Fortune's Most Admired American Companies list year after year? It's due to the brilliant intellect and tireless work ethic of Warren Buffett.

Unlike fellow billionaire Larry Ellison, Warren Buffett is not known for his sartorial dexterity. Luckily for him, he does just fine in his day job, so we don't have to worry about a new 'Warren Buffett' line of clothing hitting stores anytime soon. He may not be Mr. Excitement, but being around Warren Buffett is anything but boring. He is a true titan of American business ... known for his wry sense of humor and folksy ways. He's tough as nails when it comes to business but has a reputation for fair play and strong ethics that is unrivaled in the business world. He will never bet against his favorite college football team {Nebraska}, even if he knows they will likely lose the game! Luckily, he takes a smarter approach to business. Not to mention that the Cornhuskers don't lose very often!





"Risk comes from not knowing  
what you're doing."

**Power**

LUXURIOUS, VIBRANT, WORTH EVERY MINUTE

is 1800 FRO

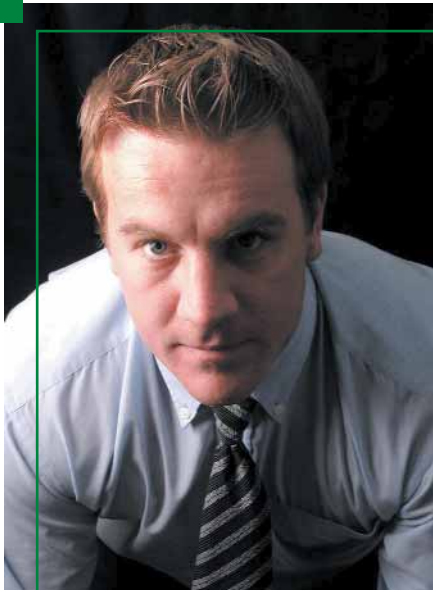
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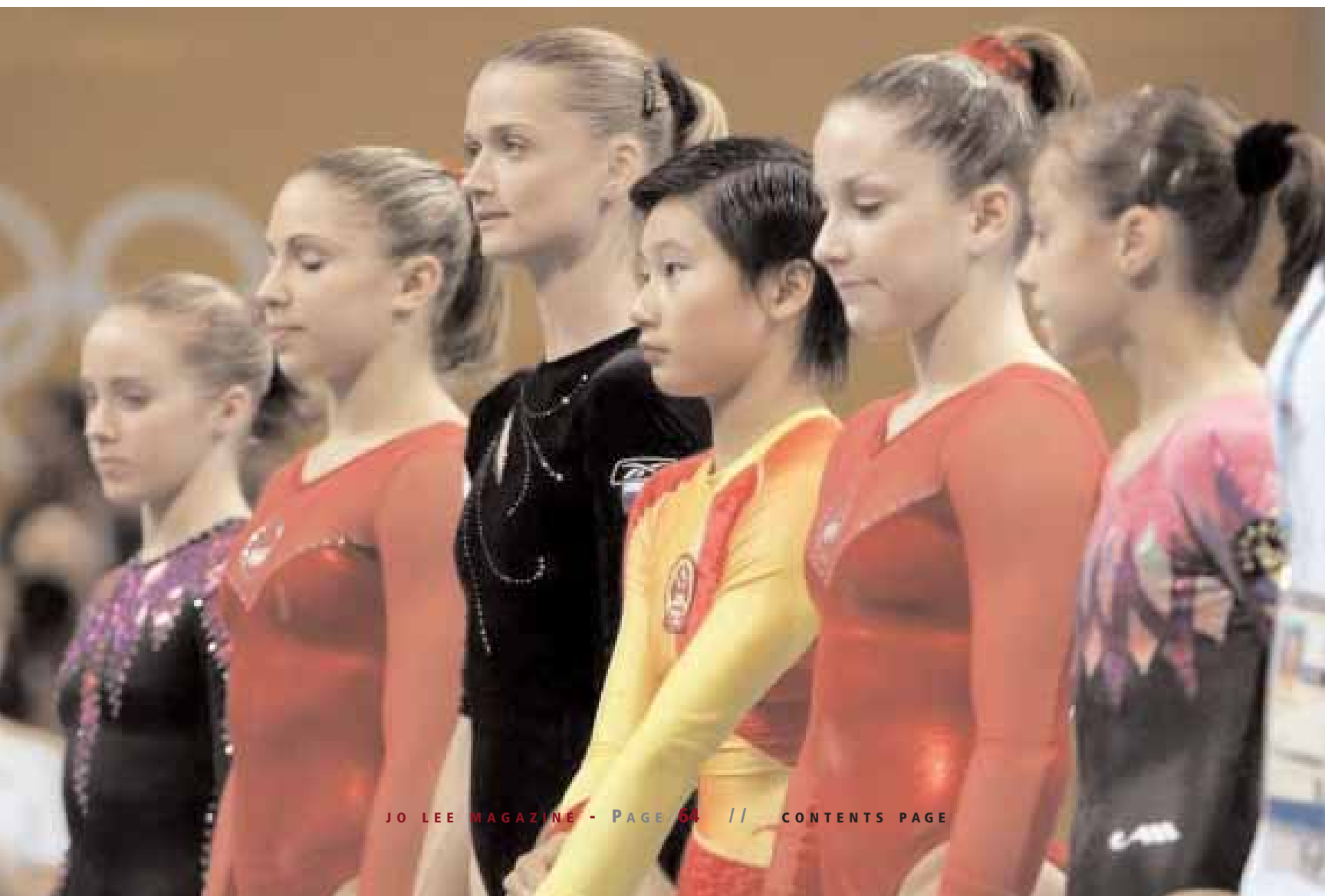
jo lee



## « HALF TIME

By James Mansell  
Montréal - Québec

KEEP YOUR  
HEAD UP!



## Hi Folks!

As the speed and strength of professional athletes increase, so do the severities of the injuries suffered. What concerns me most - are the frequency of sports concussions due to violent collisions between players. Many times they go unnoticed, due to the macho mentality most players are bred to deal with. Over time, these concussions can have serious, long term effects on the athlete. We know just by listening to former boxers what serious head trauma can do to a person. Preventive methods and/or early detection are critical!

First, it is essential that a coach and parent ensure that the player has proper protective head gear. Always, buy quality protective equipment. If the equipment seems to be new, inspect the equipment for any cracks or damage on the equipment. Also, it is a great idea and often recommended to supply the athlete with a mouth guard to help the jaw and teeth from violently coming together. These rules apply for non contact sports as well.

If you believe a head injury has happened - here are a couple of things you should know.

Don't hesitate to see a doctor even if you think 'the doctor may feel you're crazy!' Early detection prevents further problems. If an athlete begins to see stars or begins getting headaches: stop the activity immediately. Only time off can help the healing process.

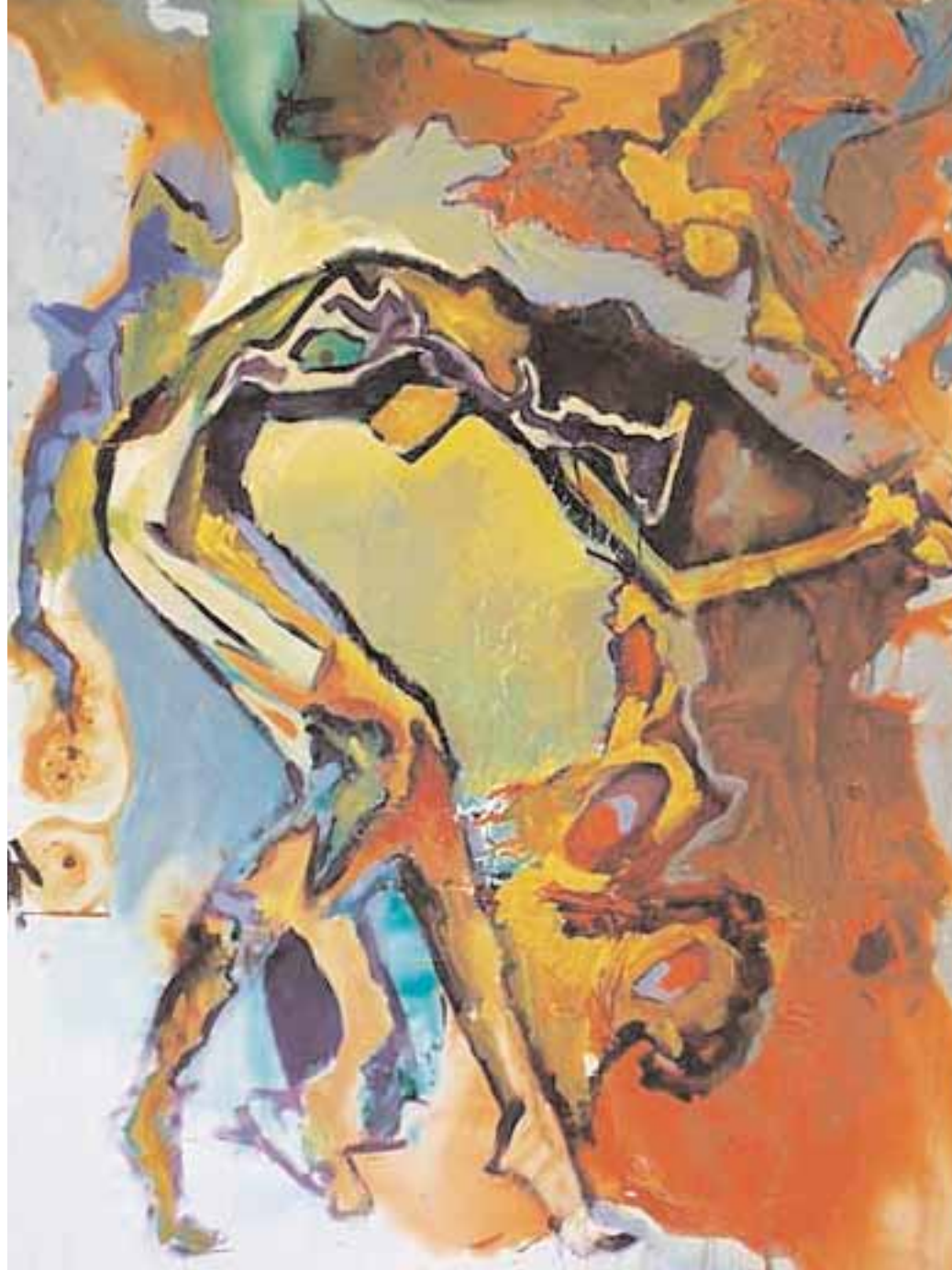
While most athletes do not play competitive sports - all athletes are prone to possible head injury. Take proper precautions. Understand the importance of proper head safety in every activity an athlete participates in.

