

jo lee

180° FROM ORDINARY

SUMMER 2005

JO LEE

TALKS TO A PHENOMENON, A LEGEND

IAN TYSON

Tom Adams and

PRIVATIZATION POWER

*WHAT IS IT THAT YOU DON'T KNOW
ABOUT THE WATER YOU DRINK!*

By Chiara Liburdi

THE PROVOCATIVE & CHALLENGING WORLD

Of Dr. Beninger

HALF TIME with James Mansell

SPORTS INTEGRITY





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H. Gail Regan *The Marvelous Maverick* **Carla Dragnea** *Editor at Large*
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LETTERS TO THE EDITOR »

E. Theresa Sanfred
Zurich - London

The article by Larry Abraham in your Spring issue (The Clash of Civilization and the great Caliphate) is great. We need to be reminded that like Hitler or Stalin, we cannot simply ignore leaders that rise up to take over the world. We have to address the problem not just withdraw. Since we are still dependant on the Middle East for oil, this is even more obvious than usual. If Middle East oil were to be cut off - we would shut down in a matter of weeks.

He recommends a republic for Iraq in place of a democracy. I suspect that Bush includes a Republic as an alternative within 'democracy.' After all where is there a true democracy?

Ted Heatherington
Corporate Executive
New York City - USA

In Mr. Gordon's last column on Pros & Ex.Cons, he presents a disagreement with the ACLU, probably well deserved, in that they seem to be wasting a lot of money. However, the separation of Church and State is certainly an accepted basis for the moving of immigrants to establish this country. They wanted freedom of religion, which meant not having the church in the state.

Having one nation under God is not the same as having God defined by a religious group which controls the government.

Examples of having the church in the government are evidenced by lack of diversity of religious belief, as in Iran and Utah.

The difficulty of religion is in the details and the restrictions placed on freedom. Freedom is the hallmark of our belief and the right the Constitution proclaims.

Mike Buonefiglio
Executive
Toronto - Canada.

The Spring issue of "Alter Ego" by Dr. Levine discusses the misuse of the word paranoia. Just out of curiosity, I looked up the meaning of paranoid. The Merriam-Webster dictionary defines it as follows: "characterized by suspiciousness, persecutory trends, or megalomania" or "extremely fearful". Since few of us have been to medical school we are not encumbered by misinterpretations with strict medical language. However, the article is very interesting and I certainly appreciate anyone who attempts to improve our use of the English language. More of us should do the same.

James Armbruster
Pueblo - Colorado

It is interesting to note that the feature article "Good and Evil in Corporate Life" by H. Gail Regan uses the word 'Narcissism-paranoia' in the same issue of JO LEE Magazine that carefully provided a definition of the term in another column. However, the feature article is most interesting because it points out a very serious situation in our free-enterprise society; that there are moral problems. I hope at some point that the writer also includes what is becoming the most immoral of all; unjust profits. Just profits represent the legitimate residual due to the owner of capital. This is no longer the case. It is simply what the market will bear and that is not a measure of morality.

Anne Milner-Conne
Attorney at Law
Chicago - Illinois

Concerning the article in Pros & Ex.Cons, 'The ACLU's War on Christianity' it would be interesting if your magazine could interview the American Civil Liberties Union concerning their motives and why they interpret the Constitution the way they do.

The ACLU has been misleading the public by stating that the First Amendment rights are "freedom of speech, association and assembly, freedom of the press, and freedom of religion supported by the strict separation of church and state." This is a false statement that they are using to banish any observance of Christmas, etc.



«On the Cover

Jo Lee in ~
The South of France

«Feedback

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« THE MARVELOUS MAVERICK

By H. Gail Regan, Toronto - Canada

In this issue - we say au revoir to Hugh Coppen - our Marvelous Maverick for the past few years and introduce to you, Gail Regan, who promises to be: 180 degrees from ordinary.

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

MARTHA
STEWART

This is a column about corporate failure, but I begin with Martha Stewart because her personal saga connects us with our fears for corporations and our hopes for recovery when they collapse.

Many of us have relatives and friends who are in difficulty and we feel concern. Often when the personal failure actually happens and the job is lost, the marriage over, the addiction admitted, the crime confessed, there is less to worry about. In many cases, the failed person gets help, recovers and goes on to find fulfillment in a different lifestyle. They become more diligent and overcome the deficiency, the "sin," that led to the initial problem.

Occasionally individuals fall out of an excess of goodness. They are too focused, too altruistic, too achievement-oriented, too stylish, too knowledgeable, too determined and they suffer nervous exhaustion as a result. This sort of collapse happens when an individual becomes rigid about over-commitment while family and friends think they are terrific and do not see anything wrong. Recovery for those too diligent to maintain realism and balance means paring back, not taking on more.

Corporations have analysts, shareholders, auditors, boards, banks and regulatory agencies watching them and intervening when difficulty is obvious. Large corporations rarely fail in the first, lack of diligence sort of way. Although at the point of collapse there may be some illegal behavior so the

Martha Stewart is known to be a very good and talented person.



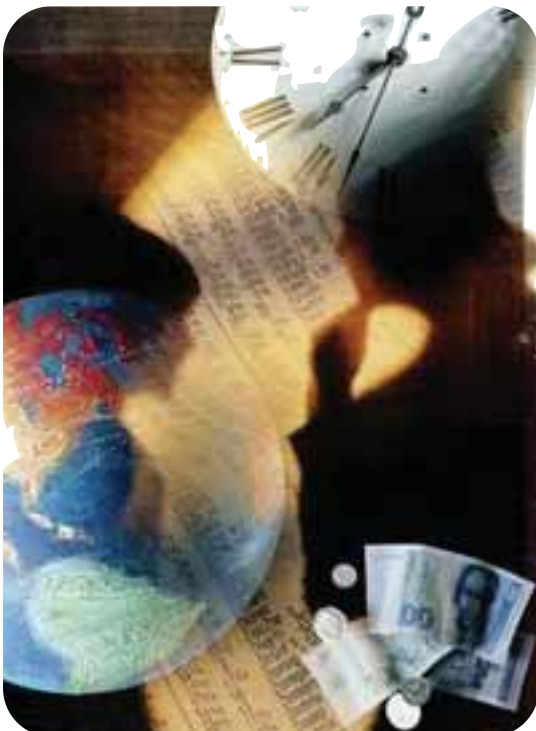
situation looks like sin, closer study reveals that corporate failure occurs from an excess of goodness and the stakeholders' collective delusion that all is well.

Martha Stewart is known to be a very good and talented person - focused, altruistic, achievement-oriented, stylish, knowledgeable and determined. Because as a corporate leader she is identified with goodness and with the trouble that suddenly caught her, she symbolizes our experience of corporate failure. It happens to the competent and the good out of the blue.

Why is so much attention paid to Martha Stewart, a competent corporate leader who may or may not have participated in an insider trade and who has been accused of misinforming officials inquiring into someone else's insider trade? Why do we care about Martha Stewart who has acknowledged the accusations and whose company is doing relatively well, when so many corporate leaders claim innocence yet have driven their companies over a cliff?

We notice Martha Stewart because we feel despair for the prospects of corporate success. We have given up. Rather than expecting competent leaders to keep our corporations solvent, we expect a buoyant market to provide the capital to pick up the slack of failure. We have lost hope in our leaders, but we have faith that the market will compensate for their errors.

We believe that institutions can be redeemed like individuals.



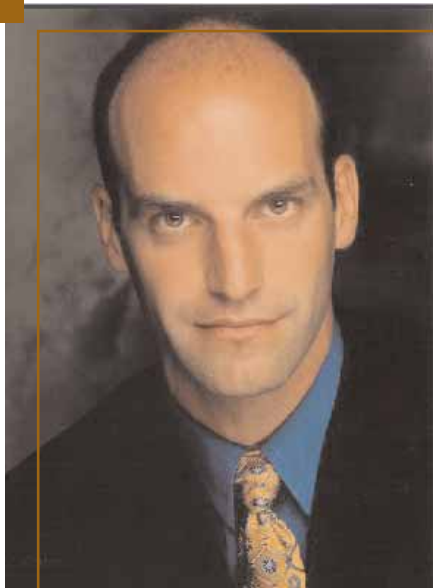
Occasionally individuals fall out of an excess of goodness.

Derived from this faith is a belief that undisclosed insider trading undermines confidence in the market. Martha Stewart has not been charged with insider trading, she has been found guilty of obstructing an inquiry into insider trading and she agreed to serve a jail term on the basis of the finding. Her sacrifice maintains our trust in the integrity of the capital markets.

Martha Stewart acted as if she had personally failed and as if punishment and recovery would lead to a more fulfilling life. This inspires us to believe that corporate and market reform is possible through trial and sentencing. We believe that institutions can be redeemed like individuals. Her saga inspires faith in our organizational life.

Faith is good, but actual understanding is better. With actual understanding we can learn to prevent collapse. My next column will discuss the reasons for one of the more spectacular corporate flameouts, Enron.

To write The Mav [CLICK HERE](#) «



« THE PROVOCATIVE & CHALLENGING WORLD OF DR. BENINGER

By Dr. Francis Beninger, Toronto - Canada

PERCEPTION ?

The public often perceives the Plastic Surgeon to be a person delivering beauty, vanity, and youth.

While these descriptors may be accurate, the Plastic Surgeon also delivers restoration, reconstruction, and psychological health. A recent breakthrough in our field illustrates these ideas.

HIV infection has been a significant health problem for decades. There is still no cure for the disease. Advancements have been made with the development of antiretroviral medications which has extended the quantity and quality of life of infected individuals. In fact, many persons who have been exposed to HIV and are taking antiretrovirals have an undetectable viral load. Unfortunately, some of these individuals suffer the side effect of these medications known as lipoatrophy.

This condition is characterized by the often sudden loss of facial fat. The cheeks sink and collapse and give the person a very gaunt appearance. With one look, these individuals are branded as HIV positive and sick. This can have a profound impact on the individual who may become reclusive and hide from the general public's eye. The psychological impact is immense, and this appearance can be a great hindrance to the enjoyment of life.

In the past, the treatment for this problem was very difficult. Certainly, procedures such as fat grafting have been described. This technique is often not possible as the individual has insufficient quantities of fat to 'harvest' for the technique. The volumes of fat required are often large, and this volume of fat does not usually survive the transplantation techniques.



Various man-made products have been described. Surgeons have attempted to insert implants made of various plastics or silicone rubber, but the results were often less than aesthetic. We have also tried injectable fillers such as collagen and hyaluronic acid. These products often result in an acceptable aesthetic result, but are temporary and last several months at best. The cost has also been prohibitive.

Recently a new product has become available. This is a man made polymer under the name BioAlcamid. It is a gel-like material which can be injected in large quantities and is well accepted by the body. The procedure is performed under local anesthetic and the result is immediate. Side effects are minimal and include bruising and swelling. The material can also be removed relatively easily if required. The material has been used for several years in Europe with minimal complications and has recently been introduced in Canada and is available on a case by case basis for the treatment of HIV lipoatrophy of the face.

This new treatment is a major advancement and costs \$2,000 to \$4,500 per treatment depending on the volume required. One treatment is usually sufficient to achieve an aesthetic outcome. The results are very long lasting and have improved not only their appearance, but their quality of life and psychological well-being. www.purmedical.com

I'm confident this product will one day be an important filler for purely cosmetic indications, but in the meantime, it is playing a major role in the restorative, reconstructive aspect of plastic surgery.



The Plastic Surgeon delivers:
restoration, reconstruction,
and psychological health.

To Write Dr. Beninger
[CLICK HERE](#) «

* Dr. Beninger is a Board Certified Plastic Surgeon in Toronto, Canada whose primary specialty in Aesthetic Plastic Surgery is: facial rejuvenation. Dr. Beninger was trained both in Canada and at the Manhattan Eye, Ear, and Throat Hospital in New York. His reputation is enjoyed internationally, by many.

www.drbeninger.com



EXCLUSIVE INTERVIEW »

Have you ever been oblivious to the wonder directly in front of you? Have you ever played the grooves out of a favorite record for years at a time, given copies as gifts, but ... {and here - I'm going to pause for a moment}

A



PHENOMENON OF A LEGEND

A genius - whose music has resonated throughout the world; an outstanding entrepreneur; an award winning strategist/implementer; and a Western Canadian, steeped in the formidable heritage of Alberta's Rocky Mountains, who pushed beyond boundaries, defying all odds and today, encapsulates the most amazing sound.

His latest album is so, SO phenomenal ... that you'll want to buy, borrow, beg or run-off with it! It's called: "Songs from the Gravel Road." {SPCD 1305 CDN / Vanguard 79787 USA} The CD cover alone, by Buckeye Blake, one would surely enlarge and then frame.

But WHO is this phenomenon? My pause has ended ...

Seventeen years ago, I was introduced to: THE GREAT MR. IAN TYSON. Well, not really introduced. You see, he had approached my brother Paul during the 1988 Winter Games, whom he knew as a successful talent agent, booking many of his artists with symphony orchestras. Ian was requesting 'a bit' of Paul's assistance.

Today, seventeen years later, Ian is exclusively represented by fellow Canadian and my brother, Paul Mascioli, President of Mascioli Entertainment Corporation in Orlando, Florida.

I had lost count of the invitations extended over the years to meet Ian until four months ago when Paul caught me between flights and whisked me to the Toronto supper club where Ian would be performing that evening. We settled in to our table with guests of Ian and Paul, and what immediately struck me was the elegance of the people who had filled the room. They knew what they wanted and they knew the sophistication of the sound they were about to hear. There were so many people. Standing room was not even a choice.



With Gordie Matthews {guitar\vocals} and Gord Maxwell {bass\vocals} providing a tightly knit backup, the 1st chord is struck by Ian.

A presence immediately engulfed the room. A presence that one equates to a Pavarotti, a Plácido Domingo, a Céline Dion and yes, to Ian Tyson. A sound that when heard LIVE, the audience never wants to end.

JO LEE: Ian - how, do you do it? As business moguls have said: it's the hunch! Has it been your gut/your hunch that's led you into these tremendous successes?

IAN TYSON: What success I've had, Jo Lee, has evolved over many years. I don't know how I have been able to continue to sell albums and tickets. I've always tried to make the product better.

JO LEE: Ian - What a thrill to have you featured in our Summer Special Edition! Could you have ever imagined the joy you would bring to so many lives?

IAN TYSON: Quite frankly, no.



JO LEE: So, if we go back to when you were a young boy growing up in Victoria, Canada what were your dreams? What was the magic that made you what you are today?

IAN TYSON: When I was very young I wanted to be a cowboy. My father was a polo player so I was always around horses. I learned to play guitar following a rodeo accident and at the same time, became interested in western art.

JO LEE: And what a cowboy you've become! Can you remember some of your biggest challenges and the difference between some of your early ones and those of today?

IAN TYSON: Jo Lee, when I started, the entertainment business was completely different - not nearly as much competition. With the talent I had I was able to hone my craft in coffee houses.

JO LEE: How difficult is it for visionaries to realize success?

IAN TYSON: If one is a true visionary one is not concerned with financial success - it's usually a byproduct of creative success.

JO LEE: The industry is constantly being invaded by new products: bigger, more modern, more advanced technology? Are the advances such that you are constantly being faced with the need for increased capital?

IAN TYSON: Not necessarily - the cost of travel is higher but all else is basically the same.

JO LEE: Ian, your song "Four Strong Winds" is like an anthem to many Canadians ~

IAN TYSON: It's been very good to me and over the years, has been recorded by - I don't know how many singers from around the world. In March of this year, Four Strong Winds {and I} received the distinction of it being named the #1 song from a list of the Top 50 Canadian songs written in the 20th century ... that felt pretty good!

JO LEE: Thousands of your fans today are comprised of the wonder of multi-ethnic backgrounds. When you take your long walks and begin to compose, is it important to think of/to embrace various traditions or do these traditions automatically fall into line with your lyrics and melody?

IAN TYSON: At the time Sylvia and I did not realize we were studying Scottish, Irish and Blues traditions, but we were. And now 40 years later we're conversant with, and authorities on, Scottish and Irish ballads.

JO LEE: Ian, I bet there's an incredible story behind many of your releases. Would you share one with us?

IAN TYSON: "Cowboyography", really - the whole album was nurtured and produced - top to bottom - by a musician named Adrian.

He had a tragic life {he's no longer alive.} He tried everything - drugs, sex change, alcohol - you name it ... For awhile we played at a hole in the wall venue and had a television show on CFRN-TV, Edmonton. Adrian played piano and was the musical arranger for the show. The TV show lasted about three years with us doing 15 shows a season. During that time, Adrian was pretty together and he had this vision or epiphany that resulted in my biggest selling recording: Cowboyography.

JO LEE: So, Ian - what is the most important part of composing and why?

IAN TYSON: I play the guitar every day - it's a discipline. It's a job and you have to work at it.

JO LEE: The marketplace knows what it 'thinks' it wants. Do you sense when you write a song that it will be a hit?

IAN TYSON: No - never been able to do that - I just write from the heart.

JO LEE: Are you a traditionalist?

IAN TYSON: Yes.

JO LEE: Tell me about your new album.

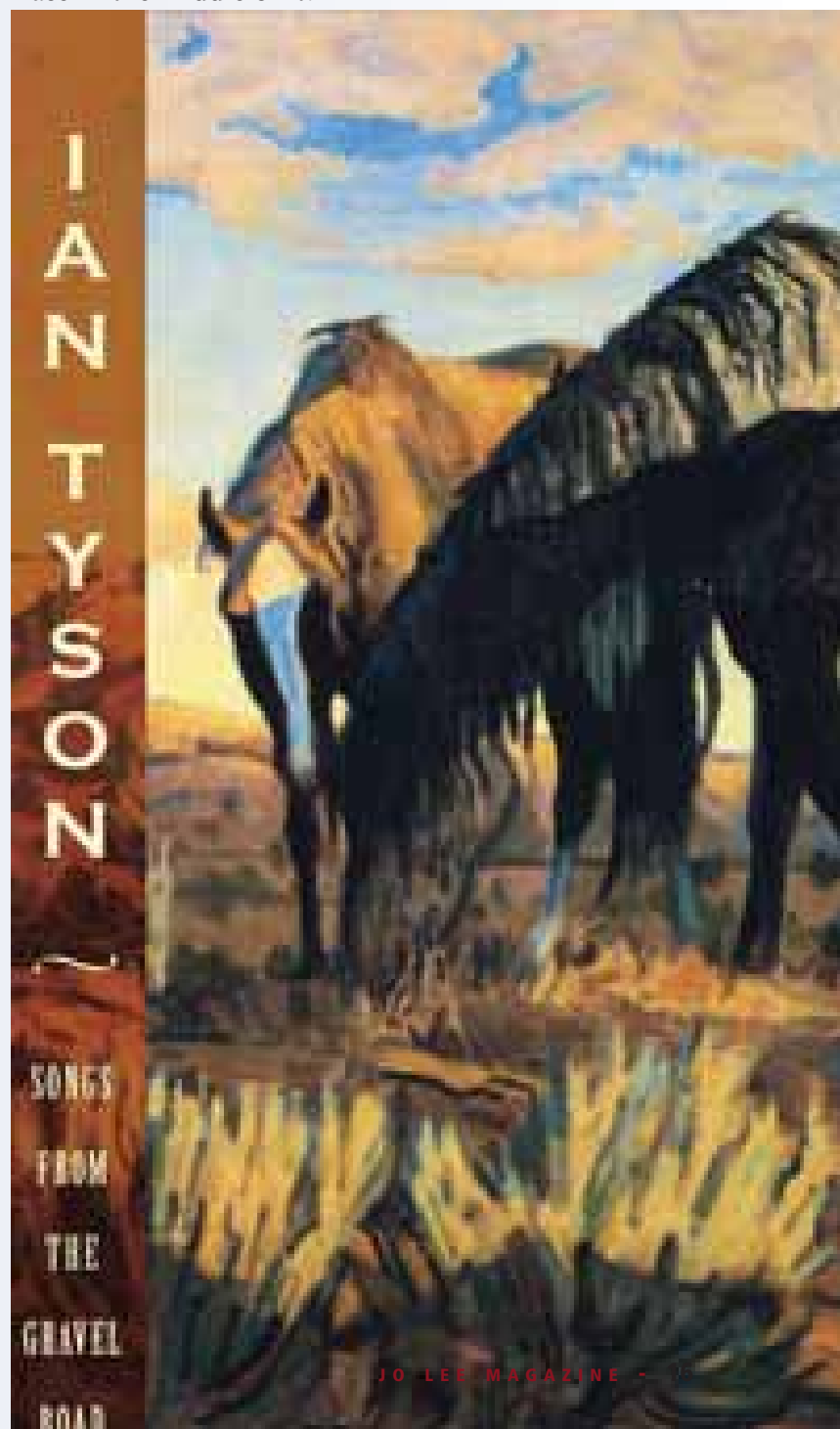
IAN TYSON: Jo Lee, I took a gamble with "Songs from the Gravel Road". We recorded in Toronto with celebrated producer Danny Greenspoon and a backup band of some of the best players in Toronto. We had the likes of guitarist Kevin Breit, horn players Phil Dwyer, Steve McDade, Guido Basso and drummer Mark Kelso.

They're mostly young guys, Jo Lee, they're great jazz and pop musicians, and they have no connection with my kind of life. I wanted them to bring a different sensibility to the songs. And they are songs that I couldn't hear with the standard 'country' instrumentation, which is often so mind-numbingly predictable.

JO LEE: I know there's a reflection within your songs of many things that matter to you: the prairies, the legends of the West, the changing of life ~

IAN TYSON: Indeed Jo Lee, the gravel road runs from my ranch house in the foothills of the Rockies, south of Calgary. It's about a mile away from my stone cottage that I use as a writing retreat, and the daily walk - in good weather and bad - is a time for thinking, for watching the sky and the birds and the deer, and for writing songs.

The trees behind the old stone house were planted years ago and local legend says the cottage was built by hand, by the folk who settled that stretch of country in either 1916, or maybe 1940 - nobody seems very sure. The walls are two feet thick, and there's a new steel roof. There's a living room, two tiny bedrooms, and a big bathroom with a furnace in the middle of it.