Why not nominate your favorite coach or parent for the ADESTE Prize.





I predict more  
and more athletes  
will have to retire  
at an earlier age  
due to severe  
head trauma.



To Write James: [Click Here](#)

\*\* James Mansell, 26 - Sport Management. Member Canadian Baseball Academy - full scholarship // Donnie Mash Memorial Scholarship / Best Athlete student / Scholarship, Wayne State, Nebraska USA. Athlete of the year / varsity Baseball Captain / 3 time Jr. Elite All-Star / 3 time Jr. Elite Provincial Champion / Academic Baseball Canada Alumnus / Coach-Counselor high performance athletes Baseball Camp / conceptual-principal developer sport drink / Founder-implementer Education through Baseball Sport School.

jo lee



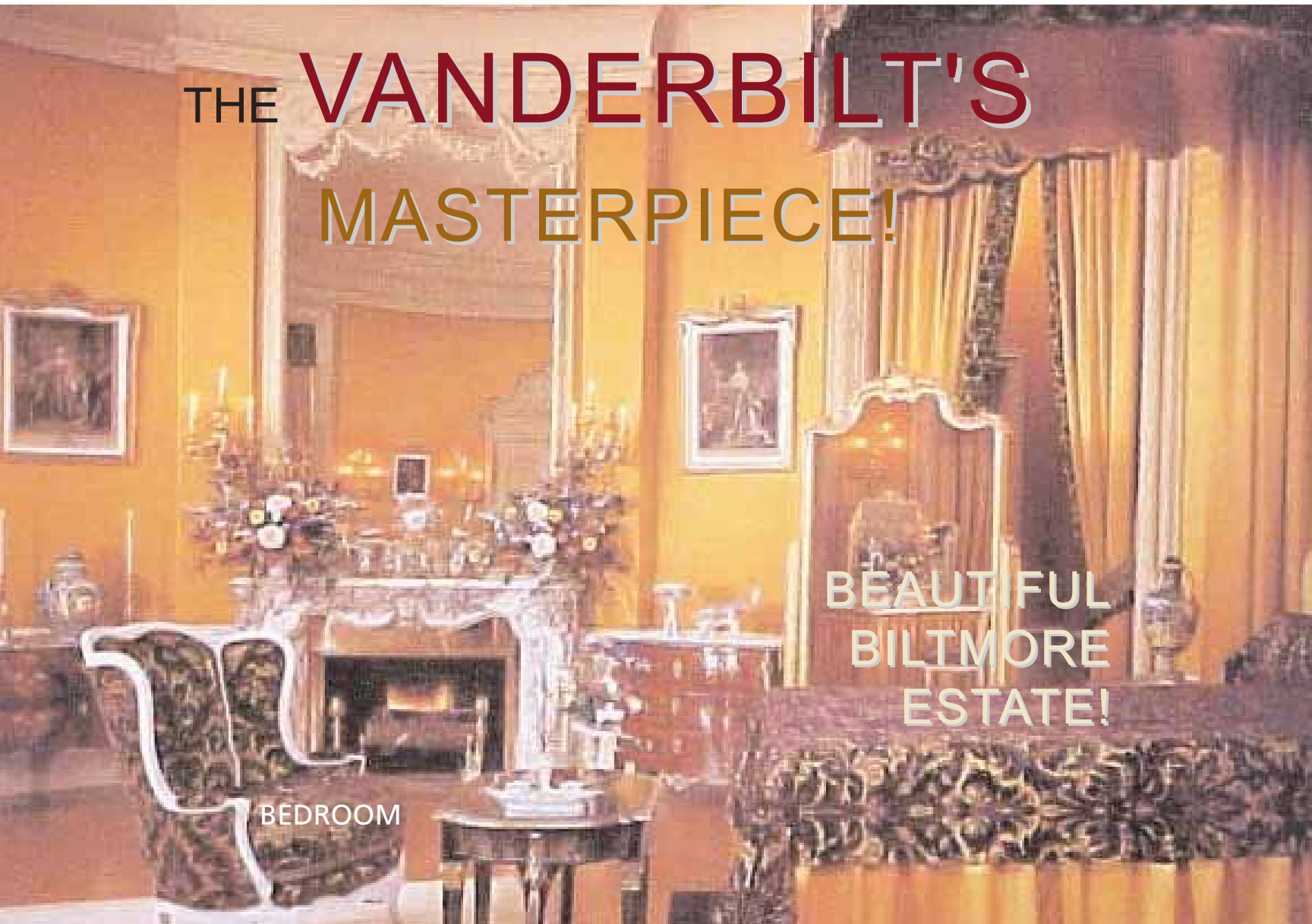
## « THE RICH & THE FAMOUS

By Robert J. Goldsworthy - Halifax - Canada

# THE VANDERBILT'S MASTERPIECE!

BEAUTIFUL  
BILTMORE  
ESTATE!

BEDROOM



**B**iltmore Estate is not only the largest and most opulent mansion in North America ... but represents the realization of one incredible man's dream, George Vanderbilt III. In a family renowned for extravagance and opulence, George Vanderbilt outdid them all.

This American castle is indeed befitting of royalty, filled with treasures brought back from Vanderbilt's travels to England, Europe and the Orient. On the formal opening of Biltmore, on Christmas Eve 1895, the mansion featured 250 rooms, 65 fireplaces, three kitchens, an indoor swimming pool, a bowling alley, and boasted every conceivable technology of the day, including elevators, underwater lights in the pool and refrigerators. For six years, an army of artisans had worked to create an estate that would rival the greatest manors of Europe - and the results were magnificent!

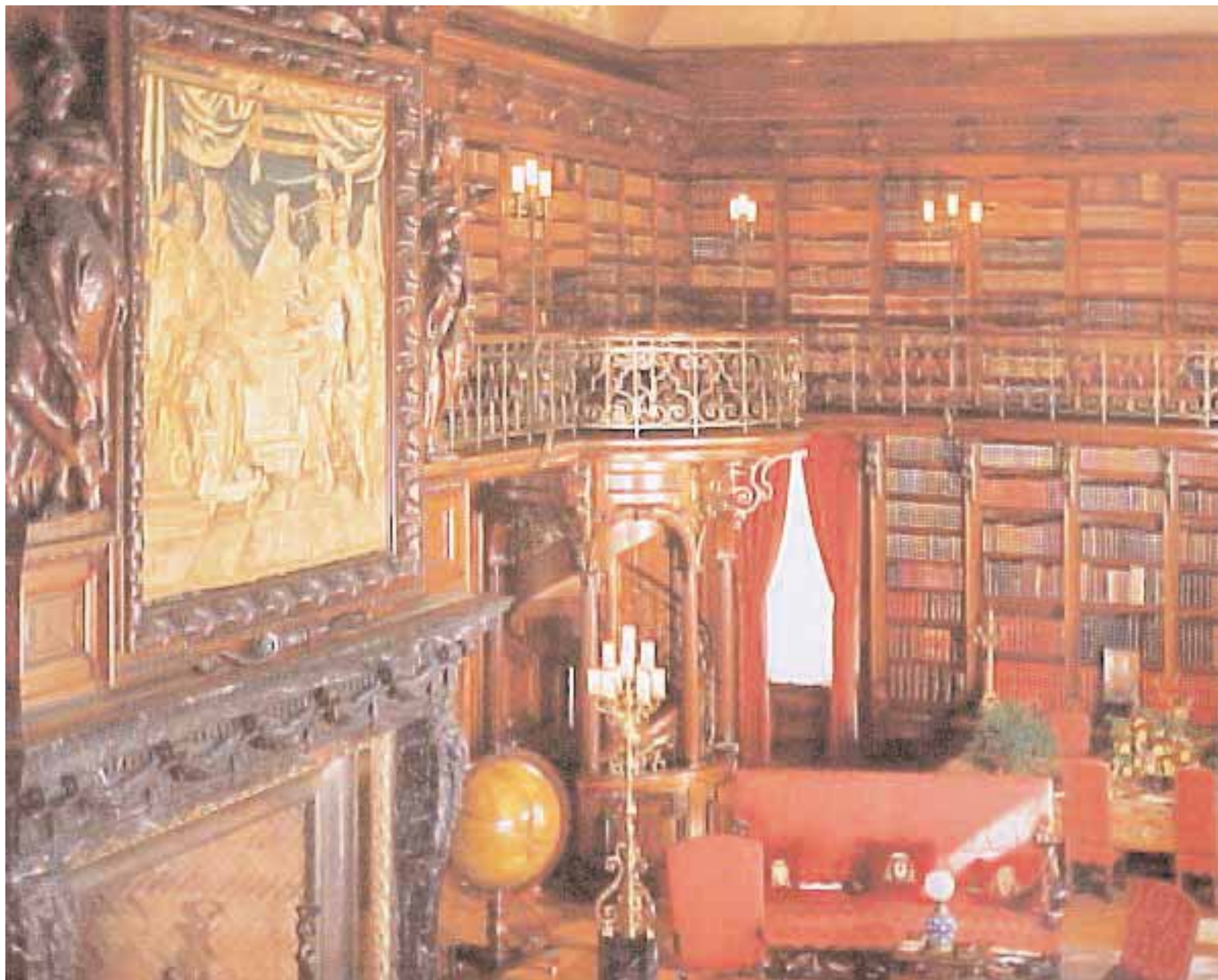
Highlights of the palatial interior of this splendid home include soaring limestone arches, polished marble, rich wood paneling, a spectacular glass-roofed winter garden, intricate carving, tooled leather, and ornate plaster moldings. This breathtaking architecture commingles with 16th century Flemish tapestries, gold gilt furniture, priceless paintings, exotic brocade fabrics, bronze sculptures - the finest of everything.

This temple of luxury is wrapped in a breathtaking, lush, 250-acre park. Truly, Biltmore Estate represents the apex of America's "gilded age".

George Vanderbilt's dream is alive and well today, as his great grandchildren continue to not only preserve the beauty of Biltmore as a working, self-sufficient estate, but also delight millions of visitors each year with the gracious hospitality that Vanderbilt himself so loved.