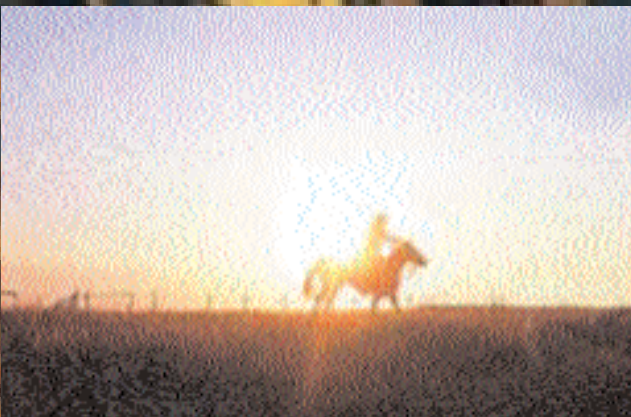
JO LEE: I'd never move from the room, Ian!

IAN TYSON: Ah, some of my best songs have been sung around that furnace, Jo Lee!

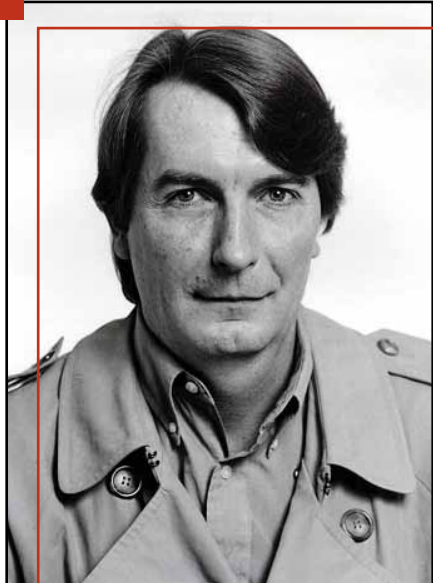
JO LEE: Ah, The Phenomenon - The Legend!

From Luxemburg to Montana ... from Alberta to Denver to Mexico. Thank you - Ian, for being this amazing part of my Magazine.

IAN TYSON: It was a great pleasure talking with you Jo Lee and I wish you continued success with your magazine.



* Ian Tyson is a non-pro cutting horse champion and successful rancher; he trains horses; has had his songs covered by Gordon Lightfoot, Neil Young, Judy Collins, Suzy Bogguss; is the recipient of the Order of Canada; the Governor General's Performance Arts Award; various Honorary Doctorates; platinum records; Juno Awards and Country Music Awards.



« COLLECTIVE ECLECTIC

By Robert R. Brooks, San Francisco – California

Thus far, after forty-eight years, perhaps ten-thousand remembrances revolve about and recirculate within the combination roll-a-dex and lava-lamp like phenomenon that is largely my mind.

Past experience vividly recalled does serve to suggest new and different {better} ways to react, should the experience ever present itself again; it never will though. One can't go back. One must remain content in the memory of their less than ideal, actual, original responses. Thus, over memorization can lead to unhealthy levels of feeling inadequate. A life dominated by esprit de l'escalier {Esspree duh Lesscallyeh} should be avoided. Translated from French it means: 'staircase wit.'

Only after having left the party do you then think of the absolutely perfect thing you should have said while at the party; but, now you're descending the stairs, on your way home. As Al Franken's Saturday Night Live character Stuart Smally would admonish: in life you must avoid 'shoulding' all over yourself.

ESPRIT DE L'ESCALIER

I believe it was during a Deepak Chopra lecture years back, I heard it stated that for the vast majority of people, the near total content of our brain, while awake, is the alternating of memory and desire. Past and future, I supposed this to mean, with the ever elusive present commanding my awareness for a time comparatively just as long as a ball holds still between being tossed up and falling down.

Surely it must be, that there is some underlying pattern of essence to my ten-thousand remembrances that can be distilled into a manageable and useful concentrate. A sort of 'travel size' version that would suffice for the remainder of my life. "There are only two types of travelers in this world," Rick Steeves reminds us, "those who travel light, and those that wish they had."

At a recent class at Stamford, our assignment to write a dialogue between ourself as a child, and ourself now, gave me trouble.

I visualized myself at 48 walking into my boyhood kitchen and introducing myself to myself at age 12. To behold that innocent, good {even noble} intentioned, though frightfully uninformed young man before me was uncomfortable. In one way I wanted to be him again, to have the same chances and opportunities {and youth} he had. But, in other ways, I did not envy him much of what I knew lay in store for him. I felt that he would not relate to me -- might even be ashamed of me -- and this would not be easy to write, or admit.

After awhile, I found solace in, and built upon the beautiful phrase/concept by Sandra Paek: "the corrective lenses of compassion". For my purposes changed it to: 'the corrective lenses of maturity' and immediately instructed the overly opinionated and judgmental pre-pubescent to put on a pair. "Good morning Robert, what are you making?"

{As if I didn't know}
"Apples and cinnamon instant oatmeal and tea."
"Everyone should eat oatmeal from what they say ... and drink tea, too.
Oatmeal fills you up, has lots of fiber and absorbs artery plaque.
Tea has anti-oxidants which combat cancer."
"Yea?"
"Well, that's what I hear.
"Who are you?"
"Why I'm you --only thirty-five years later."
"That's impossible."
"Why do you say that?
After all, the world is a miraculous place and it can surprise you."
"Well, for one thing, you're wearing Levi's and I don't like Levi's,
only hayseeds and hicks wear Levi's.
Plus, there is a package of cigarettes in your shirt pocket and I don't smoke.
Only punks smoke."
"Your mother {our mother} smokes cigarettes, is she a punk?
Da smokes cigarettes, is he a punk?"
"Of course they're not; but they're adults!"
"You will be too."

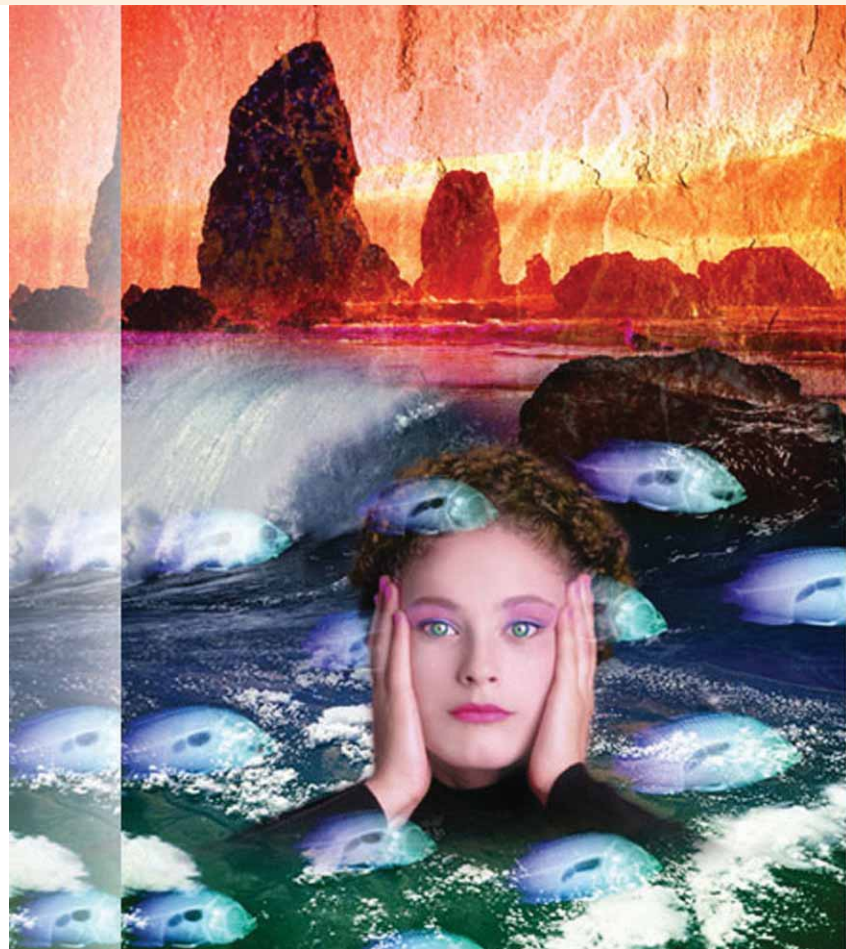
You see what I was up against.

My 12 year old self {naturally} has not yet the benefit of 'the corrective lenses of maturity' {or of compassion}; for if he had, he would not have judged me as harshly as he did that awkward morning.

His idea of what constitutes success and happiness {attained} in life were shaped to that point exclusively by what he saw on TV, read in a magazine, newspaper or comic book and, of course, what his equally naive friends had to say about it.

In other words: that success and happiness are externally 'got;' like they were actual and tangible things to go out in the world and gather like shells instead of having {feeling} instances of them all along the way.

* Robert R. Brooks is a prolific writer and an international photographer. Always down to liberal arts, Rob attended Stanford and Oxford. He is a dedicated hiker and a sixth generation Californian.



The combination roll-a-dex and lava-lamp like phenomenon: that is largely the mind.



« YES, VIRGINIA! COME - EXPLORE WITH ME

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

ST. PATRICK and BEYOND

I in IRELAND

"If you ever go across the seas to Ireland" is the song: "On Galway Bay". Land of music, myths, poets, famine and dance.

Nicknamed, Emerald Isle, the green is greener, these green grasses alternate with bleak rocky hills, noble mountains and soggy bogs. The sky ever changing, adds drama to land and sea. You are never more than 70 miles from the sea, and with 800 lakes and rivers - water is usually within sight. The 3,000 mile long coastline rises from white sand coves to some of Europe's most dramatic cliffs. Ireland is small, but there is plenty of room to breathe.

Stone relics of thousands of years of human history mixed amidst the natural beauties. The people of Ireland call travelers 'visitors' not 'tourists' and extend a genuine welcome.

Aside from the erratic local motorists and sticky traffic in big towns, driving in rural Ireland can be an old-fashioned pleasure. The open road gives one the over-all feeling of well-being and the ability to put life's little problems into perspective.

Barely one in a hundred people in Ireland speak Irish more fluently than English. Revival of Gaelic has become state policy; taught in the schools and printed along with English on official signs and documents. Eloquence in English is not confined to the great Irish authors and playwrights; almost everybody in the country seems to be a witty, articulate conversationalist.

By car is the best way to see and know the country. Stopping at the inviting beach or historic site is sometimes a spur-of-the-moment decision. Coach tours are good, and the drivers and guides convivial. If either of these methods of touring are too fast paced; board a horse drawn gypsy caravan, or spend a week on a cabin cruiser for a river odyssey.

Ireland's size is small but it contains too many worthwhile sights to squeeze into a single vacation. Sites to be seen in Dublin: O'Connell Street to St. Stephen's Green, the street is worthy of a major capital; General Post Office; three



Galway Bay.

The 3,000 mile long coastline rises from white sand coves to some of Europe's most dramatic cliffs.

arched bridge on River Liffey and the Custom House; The Bank of Ireland; Trinity College with the Old Library and a look at the Book of Kells {a 340 page parchment wonder, hand-written and illustrated by Irish monks in the 8th or 9th century.} The list is endless.

St. Patrick's Day means dancing and music. Irish music was brought to the United States in the time of settlement. Irish Dance has made a big comeback since Michael Flatley and "Riverdance". A treat to watch all ages performing.

Castles, cathedrals, beaches, farms, sporting events and cultural events, and through it all warm, welcoming people.

Don't laugh and poke fun at the 'Little People' of Irish folklore. If you don't believe in fairies, don't test your luck. The characters, semi-supernatural, just in case you come across one of them.

BANSHEE: The wail of this silver-haired fairy signals a death, but she means well.

CLURICAUN: Silver buckles on the shoes of this boozy night-person.