\* Robert J. Goldsworthy is Principal Designer and CEO of Goldsworthy Design, an upscale east coast interior design firm. After being educated and living in Toronto, Vancouver and New York - Roberts's passion for interior design and architecture has been influenced by some of the most beautiful places and buildings in the world. [www.goldsworthydesign.com](http://www.goldsworthydesign.com)

## LUXURIOUS LIBRARY





GRAND DINING HALL

## WINTER GARDEN





BILLIARDS ROOM



FLEMISH  
TAPESTRY  
GALLERY

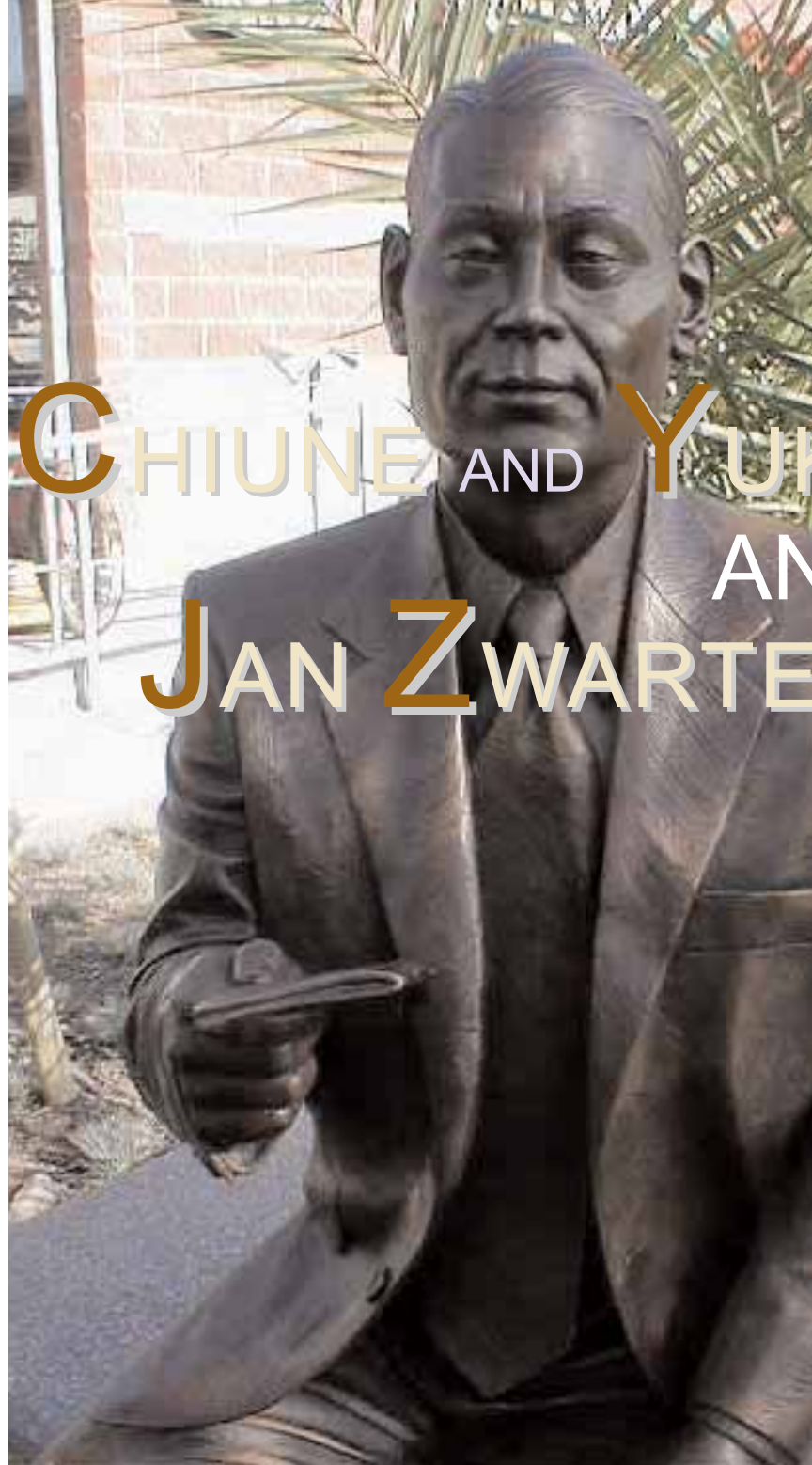
jo lee



## « POLITICALLY RED

By Lani Silver

San Francisco - California



In the spring of 1994 my colleagues, Eric Saul, Noby Yoshimura, Harry Fukahara and I discovered the story of Chiune and Yukiko Sugihara. Chiune Sugihara is known as the 'Japanese Schindler' because of his rescue of thousands of Polish Jews who fled Nazi occupied Europe. Sugihara and Zwartendyk issued visas for the refugees, when they were in Kaunas Lithuania in 1940. Sugihara issued the visas against the orders of Japan.

Twenty-five of us went to Japan to find Mrs. Sugihara. We deplaned at Narita airport and were greeted by close to one hundred reporters. We drove two hours to our hotel in Tokyo where we were ushered into a huge ball-room where the press corps doubled. That week CBS Evening News, Time Magazine, CNN, National Public Radio and others aired the first stories in the West about Sugihara. The story follows.

Mrs. Sugihara and her second son, Chiaki.



# KIKO SUGIHARA AND ENDYK, KAUNAS 19



In 1939, Jan Zwartendyk was the Acting Consul General of Holland. Chiune Sugihara was a rising star in the Japanese Foreign Ministry. Zwartendyk started issuing visas to Polish Jews in the late spring. In July, the Sugiharas woke up to the sounds of two hundred Polish Jews who had assembled in front of the Japanese Consulate. They asked Consul Sugihara for visas so they could escape Nazi-occupied Europe.

Sugihara issued visas day and night throughout the month. In August of 1939, Russia, which overtook Lithuania, closed down all the consulates in Kaunas except for the Japanese Consulate - permitted to remain open through August. Then the Sugihara family boarded the train to Germany, to Chiune's next assignment. In all, Chiune Sugihara handwrote 2,193 transit visas for Jewish families.

The Sugiharas spent several months in Berlin and then moved to their new posts in Koenigsberg, Germany, Prague and Romania. After the war, the Sugiharas spent 18 months in a Russian Prison Camp in Romania. The Sugiharas returned home to Japan in 1946 and experienced great tragedy in their personal lives with the death of their youngest son, Haruki and Yukiko's sister, Setsku. Soon, thereafter, Chiune was dismissed from the Foreign Ministry 'because of that incident in Lithuania.' Sugihara was shattered, and his family's livelihood was immediately jeopardized. Sugihara struggled to make a living and lived his life unrecognized. Sugihara died at 85 in 1985 with Japan not recognizing him until a few years ago.



Los Angeles Press: For the new Sugihara sculpture.



To Write Lani: [Click Here](#)

**\*\* Lani Silver** - historian, artist, free-lance writer, and Lecturer with the American Program Bureau. {Gorbachev's bureau, Desmond Tutu, Betty Williams & Oscar Arias}. For 16 years, Lani directed San Francisco's landmark Holocaust Oral History Project, conducting 1700 oral histories with Holocaust survivors and witnesses. Lani and her partner, historian Eric Saul, discovered the story of Chiune Sugihara, who is called "The Japanese Schindler." Lani became Steven Spielberg's first consultant and trainer for his Survivors of the Shoah Visual History Foundation. 54,000 testimonies. Lani is currently the Project Director for the James Byrd Jr. Racism Oral History Project. [byrdfound@juno.com](mailto:byrdfound@juno.com)



Second son, Chiaki Sugihara.



## « DINING! THE eXQUISITE 9

By Sue K. Wallingford  
New York - Vermont  
USA

Sue K. Wallingford has gained attention in no small measure as one of America's great hostesses and amazing chefs. A native New Yorker, Suki resides within the beauty of her country estate in Fayston, Vermont, USA.

### ARCTIC

HOTEL GLYMUR  
Hvalfjordu - Iceland

Only 45 minutes drive from Reykjavik, overlooking whale fjord. At the fjord's end is Glymur, beside one of the highest waterfalls in Europe. Creativity and fresh ingredients are the key. Superb gourmet meals. The luxury of having coffee, cakes and fruit served all day lets one relax, take a tour, without ever being hungry.



## AUSTRALIA

DANIEL ALPS AT STRATHLYNN  
95 Rosevears Drive (6330-2388)  
Tasmania  
Lunch only

All food is fresh from the Island. Chef Alps says: 'imported fresh food has to be fumigated', so he uses only Island food. Sally, Alps's wife, runs the STRATHLYNN Spring Bay. Scallops are served in buttery gratin of leeks and toasted bread crumbs. The wine is from Pipers Brook vineyard, Tasmania's largest winery.



## CENTRAL AMERICA

THE GRAND HOTEL Costa Rica  
Calle 3 And Avenica Central  
San Jose - Costa Rica  
800.276.7415 / US or Canada

With a menu of 25 kinds of tapas Espanolas, there is much to choose from. This restaurant is next to the National Theatre and Plaza de la Cultura. Sit on the terrace and enjoy the sounds of the piano mingling with the sounds of the inner city.



## EUROPE

### LUNDUM'S RESTAURANT

117-119 Old Brompton Road  
London SW7 3RN - England

020.7377.7774

This restaurant is cozy with fine Danish cuisine. Owned by the Lundum family, they offer two distinct variations of Danish cuisine. One deeply traditional lunch, and 'nouvelle cuisine' featuring many basic Danish ingredients with a French twist for dinner. We had pan-fried salmon served with shiitake mushrooms, cannelloni of salmon mousse served on spinach with lobster broth. The Ludlum's beef stroganoff was delicious.



### ASTIER-FRENCH BISTRO

44 RUE Jean-Pierre Timbaud

Bastille/Republique

Paris - France

Prix fixe only Lunch and Dinner

This is an upscale bistro, linen tablecloths and napkins with a distinct wine selection of 300 bottles. We started off with a fricassee of wild mushrooms and a duck salad with fresh mushrooms, garlic and herbs. Then, grilled beef and potatoes done to perfection. Astier is renowned for their selection of cheeses served on a large platter.



## RUSSIA

\* Ah yes! And The EXquisite 9 continues to come ~

### TIFLIS

Mockba ya Octokehka 32  
Metpo  
Moscow - Russia  
290.28971

Specializing in Georgian food, Tiflis is a grand 19th century town house with original household articles and dark woods. Many different halls and terraces. The wine is from Georgia as the owner has a winery there. The food is a combination of European, Middle Eastern and Asian influences such as 'The lamb with pomegranates'.

### Le CAFÉ POUCHKINE

Boulevard Tverskoy  
Moscow - Russia  
126.229.5590

The café serves Russian food prepared in accordance with French sensibilities. The elegantly appointed restaurant looks as if it had been there for centuries. The menu is large but the turgeon is the best there is from the Black Sea.

### PODVORIE

16 Filtrovskoe Shosse Pavlovsk  
Saint Petersburg - Russia  
465.1419

This restaurant is near the Summer Palace with the best gift shop and entertainment. They give you the recipes for the food you have just eaten. Borscht soup, beef with a sauce of garlic and sour cream and small pancakes stuffed with cowberries and honey.