FAR DARRIG: Dresses in red, makes mischief, especially black humor at its most terrifying.

LEPRECHAUN: Small pipe-smoking shoemaker. A miser, with great wealth, probably the most notorious.

Ireland: adventure, history, myths, but mostly the people.

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.

SO COME - EXPLORE WITH ME.

COLLEEN WALKER is a long time writer of comedy lines for TV and radio and has been published in numerous periodicals including SAN FRANCISCO MAGAZINE and THE NEW YORKER.

By Colleen Walker
San Francisco - California

T.S. Elliot's cats boldly talk back to their creator, even reminding him of what Groucho Marx thought of the poet's choice in cigars when the two had tea together.

Cats' R

FROM GROWLTIGER

"Hear, T.S. Elliot,
Easily, you sell me it
That I, well known Growltiger,
Yes, earned my name!
Since I padded the decks
And chewed mousie necks
The Thames, I say, clearly,
Has not been the same.
But, dear Documentor,
We couldn't prevent her
Dame Death came, McNabbed you
Around 65
Before you discovered,
That I'M STILL ALIVE.
Did you really think
I went down in the drink?
That sabers, dull knives, rusty axes



Colleen Walker in Paris with Tom
McChristy from San Francisco

Could kill ME—so wonderfully wicked,
Obnoxious.
Ten thousand Chinese
Couldn't take me with ease.
I hid in a sampan,
Although, bruised and nicked,
And made it to Bangkok
But not too darn quick.

So, I'm stuck in the East
Where the storms rise like yeast,
Disliking my diet ---
Wish you had to try it -
The roaches aren't yummy.
The treacle gets runny.
And it's truly unnerving
To find I'm hors d'oeuvre
On various and sundry
Bits of gum tree."

Response

THE OLD GUMBIE CAT

"It's sad, sad, sad,
Anthropologically mad
that a cat with my domestic skills
Is forced to eat from windowsills
Crumbs, dry and stray
When THEY'RE away.
They could leave out some cream; at least,
I'm not an ordinary beast.
And one with my distinct potential
should be treated reverential.
So, cream is what I want, and herrings,
After I take the rats for airings,
Bake them custards,
Trim their nails
Save them when they fall in pails
The other night, I thought I'd found
at last, some gratitude. And pound
My Heart! Assured as an angel's fate,
I saw a currant bun on my plate.
A bun with a plum! Oh my eyes
Are getting old. To my surprise,
What was there, plumped up just a little?
A dust ball with a raisin in the middle."



THE RUM TUM TIGERS

So, I'm perverse.
It could be worse.
I could be such a mamby thing
I'd genuflect and kiss your ring.
I'd toady worse than toads can toad.
Would you like that in your abode?
I'll wager not. I'll wager, say,
You want compliance every day?
Predictable and dull I'll be.
And never jump upon your knee
When Vicar Hollycraft's to tea,
Or on your picture puzzle pieces,
I'll be a prig that never ceases,
Modeling my life's behavior
After one who never gave your
Life one moment's trial or trouble,
The Wedgewood Cat. I'll be its double,
He who stands upon your stand,
Chilly to its master's hand,
But orderly, and holding flowers,
Tomb-straight, still, through all the hours,
No more guessing times for you,
For I will do what he will do.
Bet it won't be long before
You miss some paw prints on the floor.

JELLCLE CATS

Under the moon, oh sure, that's us,
Rolling round in moonlight dust.
Quick here! Make a quicksilver wish!
Stars are in our water dish.
At times, we like being rather small.
At times, it ain't no fun at all.
If we were longer, we might reach
In sweet accord, across the breach
That separates us from the sphere

Where Aries, Libra, soon appear,
So tantalizing in their dazz
As to move us fast to jazz.
Dry-toe dancing, cartwheels. So,
Watch us, and you'd never know
We're yearning in our blackened shoes.
Jellicle cats get "Jellyroll Blues."

SOME OF THE REST

Pekes and Pollicles, Pugs, and Poms,
All poets beg us to give alms.
Inspiration
Is our donation.
"We have much audacity,
Feline capacity"
For battling like Mars, the god
{Not Dante's fifth} on sod
Where Rumpuscat can't frighten
{When he's gone to bathe in Brighton.}
Page right through the cats-opedea,
Listen-lengthy to the media,
This twelve-legged crew cannot be found,
Mungojerrie, "Rumpy", McCavity. Zounds!
We're crooked with mystery. Won't deny
We put in a claw and pull out a pie,
Confiscate it from a larder
Or swipe the Crown jewels--which is harder.
Hear, T.S. Elliot,
Easily you sell us it,
You are a genius, Existential,
Always, treated reverential.
But
You've a flaw; so don't get head-full.
As Groucho said, your cigars are dreadful.

Real vanilla, nothing plain about it.



If you like vanilla, then you'll love this delectable trio. We take only the world's finest Madagascar vanilla beans, and combine them with our famous espresso, our finest imported Rooibos tea and even our creamy hot chocolate to create three authentic vanilla taste sensations like no other.



secondcup.com



By Donna F. Johnson
Ottawa - Canada

Since 1986 Donna F. Johnson has worked in the Ottawa region co-facilitating support groups for women involved with controlling and violent men. She is a co-founder of The Women's Monument, dedicated to the memory of women who have been murdered by their intimate partners.

This article was written to counter the mythology that women are in any way to blame when they are murdered by an intimate partner.

In Memory of Dr. Dorothy Halton.

BLAMING WOMEN FOR MEN'S VIOLENCE

STOP

Since 1986 I have worked with battered women and their children. After a few years I began to notice that an eerie pattern of silence and denial surrounds the killing of women. There is no hue and cry from an outraged public calling for an end to these murders. There are no politicians at their funerals. There is rarely any critical analysis contextualizing the murders within a pattern of control in the relationship and within the global and systemic pattern of male violence in intimate relationships. When a woman is murdered by her intimate partner, the community often blames her and offers excuses for the perpetrator's behavior. He is seen as a nice guy who snapped. She is seen to be the cause of her own death, for what she has done or failed to do.

Violence against women continues to be a major global social problem. Wife battering, rape, intimate femicide, honor killings, child marriage, genital mutilation, female infanticide, sex-selective abortions, pornography, trafficking in women's bodies.

In Canada, a country seen to be a leader in women's rights, there are more than 500 battered women's shelters spread across our vast land, providing refuge for over 100,000 women and children annually. This statistic represents only a fraction of the problem, for most abused women do not use the services of a shelter. Domestic assault still remains hidden and largely unreported to police. Women stay silent out of fear. They fear reprisal from the perpetrator. They fear the justice system, losing their children, their home, employment and immigration status. They fear injury and death. Separation is the time a battered woman's life is most at risk. On average, one to two women are murdered each week in Canada by an intimate partner.

On December 11, 2004, a 40 year old Ottawa physician was strangled to death in her upscale condominium by the Rideau Canal.

Dr. Halton was an accomplished musician, emergency room physician and outdoor enthusiast. Her ex-boyfriend Burns Coutts, 36, an expert with Environment Canada, was charged with first degree murder.

Media coverage was as usual. The accused was depicted as a happy, laid back, gentle guy. It was Dr. Halton who was the focus of public censure.

For all her talents and accomplishments, Dorothy Katherine Halton will live on in the collective media-shaped memory of this city as 'the doctor who could not



**The question is not, "Why didn't she leave him?"
The question is: Why didn't he let her go?**



**Dr. Dorothy Katherine Halton:
strangled to death in her upscale condominium.**

handle her personal life'. Strangled in her Ottawa condominium, Dr. Halton's so-called psychological deficits and relationship failures - paraded through the newspapers. She purportedly had a history of abusive relationships, a weakness for men, a rescue fantasy, a repetition compulsion. She was 'a woman who loved too much'. If there is a lesson to be learned from her tragic and untimely death, we were told, it is that women of all social classes can suffer from these debilitating and potentially fatal disorders.

This is women-blaming claptrap.

No woman is responsible when she's raped, when she's battered and least of all when she's dead.

Yet it seems the more egregious men's violence, the more blame heaped upon women. Not his control. Not his rage. Not the terrifying cruelty and brutality of his actions. It is her kindness, compassion and loyalty that are constructed

as aberrant. It is she who needed psychiatric help. It feeds the myth that violence against women is rare or exceptional and that if women just continue to work on themselves and avoid the wrong guys, they will be safe.

Dorothy Halton was murdered during the annual international campaign: 16 Days of Activism Against Gender Violence.

In the same period, Donna Chisholm, 45, was battered beyond recognition and dumped in a cart by the Vancouver docks, and Toronto teacher Aysegul Candir, 47, was shot to death in the parking lot of her school. Both these women were trying to end relationships with the men who killed them.

*** Women do not passively accept abuse. The fact is, separation is the time a woman's life is most at risk. The question is not, "Why didn't she leave him?" The question is: Why didn't he let her go?**



This is women-blaming claptrap.

Nominate someone.

The Adeste Prize

www.adesteprize.com

By Nick Chan Liu
Hong Kong

Your logo is not that important these days, as most customers have no motivation to remember the subtle intricacies or bizarre approaches to logos to stimulate a crave. They are already overflooded with colorful graphic look-a-likes and continuously regenerated blasts.

Today's clients are in need of a simple name to follow and remember until the next time a need arises.

Names have replaced logos and have dramatically changed the rules of corporate and product branding.

THE NEW CHALLENGE

So what good are names if your clients can't see, hear or speak about them and what good are the products and services if they are invisible?

What is quickly killing big branding is the dramatic impact of e-commerce and how a marketing message is delivered to the end user today. Gone are the days of big budget billboards and massive blitzes in print with the constant hammering of fancy corporate logos supported by extensive graphic treatments as the main selling proposition.

HOW IMPORTANT IS YOUR LOGO



Corporations, which have heavily relied on graphic design, logos and too many colorful themes while ignoring the real names, are facing some new challenges. As the logos have lost their power, the companies now have to reinforce their ignored name as a solo warrior. Previously, names were basically seen in print; today they are mainly typed in cyberspace.

CAN THE EYE REALLY SEE YOU

Type your business name in {google}. When a name is used in business, it had better stand up with the competition.

Big branding has been taken over by fluid Web pages and powerful URLs. If viewers can't see or find you easily, it becomes a serious crisis for your corporation.

CAN THE EAR CLEARLY HEAR YOU

Talk, whisper, yell out your corporate name to all of your clients/colleagues/strangers! If you've chosen correctly - they will not have heard the name before - unless it was related to you.

If these people do not get a clear audio signal ... then, the mind is ignoring the name and shuts it out. With cell phones and voice-over on the internet - if a name is not precise and clearly audible: it becomes noise to deaf ears.