### THE GRAND HOTEL EUROPE

Nevsky Prospect Mikhailovskaya Ulitsa 1/7  
Saint Petersburg - Russia  
7.8123.296.000

The best caviar was in the Grand Hotel's small intimate Art Nouveau restaurant. Beluga/Ocsietra/Sevruga was served along with a superb selection of domestic and imported vodkas. There was also a lady singing opera - very old world.



jo lee

By  
Belinda Norris ~ Dining! The Exquisite 9's Daughter  
Warren - Vermont  
USA

There is nothing that makes Suki happier than the gathering of her extended clan! So, for her XX Birthday party, it was not surprising she wished for a gathering. They came - family and friends! California, Florida, Colorado, Wisconsin, New York, Boston and Vermont.

From 13 to 92 - mostly in the creative fields - Mom's friends were amazing and enjoyed every spirit of the party. From artists, restaurateurs, the ski business, photographers, real-estate brokers, horticulturists and Russian mother and daughter Princess Barbara Obolensky with daughter, Princess Lizi, the grand-daughter of the owner of Secretariat {a thoroughbred racing legend}.



# SUKI'S XX BIRTHDAY PARTY

Suki - in front of portrait:

Taken when she and brother  
Messmore were very young.

## **"NEVER LET WEATHER INTERFERE"**

### **Title Of My Grandfather's Book, And We Didn't!**

The day was blustery and rainy but WINDSONG - Mom's 42 acre Vermont estate in the rolling hills of ski country - was abuzz with cooking, chopping and arranging, for all of us were fully aware that this could be the last birthday Mom would celebrate here. She and her partner of many years, Monte Bell with their little dog, Lucy, feel it's time to spread their wings toward other lands. And so, the branches were cut with meticulous care from the property and small pumpkins, many candles, apples, ribbons and orchids for the display that embraced the small tent on the deck, which led to the very large one in the garden. No balloons: because Mom doesn't like them.

## **THE THEME WAS FALL**

### **And An In-House Affair**

The Chef - was my sister-in-law, Mar Slocum, married to Mom's youngest son Brooks, an architect. Mar has a catering company on Long Island and also works for the UN.

## **MENU**

Smoked Salmon Tartar  
Grilled Tenderloin with Chantilly Horseradish Sauce  
Parmesan and Wild Mushroom Risotto  
And ending with Chocolate Mousse Cake  
And much toasting as the champagne flowed.

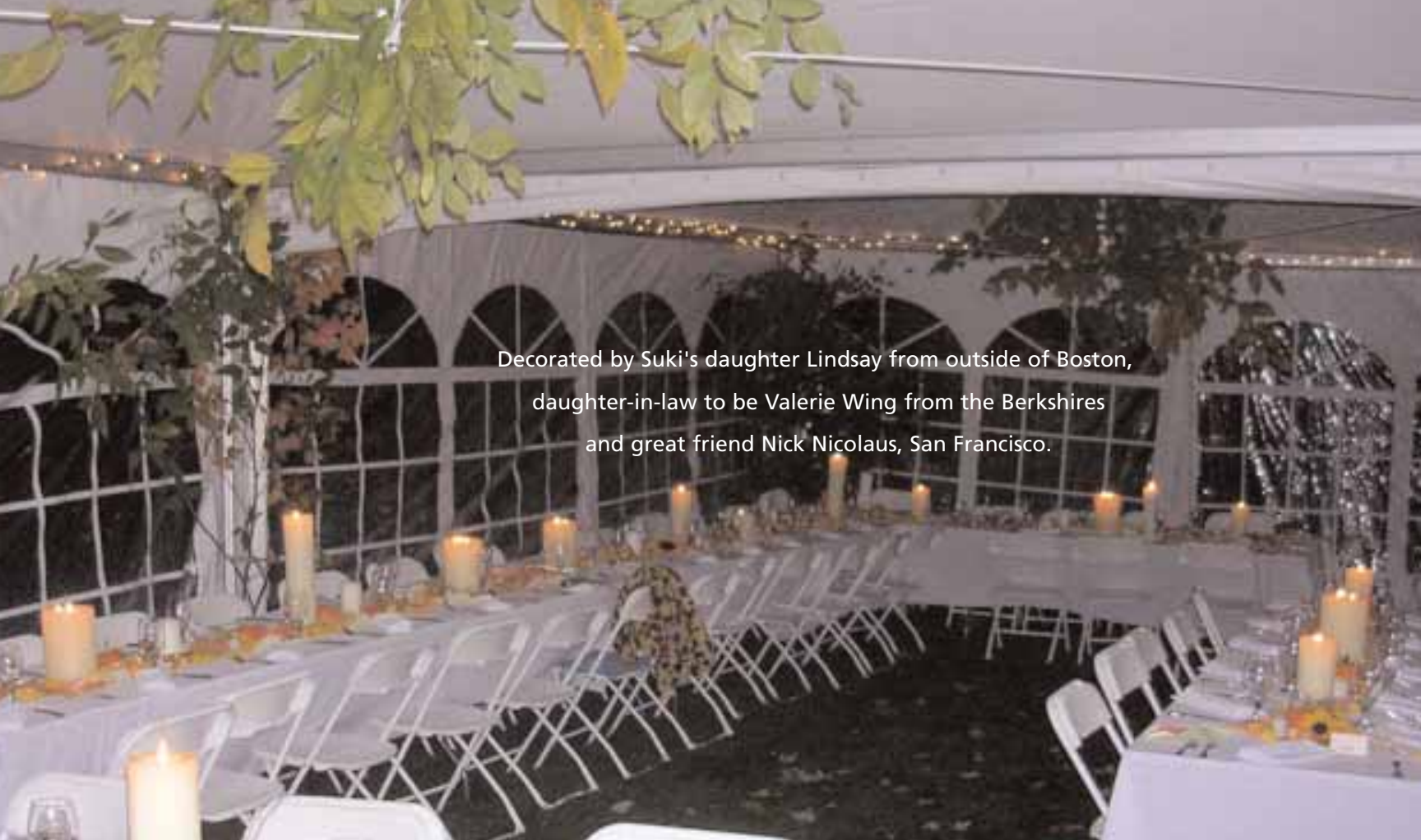
The decorators were Lindsay, the youngest of Mom's daughters and a floral designer in Lincoln, Massachusetts, outside of Boston. Lindsay's work is seen in many museums and she is a long standing in-house florist for Harvard. Her decorating entourage for the party included Nick Nicolaus, a landscape architect from San Francisco - who was also celebrating his XX birthday, Valerie Winig, an interior designer who owns a fabulous home store in the Berkshires and is Mom's eldest son Jamie's fiancé. Kendall, who is Mom's second daughter, was the all-round assistant. Mother of 3 teen-aged children, Kendall is in the real-estate business.

The Event Planner - was me, Belinda, with clients from all over the world. I enjoy living and conducting my business from this beautiful quiet valley of Vermont, USA and I am the eldest of the clan.

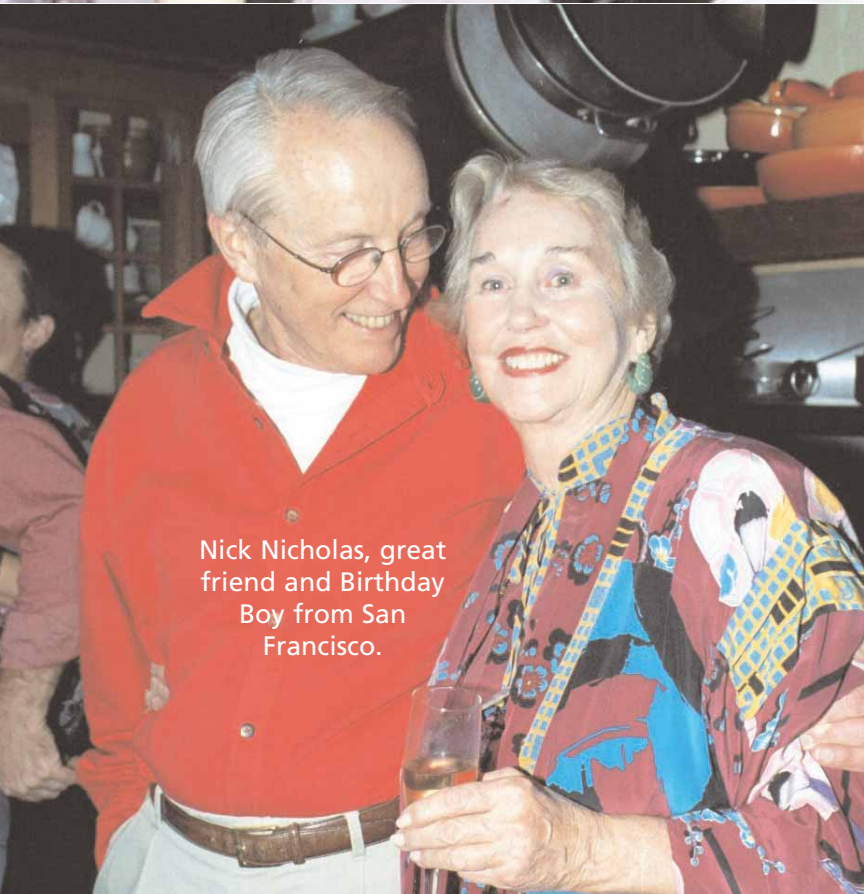
The standing ovation - was given by Mom's nephew, Kendall Dudley, artist from Boston - who gave the toast that explained our mother ... through the years ~

And now, we invite you to enjoy - a virtual tour of mom's WINDSONG.

<http://www.vermontcountryproperties.com/VirtualTour.cfm?rid=7&id=http://media.homestore.com/HFMSGY2Y.htm&id2=3583>



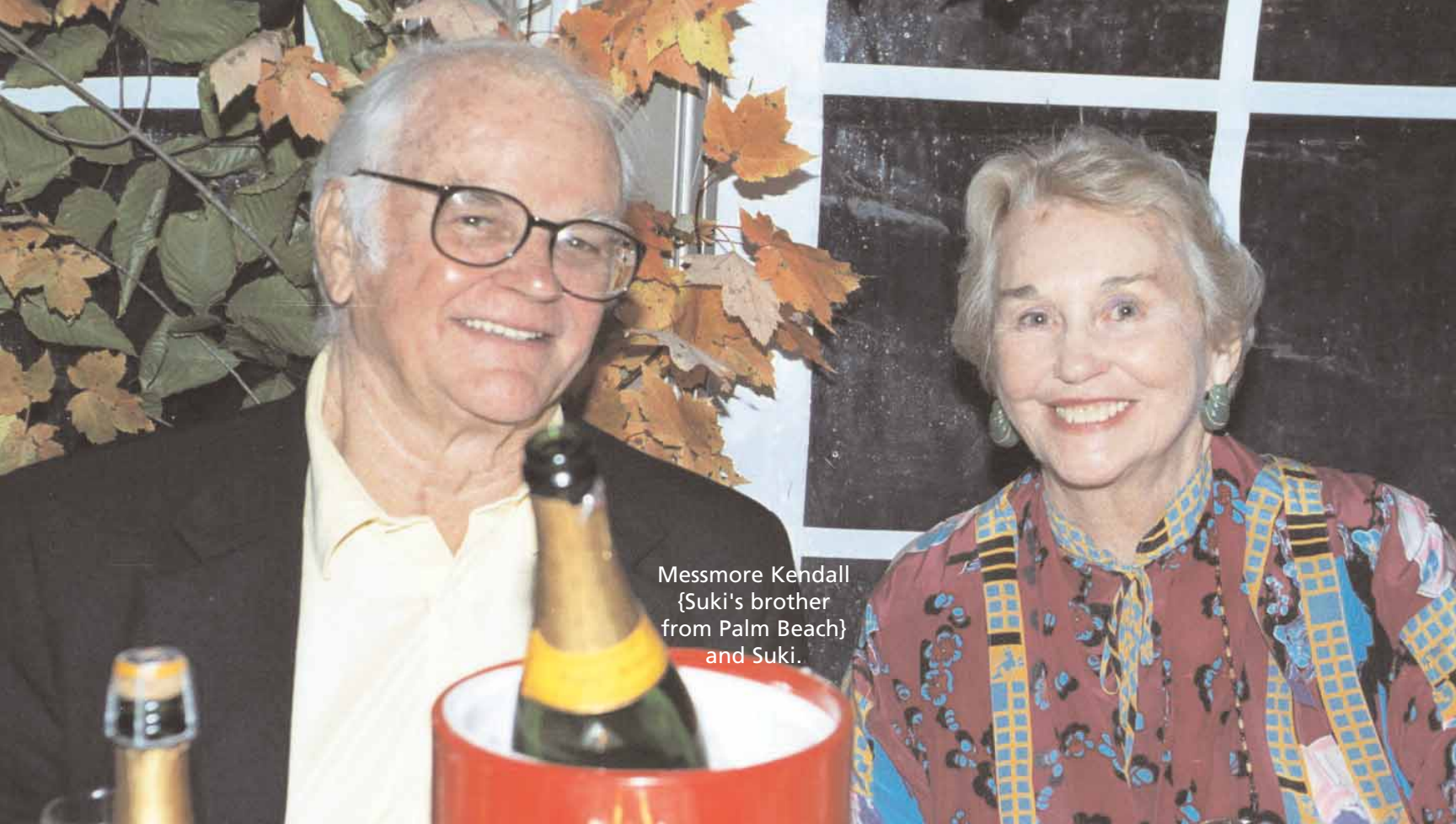
Decorated by Suki's daughter Lindsay from outside of Boston,  
daughter-in-law to be Valerie Wing from the Berkshires  
and great friend Nick Nicolaus, San Francisco.



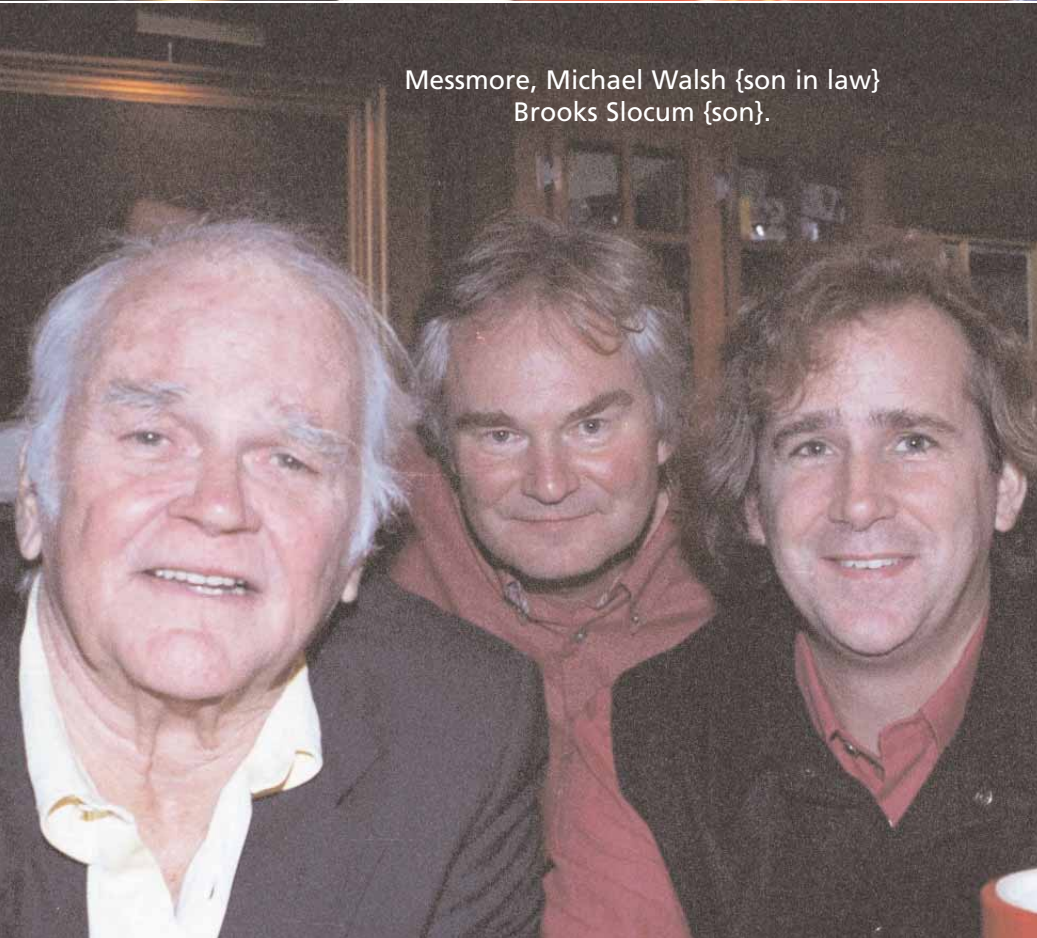
Nick Nicholas, great  
friend and Birthday  
Boy from San  
Francisco.



Monte Bell {Suki's  
partner in life} with  
their little friend,  
Lucy.



Messmore Kendall  
{Suki's brother  
from Palm Beach}  
and Suki.



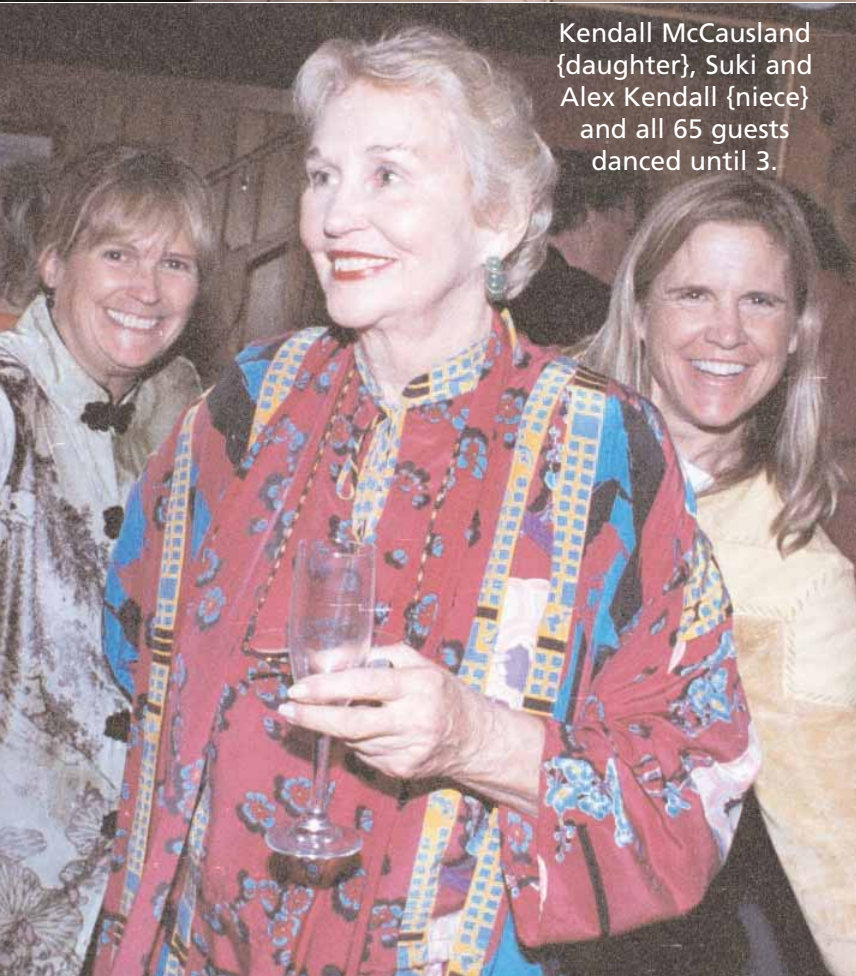
Messmore, Michael Walsh {son in law}  
Brooks Slocum {son}.