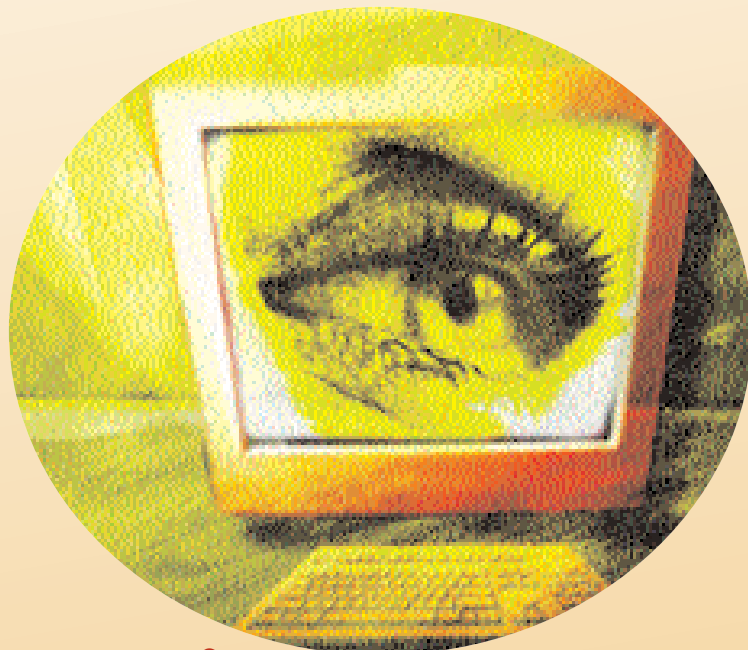
WILL PEOPLE TALK ABOUT YOUR NAME

How many different ways can the name be spelled? Are there serious flaws in its alpha-structure, whereby a supposedly great and creatively good name continuously gets confused and is either lost in spelling or the customer forgets that there is a dash or a slash in between?



Gone are the days of big budget billboards and massive blitzes in print.

90% of business names have very serious limitations, burdened with extra luggage often unknown to the corporation. Sales and marketing suffers, while branding budgets become nil.



Can the eye really see you?

THE SOLUTION

The more simplistic – the better for your name. No need to ponder for months through feasibility studies.

Forget about how and where you got the name or how much you have spent. Concentrate on the facts. How diluted is it? How confusing is it? How many ways can the name be spelled and: what is its long-term future?

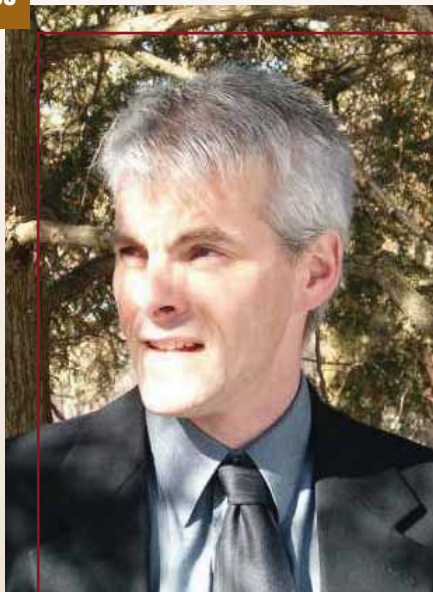
Create an open debate and use the latest technologies to solve the issues. The big branding circus and the traditional name generation practices are often the traps that bring about the problems.

Names can be fixed easily; all you need is to recognize the problem and follow the strictest rules and laws of corporate naming so as not to repeat the problems.

Big logos will not solve your marketing challenges.



What is killing big branding is the impact of how a marketing message is delivered.



By Tom Adams
Toronto - Canada



Tom Adams is executive director of Energy Probe, a Toronto-based think-tank. www.energyprobe.org



P R I V A

With bankruptcies and blackouts on Ontario's electricity horizon, the Ontario government is poised to shelve plans to create a competitive market. Instead, it will remain with the monopoly system that has brought Ontarians some of the highest costs on the continent. To boot, it is likely to soon become one of the continent's most unreliable power systems.

The government is doing so driven by fear of repeating

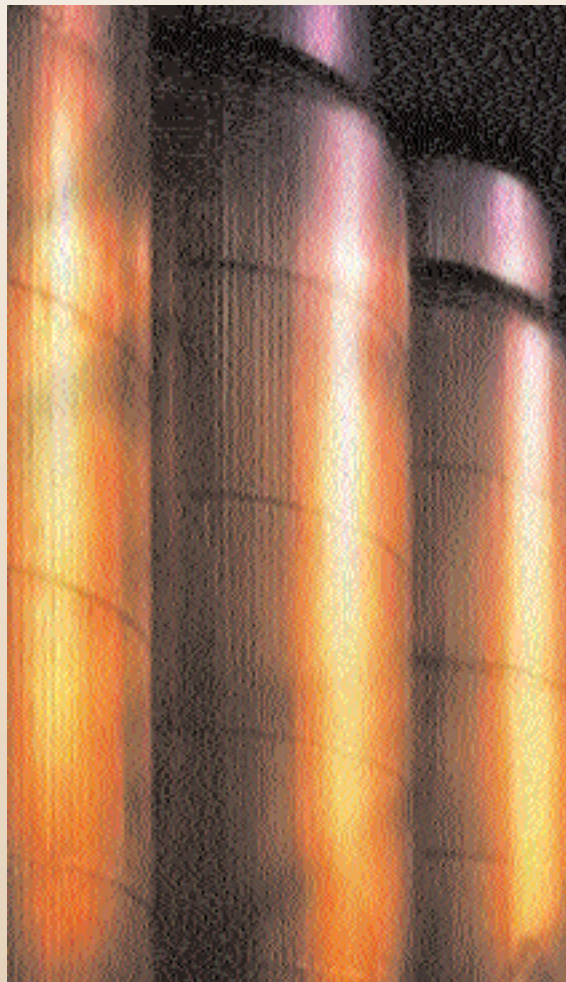
a California-style fiasco. It doesn't realize that California's trouble occurred because that state failed to implement a market-based system and that, almost without exception, consumers have benefited whenever power systems were privatized and deregulated.

The U.K. privatized its power system in 1990 in what was then, and remains today, the largest power privatization in history. The typical



domestic electricity shopper in the U.K. now pays £115 per year less for power - from £365 in 1990 to £250 in 2002 - a decline of 32%, and that's after accounting for inflation. The U.K. story is even better for consumers who decided to shop around to obtain the best price for power - different power companies suit different customers, depending on how much power the consumers use, and when they use it. Since competition came to the domestic market, the typical electricity shopper saves about £32 on their annual bill, on top of the £115 per year that they save without bothering to shop.

In the United States, most of the country is awash in cheap electricity, after deregulations unleashed a building boom in power plants. The single most successful U.S. power market is known in electricity business circles as PJM, short for the interconnected Pennsylvania, New Jersey and



Maryland system. Here, competition especially delivers cheap power during peak periods. From 2001 to 2002, peak prices dropped by more than 50%, from \$307 for the highest priced 100 summer hours to \$138 during 2002. The price then dropped another 40%, to \$97, during that last summer. The reason? Plentiful private investment in new generation - something Ontarians lack - kept peak prices low. Prices should continue to drop because last October a nuclear utility serving Pennsylvania consumers finally eliminated the last of its stranded costs - most of them related to ill-advised investments in nuclear reactors and contracts for independent power - that were entered into during the system's previous monopoly period.

Electricity generators provide their citizens with cheaper, dependable power.

PRIVATIZATION'S POWER

Governments that privatize electricity generators provide their citizens with cheaper, dependable power.

Why is Ontario, Canada heading into darkness?

Privatization is fragile because of the nature of politicians.



In Australia, power markets proved a great winner, too. After the state of Victoria privatized, power rates dropped and investments soared. Privatization fever then struck other Australian states in the populated south and east coast. The investment boom in South Australia led to a 30% increase in generating capacity between 2000 and 2002 alone.

But privatization is fragile, not because of the nature of electricity markets but because of the nature of politicians. After labor unions struck the power system in the State of Victoria during the hot summer months in 2000, the government panicked and froze power rates. The system soon developed serious shortages. Rotating power cuts became common. Its interference wrecked the market. With rates frozen and the government unreliable, investors lost confidence and fled to neighboring states. Neighboring South Australia, although it was also affected by the strike, and although it also experienced a hot summer, fared better. Its government didn't lose its nerve, and it resisted the temptation to intervene. Although prices temporarily peaked, investment flowed in and South Australians are now reaping the benefits of low prices.

Even where rates rise, as happened in Alberta following prices hikes in natural gas, the benefits of markets are clear. Alberta's government started introducing competition in the mid 1990s because the former regulated system was not modernizing and meeting the needs of a rapidly expanding economy. From 1998 to 2003, the electricity efficiency of the economy, based on the amount of power sold through the electricity market, increased by almost 9%. In 2002, demand was 16% higher and natural gas prices were 40% higher than in 1999. Yet power prices increased by an aver-



**Taxpayers win big, even when prices
plunge for consumers.**

age of only 2.8% in 2002 compared to 1999. Between 2001 and 2003, the energy efficiency of power generation in Alberta improved by over 40%. Competition worked as expected, creating downward pressure on prices due to rising investment in new, more efficient supply.

Consumers aren't the only beneficiaries of privatization. Taxpayers win big, too, even when prices plunge for consumers as in the U.K. The proceeds from the U.K. privatization amounted to £21-billion. In addition to that one-time benefit, taxpayers are now rewarded annually, with the now-private companies having become among the country's largest corporate taxpayers. Following privatization, the government has received £8-billion from the corporate taxes paid by the electricity companies. As with other competitive jurisdictions, the U.K. is awash in power.

In Ontario, in contrast, the average bill has risen dramatically since 1990. Power supplies have become insecure, the more so given the province's increasing reliance on nuclear power, and Ontarians face rotating blackouts whenever the summer gets too hot or the winter too cold. Public power gives its advocates a warm, fuzzy feeling. For everyone else, it raises the spectre of freezing in the dark.



Privatization's Power

Rotating power cuts became common. Its interference wrecked the market.





By Chiara Liburdi
Dundas - Canada

Imagine my surprise when my dad, the engineer, came home from one of his regular business trips to Dimetrics and Turbine Services in North Carolina to announce that we were now the proud owners of the oldest and finest spring in the Carolinas. Apparently, my uncle Dominic had located this pristine wooded property adjoining the Latta plantation and once my dad tasted the water, he decided to buy it and restore the old spring house. From turbines and superalloys to bottled water; the personal interests of our family were moving us all into a new business venture.

For the next year, dad would spend his weekends reading about water and the importance of its chemistry. He drove us crazy with endless revisions to the new label, that was recreated by my cousin Justin, from the original artwork in 1911. The more my dad learned, the more passionate he became about the need to educate consumers and I came to realize how fortunate I was to have grown up drinking good mineral water right from our kitchen tap. It seems that when my father built our house 35 years ago, he had intuitively rejected the recommendation from the leading water softening company to drink softened salt laden water and installed a separate fresh water line for our drinking and cooking water supply.

So, what can be said about water that the average person doesn't already know?

What is it that

YOU don't KNOW

ABOUT THE WATER

YOU DRINK !



The restored 1920's Spring House on the 52 acre Midas property in Hunterville, North Carolina: It has a glass topped reservoir to hold overflow of the spring and a beautiful rock waterfall and was a popular location in the community, used often for wedding and church receptions.

The most startling might be that the two top selling, very aggressively marketed waters may be detrimental to your health; both employ reverse osmosis, a technique which totally depletes water of minerals, such as calcium and especially magnesium, which aids in the absorption of calcium and is essential to cardiovascular health.

Did you know that the term 'mineral water', once synonymous with bottled water, carries with it an inherent implication of healthiness because in the past all European waters had varying concentrations of minerals depending on the geological conditions of the naturally occurring springs? For example: German waters usually have a very heavy concentration of minerals, while Italian and French waters are generally lower in total dissolved solids, which is preferable.

Pure healthy water is one of nature's greatest gifts. Our MIDAS SPRING WATER, from a natural spring in Huntersville, North Carolina, is a good example of ideal balance. Since 1871, it has gained a reputation as restorative water, first acclaimed by the Catawba Indians who believed that the water had restored a brave's health, and since then testimonials crediting it for relief from kidney stones, skin ailments and increasing longevity have been part of its history.

One of the most important aspects of MIDAS, according to Melissa Rogers, a Wellness Counsellor in Charlotte, is its purity. When water is pure, it hydrates the interior of the cell. This will actually detoxify you by pushing out toxins in the outer cell. If you are drinking pure water, you should never feel full or bloated. This has been important to professional athletes and workout enthusiasts.

Unfortunately, you do not know much about the water you drink because unlike Europe, the FDA does not require bottlers to publish the composition of the water on the label. In contrast, you do know from the MIDAS label that it has a full spectrum of mineral content and that its total dissolved solid content is an ideal 130 ppm. Your body needs minerals to function efficiently; however, your kidneys would prefer that their concentration be less than 180 ppm. The dissolved solids number found in bottled waters is a measure of the minerals in parts per million that are dissolved naturally in the water. The most beneficial range for health water in Europe is between 80 and 150 ppm.



The Evolution of Midas bottles:
Current, green glass and original Seltzer

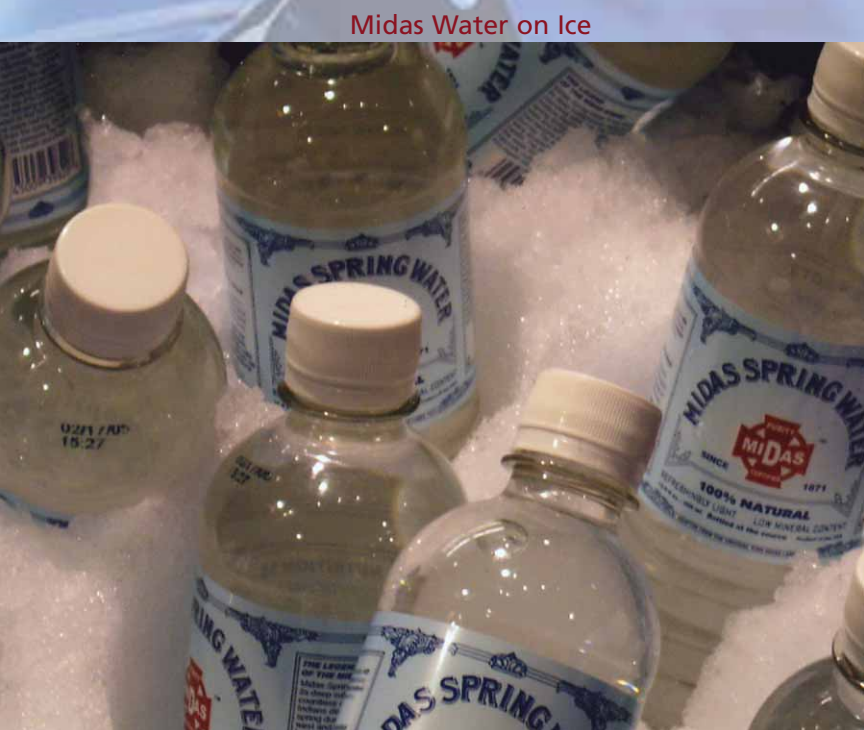
I'm wondering how many are conscious of the fact that the perfect Ph of water is slightly alkaline: between 7.0 and 7.5? MIDAS has a natural Ph of 7.2. I learned from Melissa that your body functions at a higher efficiency rate when slightly alkaline and that research indicates that cancer, parasites, bacteria and fungus cannot grow in an alkaline body.

Some waters like reverse osmosis, distilled and high mineral content waters, are very acidic and can be detrimental to your health. You don't want this.

Quite incredible - is the fact that MIDAS has yet one more exciting benefit. It has a 4 to 1 Calcium/ Magnesium ratio. This is the perfect ratio for absorption.

For calcium to be absorbed into the bone structure, it needs a binding agent. Magnesium is most often used to accompany calcium in a 4 to 1 ratio. In a recent {February 2003} review by Dr. Frantisek Kozisek, M.D., Ph.D. of the National Institute of Public Health in the Czech Republic - the referenced studies indicate that the presence of over 5% magnesium in drinking water - can lead to a dramatic reduction in cardio vascular disease and its absence in distilled or reverse osmosis treated water, can lead to health difficulties resulting from magnesium deficiency. What this means is when you drink a good mineral water, you are strengthening your bones and supporting your arteries.

North Carolina has been a tremendous find, for us. We've now taken MIDAS, a proud supplier of healthy drinking water, to the Charlotte-Mecklenburg district schools and to the Peak Fitness Nascar team in North Carolina, to Health Food Stores and Fitness Centers - and we're making a distinct difference by providing some of the finest water in the world and raising awareness of the average water consumer so that in spite of mass marketing, informed and healthy decisions can be made. www.midasspring.com.



Midas Water on Ice



By Peter Chipman
 Director Planned Giving/Major Gifts
 Variety - The Children's Charity
 British Columbia - Canada

Recently, someone asked me "What do you do?" And I replied; "I have the best job in the world. I am a philanthropy facilitator!" Now when I say that, the usual response is "huh?" or "what?" and it stimulates more conversation. But it is true. I have the best job in the world.

I get up every morning and go to work at Variety - The Children's Charity knowing that I am 'giving back' by raising money for 'children who have special needs' in British Columbia and by helping people with their philanthropy decisions, large and small. It is a win, win, win situation. Our charity has its roots in show business, the movie and entertainment industry and that, as you will see, is how I became involved.

I Have the Best

The Love of Special Needs.



Forty years ago, if you had told me that I would grow up to be a fundraiser I would have laughed at you. Back then, I had only recently graduated from an eastern university with a business degree, moved to the west coast and started my business career as an investment advisor or 'stockbroker' as we were then known.

Looking back over the years, I see that I have done so many things in my life in order to arrive at the point where I am today. The Navy Reserve helped me through university and I spent time at sea becoming a navigator and then an instructor in coastal navigation, cementing a lifelong love of the sea.

Music has also played a huge role in my life {still does} from middle school onward. So in 1977 I resigned my position as a stockbroker to pursue a career as a singer and entertainer in North America and Europe for the next 12 years. That brought me into contact with Variety and I was able to use my abilities as a singer and entertainer to help children with special needs.

I retired from the life of a professional entertainer to become a business partner in a yacht charter and sailing school enterprise in 1989 {back to the sea}. Then after 5 years I retired again thinking, that it was time; that this was enough, that I have a wonderful life partner, best friend and spouse with whom to share the rest of my life, but you know ... it wasn't enough.

I needed to work and to give back to the community, just as I had been taught by my parents as I grew up. So I reinvented myself yet again. Back to school at the age of 50 for management and planned giving courses, to learn about legacies, trusts and endowments and brush up on my financial advisor tools related to charitable giving. But the best was yet to come and that's 'the people' part.

And I am a 'people' person. Everyday I talk with donors to our charity, helping them with their charitable decisions, thanking them for their support, engaging them in our work with special needs children and letting them know in a personal way just how important they are to our charity. And yes, of course, we talk about legacies and charitable gifts and how they can make a difference in someone else's life.

Job in the World!

In the process, I learn about their lives and what makes them want to give back to their community and to us. We share stories about children, about show business, about our 40 years of presenting the annual Show of Hearts telethon and yes, we become friends. Sometimes in person and sometimes only by telephone.

But the best part - is the people part: the learning, sharing and realizing that we are all of one global community, that we rely on each other and that individually we can make a difference in the lives of others as we rally to help those in our own environment, or across the seas and the tsunami survivors.

So, if we meet on the street one day and you ask me what is it that I do, I will tell you that I am a philanthropy facilitator and that: I have the best job in the world.



Performing at a Variety children's event.
A special needs child who came on stage, for a hug.



Dreams that you can help fulfill.

THIN'K'ERS C*RNAER

POPULATION OVERL*AD

WHAT IN THE WORLD IS GOING ON!

By the Year 2050: The World population will reach 9.3 Billion or a Growth rate of 77 Million people per Year.

DID YOU KNOW ?

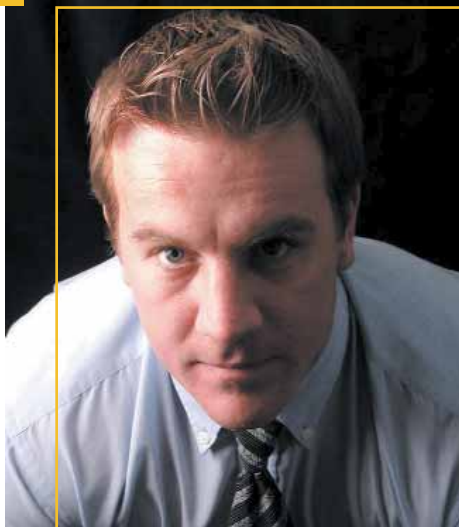
In Just '5' years – There were 300 Million UNPLANNED pregnancies Worldwide {Not including 3rd World} with 700,000 Women dying as a result of.

There's a HUGE, unmet need to rectify this! Hundreds of Millions of Women Globally – DO NOT WANT TO BECOME PREGNANT.

How can society help! Is there a solution? You decide.

[CLICK HERE](#)





« HALF TIME

By James Mansell
Montréal - Québec

Sports INTEGRITY

I predict that more and more athletes will realize that integrity in sports and in life is the way to go

Hi Folks!

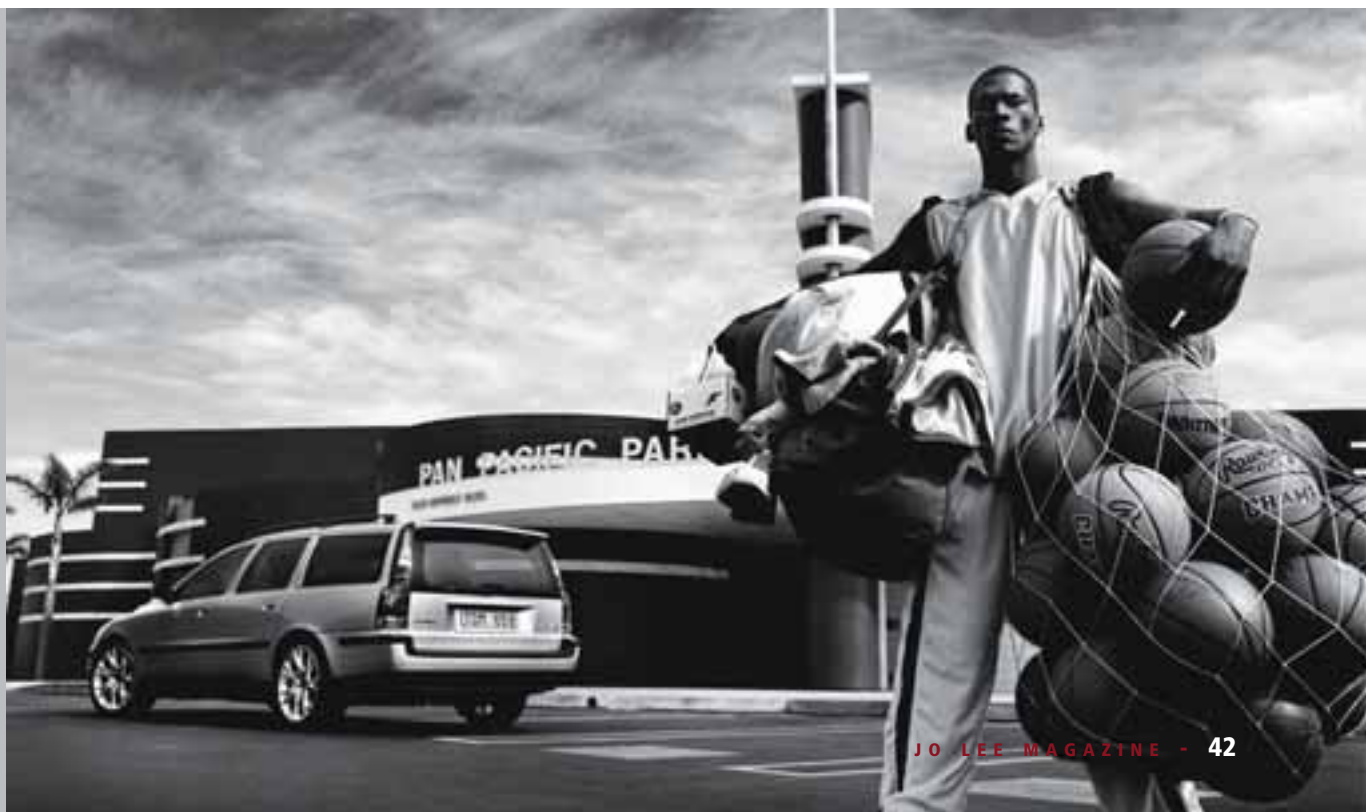
Just when you think there is nothing to look forward to in sports, you find a decent story that makes you rethink all that you have heard and read.