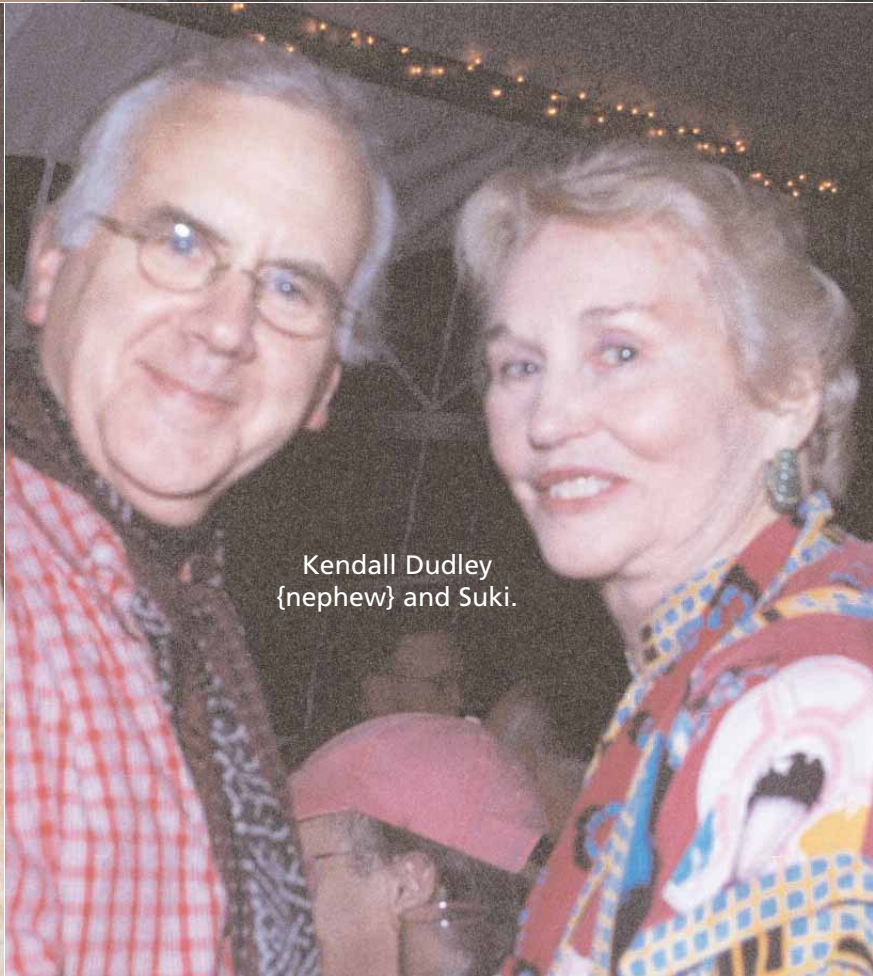
Belinda and Valerie Winig  
{fiancé to Suki's son Jamie}



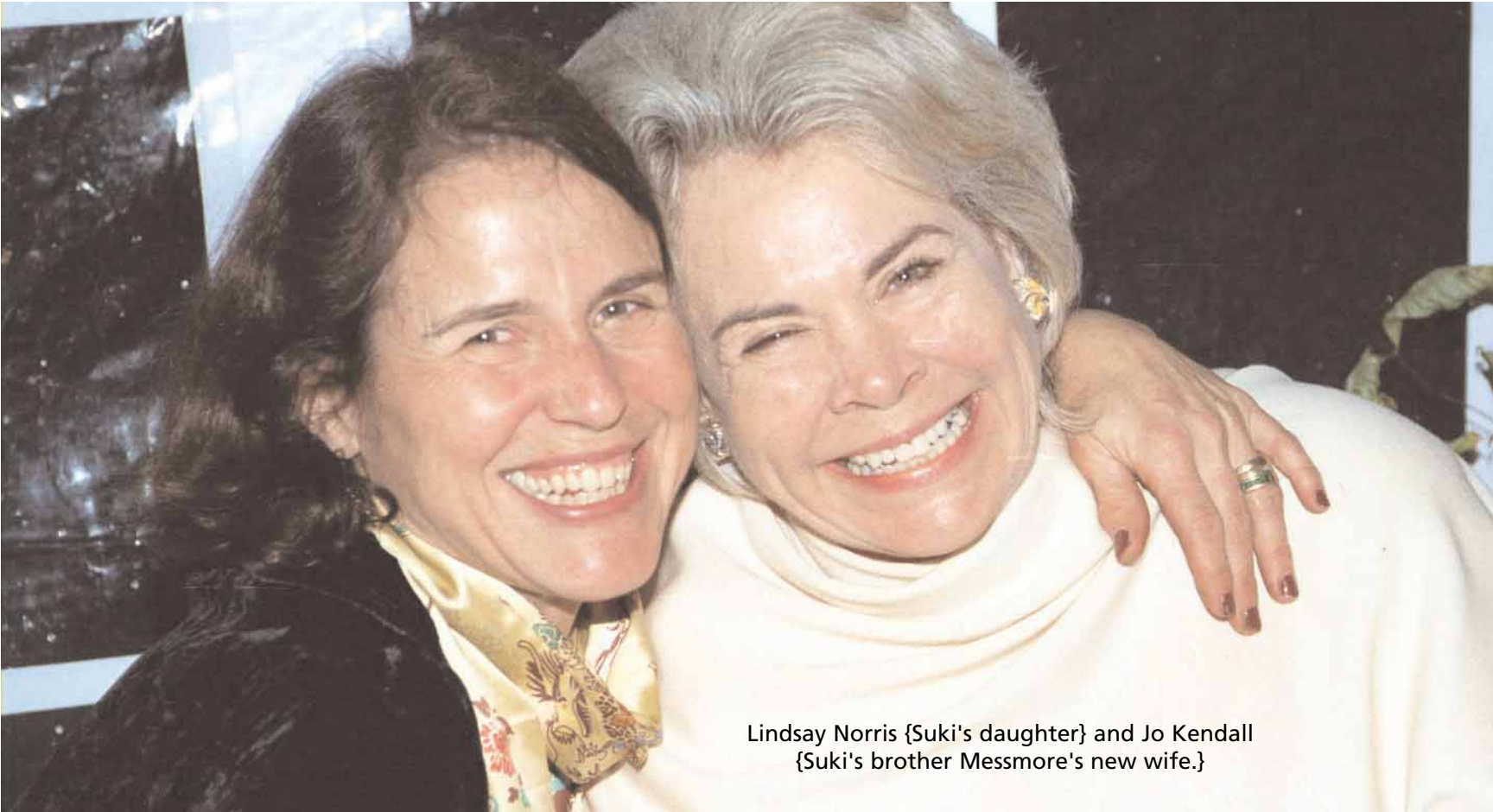
Princess Barbara Obolensky  
with daughter, Princess Lizi.



Kendall McCausland  
{daughter}, Suki and  
Alex Kendall {niece}  
and all 65 guests  
danced until 3.



Kendall Dudley  
{nephew} and Suki.



Lindsay Norris {Suki's daughter} and Jo Kendall  
{Suki's brother Messmore's new wife.}



The chef was my sister-in-law, Mar Slocum,  
married to mom's youngest son, Brooks.

jo lee



## « BODY AND SELF

By Andrea Buckett  
Doctor of Homeopathy  
Toronto, Canada

# You Are What You Ate

« You'll Become What You Eat »



Many studies tout the magnificence of garlic.



### *And I'll bet the sweeps, on that!*

**Q:** My three year old son suffers from constipation. What should I be doing to make him more regular?  
Melanie - Kennebunkport, Maine

**AB:** When children are constipated, the first order of business is to get the bowels moving. Dehydration can make it difficult to go regularly. Offer spring water, herbal tea and homemade soups. Constipated children often experience pain and have great difficulty passing the stool. Giving 1 tablespoon of flax oil will help decrease this pain. Food grade Aloe Vera juice helps to create movement of the colon: combine 1 tablespoon with applesauce or fruit juice and give it twice a day. Once the constipation is resolved, be sure to eliminate refined, sugary cereals and replace them with whole grains such as old fashioned oats. Oats provide needed fiber to decrease the chances of constipation becoming a chronic problem.

**Q:** What are the best nutrients for eye health? Lloyd P.  
- Hull, Québec

**AB:** Antioxidants known as flavonoids are amazing for promoting optimal eye health. Specifically, fruit and vegetables containing purple and red pigments. They protect vision by improving blood flow to the eye and strengthening the blood vessels in the eyes. So eat up those blueberries, cherries, beets and purple cabbage.

**Q:** What are the health benefits of Hemp Seeds?  
Norbert - Cologne, Germany

**A.B:** Bursting with goodness - hemp seeds contain 22% protein, 36% carbohydrate and 30% fat along with calcium, iron and B vitamins. Hemp seeds can be purchased in their natural state and used to bake or top salads and to snack on. Hemp oil - high in heart healthy polyunsaturated fat - boasts a balance of three parts omega 6 to one part omega 3, very close to the body's nutritional requirements. Hemp protein is perfect for throwing into smoothies and mixing into yogurt. This allows vegetarians or those with a 'grab and go' lifestyle to meet their daily protein requirements.

**Q:** I believe garlic heals. How strong is the evidence that garlic is as healthy as we think it is? Vivianna-Thérèse - Lausanne, Suisse

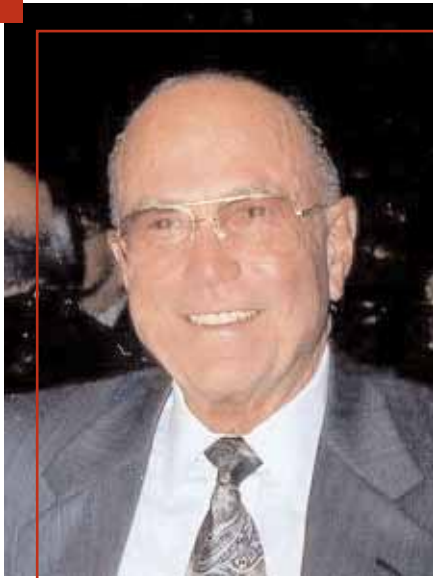
**A.B:** Unequivocally strong! Many studies tout the magnificence of garlic. Included are its immune boosting powers - it has anti-bacterial, anti-inflammatory properties, cardiovascular protection, and it reduces oxidative damage in the body - associated with aging and disease. Evidence suggests that garlic rich diets lower stomach, colon and prostate cancer risks. Scientific papers presented at the 2005 Garlic Symposium support the use of garlic as both a food and supplement to optimize the body's state of health. Keep believing, Vivianna-Thérèse!

To Write Andrea Buckett: [Click Here](#)

\* Andrea Buckett, Dr. of Homeopathy, lecturer, writer, health coach - graduated from The Homeopathic College of Canada and her private practice today is a passion in pursuit of educating the public on alternative health and nutritional ways.

**Aloe Vera juice helps to create movement of the colon.**





## « PROS & EX.CONS

By Creaghe H. Gordon

President

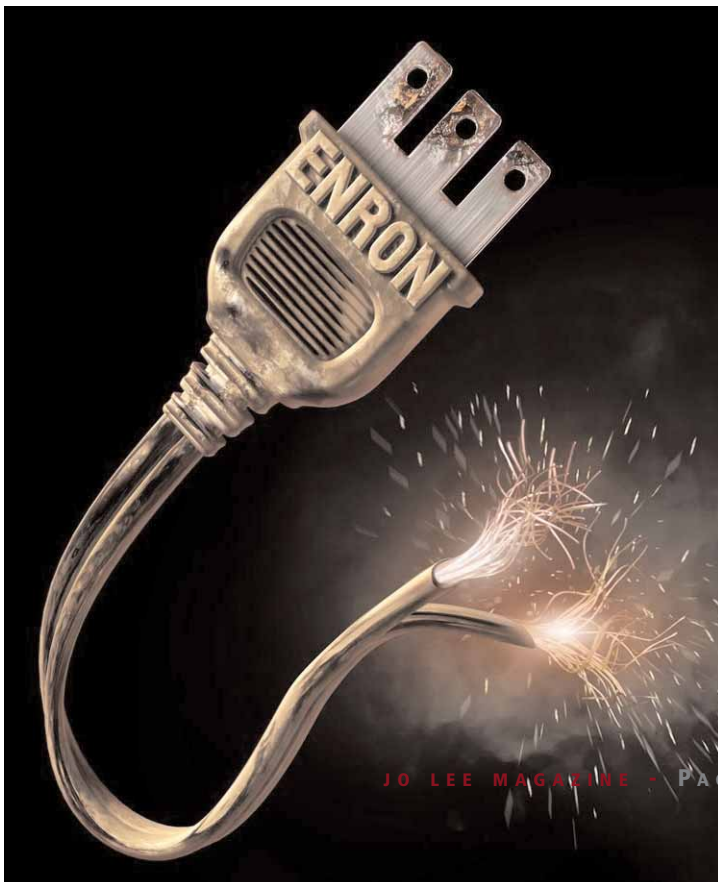
Global Enterprise Solutions, Inc.