I was so graciously saved on Super Bowl weekend when I watched the New England Patriots. They gave me new hope and I believe they can become the model for all professional sports in the future. Winning before money,

sacrifice for the better of the team, prepare better than your competition; hire quality people that will follow your team program. Sounds to me like a great business model.

I'm having a hard time watching sports these days. It seems to me that it's scandal after scandal. The games seem less important to the sub-plots of players' lives. We rarely hear the good stories of our favorite athletes. We

Being true and honest: to your work, fans, sport.



seem to focus on all the bad sports' seeds. Is it because the media needs to shock us ... so as to hold our attention-span for more than five good minutes!

There is one key word that I find lost today, in sports.

I believe that after all the scandals witnessed over the past couple years, we finally understand the importance of integrity. Being true and honest to your work, your fans and your sport.

I don't know about you but ... I'm watching sports these days and not seeing a lot of integrity. The NHL players are locked out because they can't accept a salary cap; major league baseball has finally agreed to test their players for steroids; and professional baseball players are accusing one another of using illegally banned substances. Several basketball players have made statements that they only give one hundred percent on certain nights. Where are the core values of professional athletes? Where's the integrity to your sport? Obviously, this in no way applies to every athlete so STOP! Let's together get rid of this kind of stuff that we are constantly bombarded with.

* This summer, why not nominate a special person for the ADESTE PRIZE. Do you have a coach, teacher, employee that deserves to be recognized? Take a sec and applaud those who achieve for others. www.adesteprize.com Congratulations to those nominated and to our 2004 recipient: Philip Arkell, presently working in the Niger Delta.

Have a great summer!

To Write James: [Click Here](#)

** James Mansell, - 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.

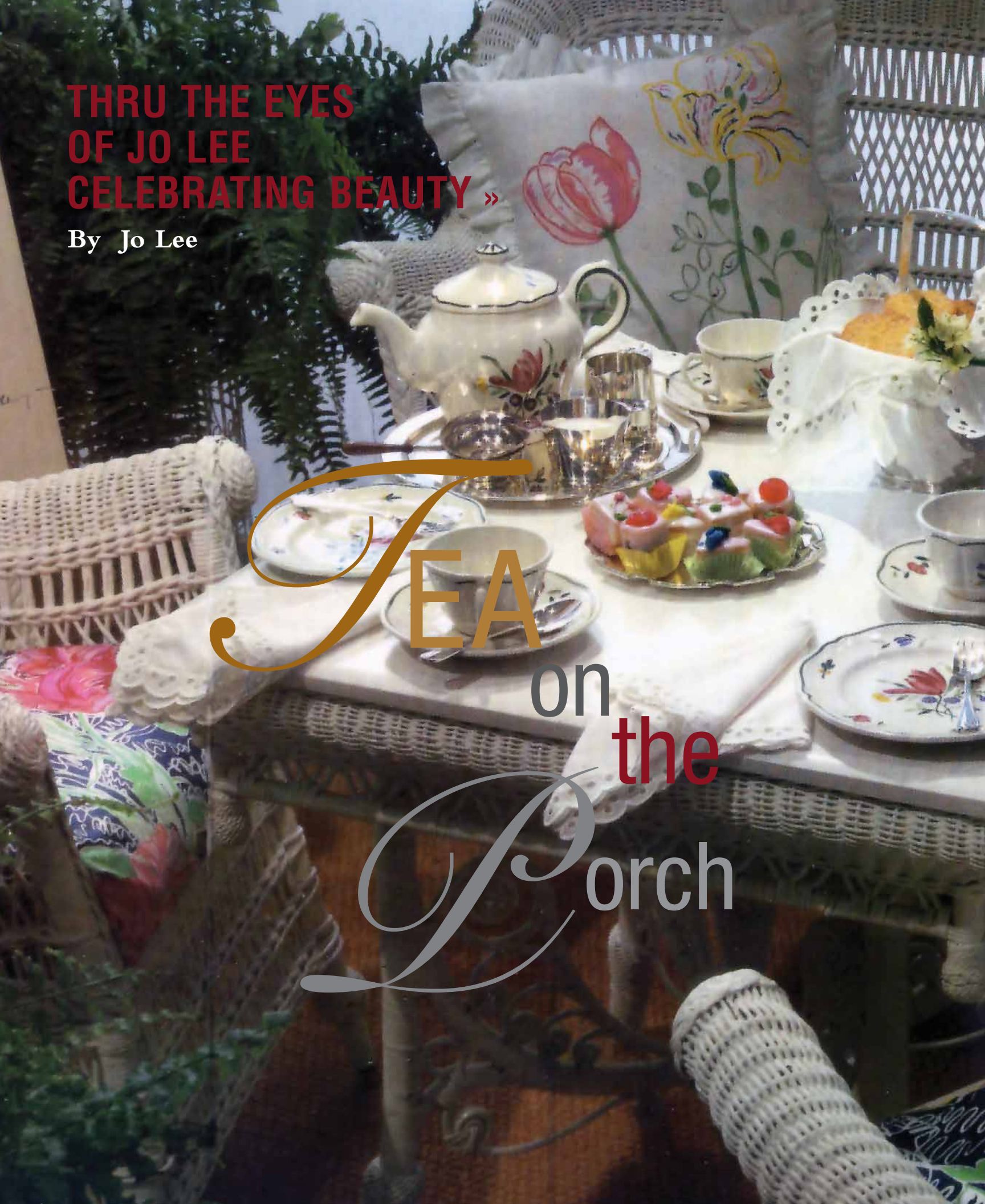


We seem to focus: on all the bad sports seeds.

THRU THE EYES
OF JO LEE
CELEBRATING BEAUTY »

By Jo Lee

TEA
on
the
Porch



O hh, what an encapsulating time of year. I accumulate all of my special I.O.U.s for tea and cocktails during summertime fun at waterfront dining spots with huge umbrellas and/or heating lamps and blankets: when day turns to dusk.

Happy Summer - dear friends!

Spring has slipped away for another year as the months of rebirth and color leap to center stage. There is certain freshness in the air once spring begins. And then, we have the magic of Summer with its caressing warmth and long and sparkling days.

So please, come with me once again, and let's brilliantly frolic this summer day away in the midst of an old-fashioned summer tea party - on the screened porch.

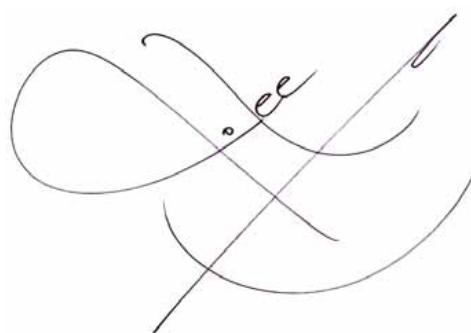
The easel, to the left of the photograph, holds a preliminary fabric design study signed "Carleton Varney." The white Wicker Garden furniture is cushioned in Carleton V's 'Growing Wilder,' whose tulips are repeated on a hand-painted pillow.

Traditional French country 'Trianon' earthenware with its 'Strasbourg tulip', coordinates with the fabrics. Its contours are echoed by Tiffany's 'Flemish' sterling silver flatware. Lace napkins and Boston ferns carry on the Edwardian note of the white wicker.

A ceramic garden hat by George Sacco sits on the settee. The tea party {low-carb cakes} will be devoured by my two guests, and me.

The title of this afternoon is: Contemplation. Of course, the conversation will be as free as the day and so ... where it leads is a mystery until the dusk lingers amongst the sea-water. Waiting until dessert has been relished by all.

Saluti, dear friends. Happy Summer - until we meet again.





« POLITICALLY RED

By Lani Silver

San Francisco - California

PART II

FROM Oral Historian to Rock Star

My life has dramatically changed only twice. Once when I was 20 and once now.

The first time was when I went from being a 'conservative' to a 'liberal' within a twenty minute period of time. I was driving through a township called Alexandra in South Africa and was horrified to see an endless sea of poverty, dust and rats.

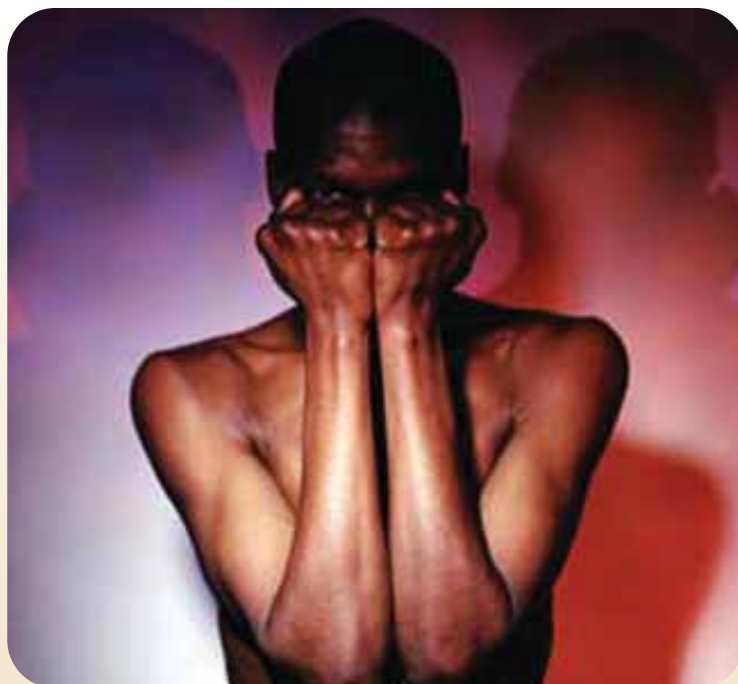
I was visiting my cousins who lived close by.