Los Gatos - California

"The scenes of intense human suffering, hopelessness, squalor, and neglect amidst the wreckage of what was once New Orleans have exposed the rotten core of the American capitalist society before the eyes of the entire world."

# IS CAPITALISM FAILING?

Enron was to forfeit \$32.5 million in unjust profits.



It's hard to figure how a term that once connoted so much good for the world has fallen into such disrepute. In the past decade, globalization--meaning the rise of market capitalism around the world--has undeniably contributed to America's New Economy boom. It has created millions of jobs from Malaysia to Mexico and a cornucopia of affordable goods for Western consumers. It has transferred nearly \$2 trillion from rich countries to poor.

Where then is it failing? The market system, even with its imperfections, is the most efficient way of organizing an economy to satisfy individual needs. President Bush stated: "There's no capitalism without conscience; there is no wealth without character." Morality must direct the socio-economic order.

It is hard to define a moral consensus, let alone enforce one. And this is especially true in business. The root problem is a loss of belief in objective ethical standards.

The growing dominance of markets has contributed to this moral collapse.

William Bennett, observed that Capitalism, "is an economic system that requires virtues and character that it does not, of itself, develop in capitalists. The "greed is good" mentality has penetrated business schools. "Capitalism requires capitalists with moral and ethical tethers."

### UNETHICAL BEHAVIOR IS RAMPANT!

- Enron's Executive Ken Lay deceived his shareholders and employees out of millions of dollars.
- Tyco CEO Dennis Kozlowski had his lavish lifestyle charged to Tyco. As the Wall Street Journal noted, it's not easy to spend \$15,000 on an umbrella stand, at company expense. The umbrella stand decorated the hall of his \$18 million Fifth Avenue apartment in New York.
- Athletes are paid exorbitant salaries.
- Government employees have retirement benefits equal to 95% of their salary; with COLA clauses.
- Members of Congress have not set an example. Their retirement is more than generous for little time served.

1 World Socialist Web Site Editorial

2 Michael Prowse in the Financial Times on July 13

### IS THERE ANY SOLUTION?

There are solutions but not enough enforcement and not enough ethical standards.

For example, the Federal Energy Regulatory Commission affirmed the findings of an administrative law judge and ordered Enron to forfeit \$32.5 million in unjust profits.

Tyco CEO Dennis Kozlowski received 8-1/3 to 25 years in prison for his part in stealing hundreds of millions of dollars from the manufacturing conglomerate. He was ordered to pay \$134 million back to Tyco, and was fined \$70 million -- bringing total fines and restitution to \$239 million. The former Tyco executives were ordered to start serving their sentences immediately and were led from the courtroom in handcuffs.

Do we have the laws?

Do we have the will?

YOU DECIDE!

\*Creaghe H. Gordon is Chairman of GES, a Risk Analysis and Cost Management {RACM} company and retired Deputy Director-Integrated Logistics Support {ILS}, Lockheed.



The 'greed is good' mentality:  
has penetrated business schools.



The bear and the bull on Wall Street.

jo lee



## « CAPRICCIO

By Danilo Navas

Nicaragua - Central America



# The Music of NICARAGUA



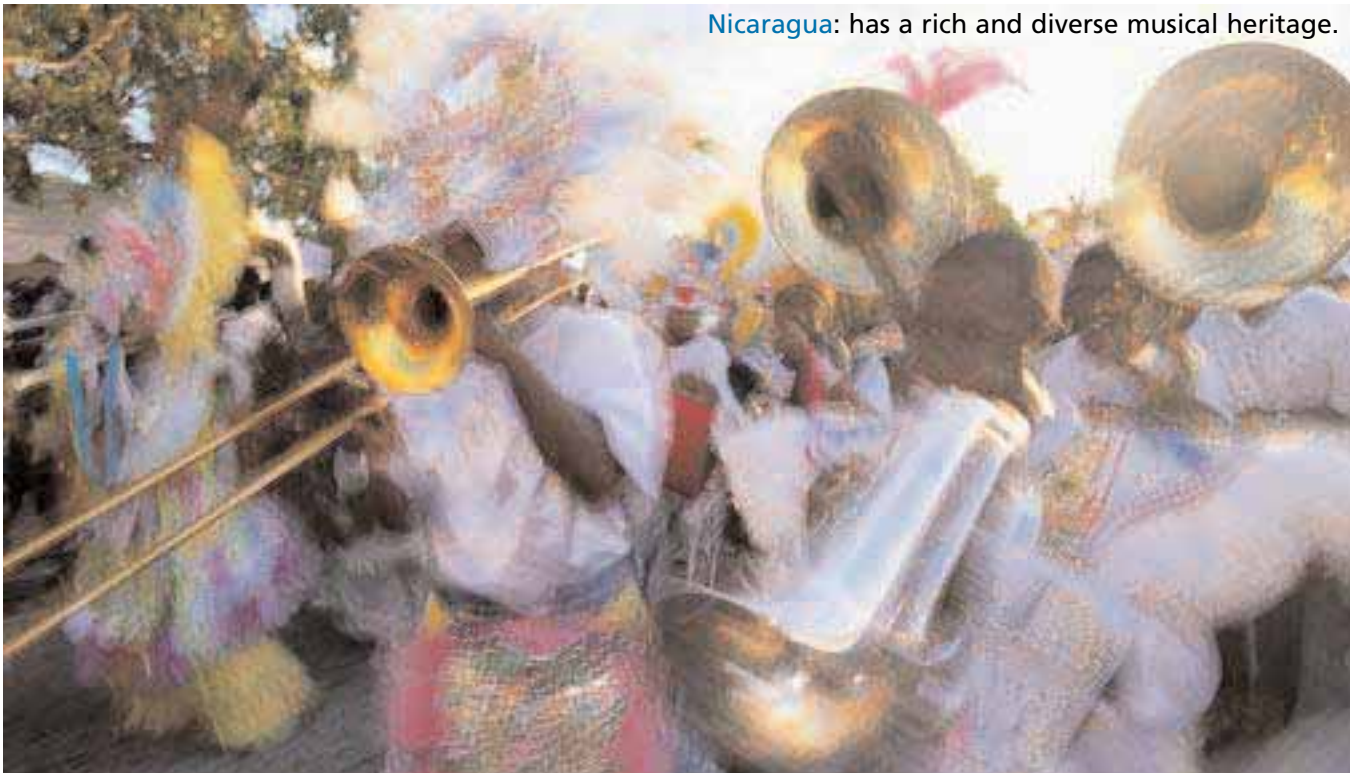
**T**he largest country in Central America, Nicaragua has a rich and diverse musical heritage. A reflection of its culture, Nicaraguan music is a mixture of European -mostly Spanish, Native American and African elements. The influence/importance of each element varies from region to region. Folkloric and popular dances go hand-in-hand with musical rhythms and specific instrumentations. The National Dance, called "Baile de marimba", is closely identified with Masaya, a town of artisans where we find the indigenous village of "Monimbó". The instruments used to perform "marimba" music are: guitar, bass fiddle, guitarilla {a small guitar like a mandolin} and marimba {from African descent} which is a percussive instrument made with wooden plates and gourds hanging below.

There are many theatrical expressions that combine music and dances, usually depicting Spanish conquistadors and Native Americans. "El Gueguense/Macho Raton" and el Toro Guaco" are two of them. Traditional flutes, maracas and other percussive instruments are used to accompany the performers. Dresses and costumes are always very colorful and bright, with rich ornamentation.

Religious local festivities, which are a mixture of worship and recreation, are great sources of musical activity. Chants to the Virgin Mary, chants to Child Jesus {villancicos or lullabies} and "sones de pascua" are sung with devotion in most of the national territory. During the bulls "corridos", bands using European instrumentation {mostly horns and percussion} play "sones de toros".

Mexican influence is noticeable in Nicaraguan music. The same can be said about Nicaraguan culture in general. Guitar is utilized as a main instrument {sometimes with violin}, to accompany "son nica", mazurkas, polkas, corridos and traditional Spanish romances, which we find in the northern regions.

The Atlantic zone of Nicaragua has its own musical expressions, deeply rooted in the Caribbean traditions, with a strong African, black influence. "Palo de Mayo" {May Pole} is a dance/celebration related to fertility, during the beginning of the rainy season. The earth gives birth to crops. It is charged with sensuality and eroticism, and is very rhythmic. "Miskito" and "Garifuna" tribes have also their own music in this remote area.



Nicaragua: has a rich and diverse musical heritage.

Some prominent Nicaraguan musicians and composers are: Camilo Zapata, who is accredited as the creator of the "son nica", a basic rhythmic pattern executed in guitar; Dimension Costeña, a well-known orchestra which performs the music known as "Palo de Mayo"; Otto de La Rocha, whose songs draw from popular tradition; brothers Luis Enrique and Carlos Mejia Godoy, two of the most important composers and interpreters of the "Nueva Cancion" movement.

To write Danilo: [CLICK HERE](#)

\* Danilo Navas is a Master of the history and diversity of World Music. The collecting and writing about its richness is for him, an all encompassing passion.

Palo de Mayo: a dance/celebration related to fertility.



A faded, light-colored portrait of a man with short hair, wearing a suit and tie, serves as the background for the entire page. The man is looking directly at the camera with a slight smile.

ENCORE

# Fabio Gesufatto

*In this season's 'Encore' - JO LEE Magazine profiles the greatness behind one of its top strategists. Fabio Gesufatto - Toronto, Canada. Political Editor and Acting Managing Editor - JO LEE Magazine.*

**M**any years ago, my parents moved to Canada from Calabria, Italy and with determination - instilled strong morals and beliefs in all of their three children.

It is because of my family's direction in life - that I've been able to accomplish so much, thus far. One of my greatest revelations has been my recent political campaign for Councilor in my home riding of Vaughan. Not content with the status quo - I've felt for some time that it was my civic duty to bring about change to one of Canada's fastest growing communities. Opportunities. What could be! My name was entered into the political arena {with no former exposure} and before I realized the magnitude of my commitment ... I found myself before an audience on the campaign trail finishing a proud and respectable second with a wealth of information about politics and, more importantly, about the people who supported me.

Some would say my greatest virtues are compassion and loyalty. I find myself attracted to causes that work toward improving our communities and those less fortunate. Perhaps that is why I currently volunteer my personal time to sit on five Boards, all involved in helping the cause of others and keeping our wonderful Italian heritage prospering.

I believe it is my willingness to help others that allowed me to cross paths with Jo Lee Mansell and JO LEE Magazine. Jo Lee shares the same compassion for others as I do and has been my friend, mentor and the inspiration for achieving the highest of my goals. Her resolve and fortitude have served this businesswoman well: allowing her to build the most highly successful online magazine.

My role as Political Editor and Acting Managing Editor of JO LEE Magazine is an honor and a passion and I look forward, with my colleagues - to bringing you, the readers, continued insight into the greatness of our global community.

jo lee



## « THE DIGITAL DIVIDE

By Craig Ricker  
Kostroma - Russia

# TO STEAL A BRIDE



I've just returned from an invitation to Kazakhstan, a Republic in Central Asia, where I was invited by the President's family to photograph their native land. The President's niece took me to a sheep camp deep in the mountains where I would live for a month. We sat on rugs with the sheep herders for tea in Kazakh style, and I flirted with the hopelessly shy young girl serving tea, to break the ice. The house was adobe and simple. After much effort I got her to explain how she met her husband. She said, "We married in the traditional way". I asked, "What way is that"? She replied, "He stole me".

Before the communists forcibly urbanized and crushed Kazakh culture, nearly all Kazakhs were nomads. In those days tribes would gather and if a man liked a girl he simply threw her over his saddle and carried her off. If she did not fight him off fiercely enough, he took her to his tent or a secluded spot and forced himself on her. Once this happens, they must marry. If the girl broke the relationship, it brought shame to her and her family. If the man tried to walk away from the affair, it would be settled violently by the relatives of the girl. The young lady proudly explained that she had never seen or heard of her husband before he stole her and that it was very romantic for he brought his horse into town to steal her in the traditional style.

My first question was what if she did not love him. Everyone at the table shouted: that in an extreme case, the girl may leave but logic dictates that the couple must find a way to make it work. I asked if courtship would not be better? But courtship was not honorable. I was confused. The niece of the president, a pop star, broke in: "look at me; I am beyond normal marriage age because I abandoned our traditional life while I studied abroad. Our girls who live in big cities are doing the same. Romantic love is not something to base a family on. Marriage is based on honor and respect."

It took me some time to digest a concept so alien to western traditions. I thought about an American woman I met recently who had left a loving, good husband for no real reason and took a job in Russia because she felt she needed more variety in life. Russia was already crushing her and she was deeply disillusioned with dating. Perhaps she would have been better off - if the decision to walk away had not been so easy.

\* Craig Ricker is a prolific writer and among the world's best photographers. He went to Russia from Laguna Beach California in 1992 on a quest-like mission to immerse himself into Russian culture, develop an understanding of Russia from the inside and write books that Russian people respect as accurately portraying their world and life predicament.



# WITS END #1 »

By JO LEE Magazine

New York / San Francisco / Hong Kong / London

Tokyo / Rome / Toronto

## AMAZING

Accdrnig to rscheearch at Cmabrigde Uinervtisy, it deosn't mttiae in waht oredr the ltteers in a wrod are, the olny iprmoetnt tihng is taht the frist and lsat ltteer be at the rghit pclae.

The rset can be a total mses and you can sitll raed it wouthit porbelm.

Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe.

Amzanig!

## WITS END #2 »

By JO LEE Magazine

New York / San Francisco / Hong Kong / London

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# THE DOG AND THE POODLE

Three handsome male dogs were walking down the street when they saw a beautiful, enticing, female Poodle.

The three male dogs fall all over themselves in an effort to be the one to reach her first, but end up arriving in front of her at the same time.

The males are speechless before her beauty, slobbering on themselves and hoping for just a glance from her in return.

Aware of her charms and her obvious effect on the three suitors, she decides to be kind and tells them: "The first one who can use the words 'liver' and 'cheese' together in an imaginative, intelligent sentence - can go out with me."

The sturdy, muscular black Lab speaks up quickly and says, "I love liver and cheese." "Oh, how childish," said the Poodle. "That shows no imagination or intelligence whatsoever."

She turns to the tall, shiny Golden Retriever and says "How well can you do?"

"Um. I HATE liver and cheese," blurts the Golden Retriever. "My, my," said the Poodle. "I guess it's hopeless. That's just as dumb as the Lab's sentence."

She then turns to the last of the three dogs and says, "How about you, little guy?"

The last of the three, tiny in stature but big in fame and finesse, is the Taco Bell Chihuahua. He gives her a smile, a sly wink, turns to the Golden Retriever and the Lab and says ... "Liver alone. Cheese mine."



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## « EDITOR AT LARGE

By Carla Dragnea  
Bucharest, Romania

# How FLOWERS Get Their Names

With Spring being right around the corner - well, that's what astronomers say! - my mind started to picture beautiful red tulips, vibrant daffodils, heavenly scented hyacinth and freesias ... and while I was thinking of all these flowers, I realized that I never knew how a flower got its name.

I knew that flowers, just like all other plants, have both common and Latin names. And I also knew the Latin ones are universal and composed of a genus name, followed by a species name. What I didn't know is that these Latin names aren't nearly so perplexing if you know a bit about their derivation.

Many names are descriptive. They may refer to color such as 'xantho' or yellow, 'virens' or green, 'nigra' or black, or 'alba' or white.

Color words may be combined with plant parts such as 'canthus' or spine, not to be confused with 'anthus' or flower. 'Carpus' refers to fruit and 'rhizus' to root. Combined, you might have 'xanthorhizus' or yellow root, 'rubrifolia' or red leaves, 'lactiflorus' or white flowered. You see, it's very simple!

Other descriptors may refer to shape, such as 'stella' for star; to size as 'macr' for long or big, 'lept' for thin or slender; number as 'poly' for many; feel or texture as 'lasi' for wooly. So what does 'lasiocarpus' mean? How about 'macranthus'? You're right--wooly fruit and big spines.

I also learned that names can refer to someone or something interesting about the plant. Did you know that Impatiens is the Latin for impatient, or that Dianthus is one of those compound words from the Greek language meaning the flower {anthos} of the god Zeus {Di}?

If I sparked your interest and you would like to learn more - there are many dictionaries of plant names - check your local library.

Happy Spring Everyone!

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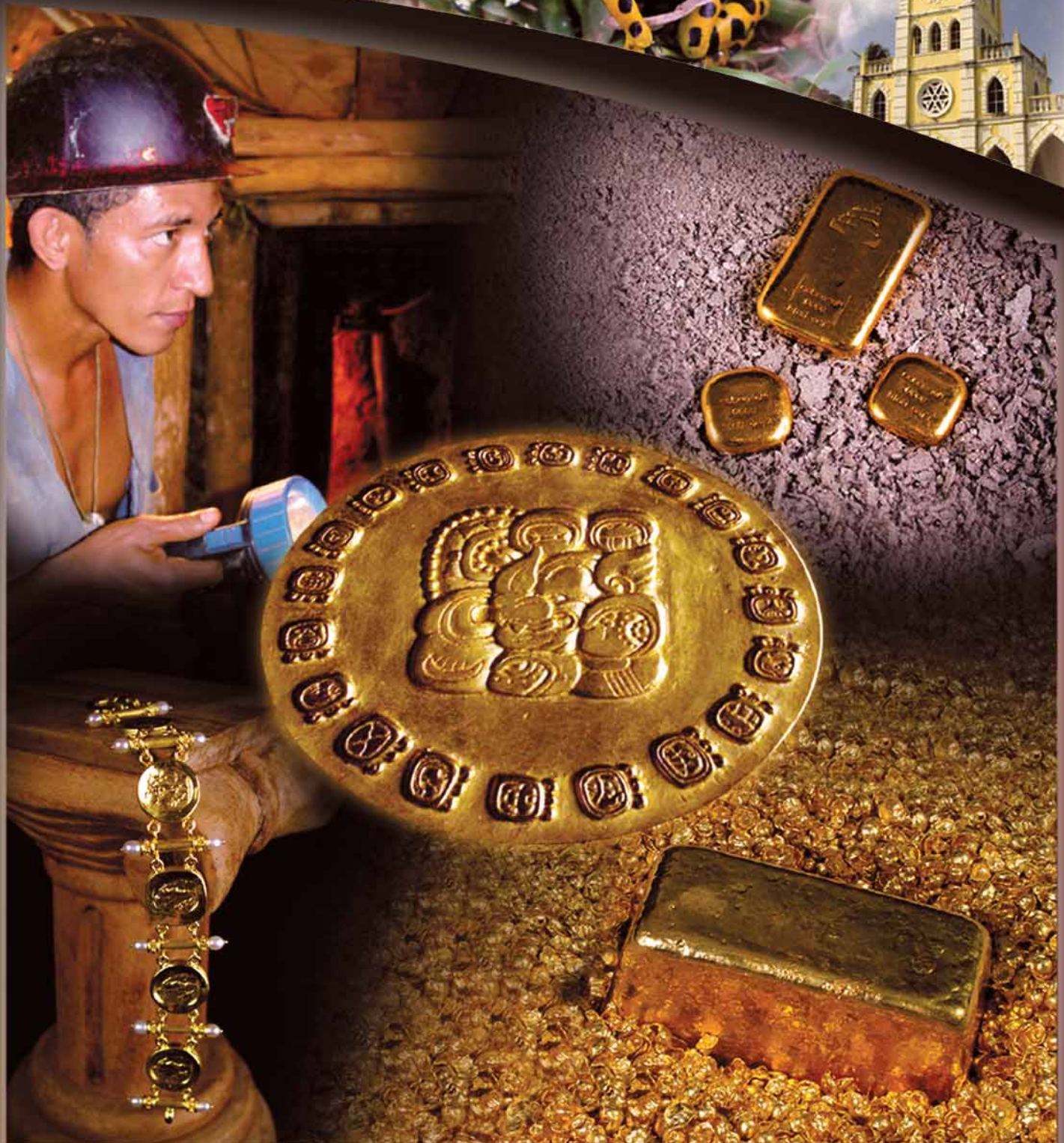
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