That night, after seeing this terrible sight, I pulled my parents aside and told them of my revelation: "This morning I was a conservative and tonight I've become a liberal. I am going home to be an activist." My Dad was relieved and said: "Thank God, it's about time." My Mom on the other hand, got all teary-eyed and said, "Oh that's so sad. I always wanted you to have minks and diamonds and now you won't." That was 36 years ago. I've been an activist ever since.

I've spent most of my career as an oral historian, documenting the stories from Cambodia, Rwanda, the Holocaust, racism in the South, Bosnia, and elsewhere.

In the last century, 150 million people have been murdered in genocide and war. I've coordinated almost 4,000 oral histories. Some days I think I cannot hear about Auschwitz, Tule Lake or the Killing Fields for one more second, and then I find myself automatically scheduling the next interview.

Some days I think: I cannot hear about racism any more!



* But the SECOND dramatic change I've experienced is happening right now: from being a 'stressed out' person to being more relaxed. And as a bonus, I've lost 40 pounds!

In short order, I'll go through what will be my THIRD major life change. I've been a genocide oral historian for 36 years and when the two CD's I've spent five years making are promoted, I'll be a rock star! Get out the spandex!

My 36 years have been devastatingly hard, but always there was music. Now, finally, my CD's are DONE and with the right management around me - I'm poised for my new career.

So I'm thinking about what life as 'the new me' will be like? Should I wear black spandex or pink glitter? Should I punk up my hair or wear it as it falls? Will I be shy on stage or confident? Should I let it matter that I'm over 40? My conclusion: *I'll be my own creation of a Rock Sophisticate - for duplication is not me.*

To Write Lani: [Click Here](#)

* Lani Silver - historian, artist, free-lance writer, and Lecturer. For 16 years, Lani directed San Francisco's landmark Holocaust Oral History Project, conducting 1700 oral histories with Holocaust survivors and witnesses. Lani is co-discoverer of 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. 53,000 testimonies. Lani is currently the Project Director for the James Byrd Jr. Racism Oral History Project. How has racism impacted your life? Please write: byrdproject@aol.com.



Most of my career has been that of an oral historian.



The second dramatic change in my life:
is happening right now.



« 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.

ALASKA

DOUBLE MUSKY INN

Girdwood - Alaska
907.783.2822

This is a beautiful log cabin 800-1000 sq. foot restaurant, 45 miles south of Anchorage, serving one of the best Pepper Steaks you've ever tasted. The cuisine has a Cajun and Creole influence.



ARGENTINA

LA TABLITA

El Calafate-Patagonia
Argentina
0.2902.491.065

With a visit to the Perito Moreno Glacier we were hungry. It was still light at 10:30 when we arrived at La Tablita. The lamb was young and tender as was the beef, cooked on a type of cross, right over a bed of coals with Chef in full view. The boiled potatoes were delicate and had a just-picked flavor. We enjoyed a Malbec red wine. A Grand Reserve 2002 tinto vino.





CANADA

SOOKE HARBOR HOUSE

Sooke Harbor House Inn
1528 Whiffen Spit Road
Sooke, British Columbia V0S 1N0
011.250.642.3421

This Inn is located 23 miles west of Victoria, has 28 rooms and offers vistas of the Olympic Mountains and the Strait of Juan de Fuca. The owner, Sinclair Philip, introduces Canadian wines, with most of the food served coming from Vancouver Island or surrounding waters. The sashimi of halibut was caught the morning we visited and served with wild sea asparagus.

EUROPE

MONACO

Le Louis XV
Hotel de Paris
Place du Casino
Monte Carlo 98000
011.377.92.16.30.0

The cuisine is French/Mediterranean and very expensive. The hotel is worth the trip just to see the grandeur of a past era. The menu is a veritable symphony of tastes, composed and conducted by Frank Cerutti. It changes with the seasons and includes a number of themes: the vegetable garden, the sea, the farm and the pasture.



PHILIPPINES

HOTEL MAKATI SHANGRI-LA MANILA

Cheval Blanc
Makati City 1200
011.63.2.813.8888

Manila is the largest city in the Philippines and this restaurant is one of the most interesting with its Japanese/French cuisine. It is a moderate priced restaurant with wine from the Bordeaux region of France.



UNITED STATES

ACQUALINA

Chicago North Side
4363 North Lincoln Avenue
Chicago Ill. 60618
OII.773.770.4363

This new California-Mediterranean restaurant is different. The translucent bar glows in different colors as the evening progresses. Fire roasted mussels' aroma hit as you enter, enticing one to order them. The packet of smoked wild salmon filled with tangy marinated cucumbers on a bed of avocado purée, served with crème fraiche, was wonderful.

BLUE HILL AT STONE BARN

Pocantico Hills - New York
OII.914.366.9600

Run by David and Dan Barber with Dan as Chef, they've taken the idea of eating locally - to the extreme. The plan: to eat everything from an 80 acre organic farm with all meat coming from the Hudson Valley.

This Restaurant is on the Rockefeller Estate in the cow barn. It is pricey, divided into categories of: 'Farm Eggs' / 'From the Sea' / 'Our Pastures' / 'Hudson Valley Pastures'.



5 ONE 6 BURNS

Sarasota - Florida
OII.941.906.1884

This small, intimate restaurant owned by Beth and Cary Taylor, is a wonderful surprise! It is located in a 1900's house with a porch and an outdoor Cabana. The food is outstanding with soups topping the list. I had salmon salad: a beautifully grilled piece of salmon placed on top of fresh field greens. The great banyan tree shields one from the sun.

HILTON WAIKOLOA VILLAGE RESORT

Donatoni's
Hawaii Island, Kohala
1-800-Hiltons

This is the most exciting place to visit! A helicopter ride to Kilauea Volcano shows you colors you didn't know existed and the thrill of seeing the center of the earth is awe inspiring. Stay at the Hilton, a 62 acre oceanfront Waikoloa village. Donatoni is located in the hotel - a romantic treat serving authentic Italian cuisine.

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

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« BODY AND SELF

By Andrea Buckett
Doctor of Homeopathy
Toronto, Canada

You Are What You Ate

« You'll Become What You Eat »

And I'll bet the sweeps, on that!

Q: I was recently told that I should add protein powder to my morning smoothie. Isn't that just for body builders?
Kay, British Columbia, Canada.

A.B: Protein powder will be an amazing addition to your morning smoothie, Kay. While the muscle building potential of protein has been emphasized for body builders, its benefits reach far beyond. Protein is second only to water as the most plentiful substance in the body. As we age, our body's ability to construct protein begins to slow down - one reason we lose muscle tissue and gain body fat. Every minute our bodies are rebuilding and replacing about 200 million cells. The raw material required for this: PROTEIN!!! High quality protein powders include whey protein and fermented soy protein powder. Whey gives us the best absorption, while fermented soy is a good alternative for vegetarians. Protein in the morning will help maintain normal blood sugar levels, increase fat burning, increase your level of alertness and boost your immune function. Ideally, your morning smoothie should consist of fresh or frozen fruit {berries are the best choice}, a good fat {flax} and a high quality protein.

Research the many varieties of breads and pastas available.



Help! I had to eliminate
wheat from my diet:

what can I eat?

Q: If green tea contains caffeine, why consume it instead of coffee? *Angeli, New Hampshire, USA*

A.B: A good question Angeli. The short answer - you can consume three cups of green tea or one cup of coffee and get the same amount of caffeine. Hundreds of studies have been done to determine and validate the beneficial compounds of green tea. One known as epigallocatechin (EGCG), inhibits tumor growth and is the most promising, natural anti-cancer compound ever discovered. It also protects the heart and arteries from free radical damage. In 1999, several studies showed that green tea was efficient in inhibiting the Cox -2 enzyme, which causes pain and inflammation in those with arthritis. In fact, this compound found green tea was shown to be just as effective as prescription anti-inflammatory. Another impressive compound found in green tea is L-Theanine. L-theanine has been shown to negate the negative effects of caffeine, including hypertension and sleep disturbances. It also promotes relaxation without drowsiness, improves learning and concentration, supports immune function and reduces cholesterol. To reap the benefits of green tea - consume at least 3 cups a day. It's also wonderful chilled with some fresh mint lemon and honey.

Q: Help! I had to eliminate wheat from my diet, what can I eat? *Frank, Wellington, New Zealand.*

A.B: This is disturbing news for many. Refined wheat is one of the most over consumed foods in North America. It presents itself as - baked goods, pasta, bread and bagels. So reducing overall intake is good advice for many. However, you do not have to go without those foods. There are many varieties of breads and pastas now available. Check your local health food store for items made with rice, spelt or kamut flour. While different in taste and texture, these varieties can satisfy the occasional cravings for these marvelous comfort foods.

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

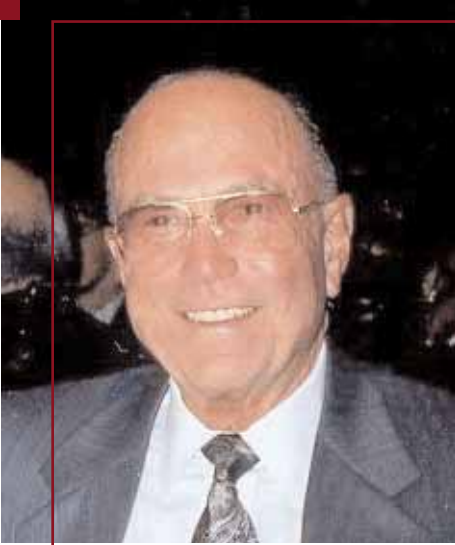
**Andrea Buckett, Dr. of Homeopathy, lecturer, writer, health coach - graduated from The Homeopathic College of Canada and her private practice today, is a passion in pursuit of educating the public on alternative health and nutritional ways.*



As we age, our body's ability to construct protein begins to slow down.



Protein equates muscle building potential.



« PROS & EX.CONS

By Creaghe H. Gordon
President
Global Enterprise Solutions, Inc.
Los Gatos - California

SEXUAL ABUSE

IS THE

PUNISHMENT ADEQUATE?

Sexual crimes cause extreme victimization.

Sexual abuse is an extremely serious problem, but is the problem being properly reported and are the criminals being properly punished? Is there a lack of punishment? Abuse by priests has been dominating the news but are they the big offenders? What about educators and other clergy? Are we unfairly punishing sex offenders?

The following statistics may change your perception.

REPORTING AND PUNISHMENT

Who are these victims?

The US Department of Health describes the victims as follows: 67% are under the age of 18; 34% are under age 12; 14% are under age 6.

Fifty one percent are white; 25% are African American; 15% are Hispanic; 3% other.

Who are the offenders?

EDUCATORS:

27% of sexual harassment of students was conducted by adult school employees. Teachers comprised 81%. Fifteen percent of students will be sexually abused by a member of the school staff.

- Most cases of sexual abuse of students by teachers are never reported.
- 44.4 % were spoken to informally, received a reprimand, or the superintendent determined that the teacher hadn't meant to sexually abuse
- 16% were teaching in other schools.
- All but 1% of these teachers retained their teaching license.

CLERGY:

Statistics seldom reported in the media

- United Methodist Church: 17 percent of laywomen implicated their own pastor.
- Protestant pastors: about 10% percent were sexually active with a parishioner. {Graduate Theological Union, Berkeley, California}
- Catholic priests: Pedophilia affects 0.3% of the clergy per non-Catholic scholar Philip Jenkins. 1.3% of 2,252 priests, in the Chicago diocese had been accused of sexual abuse.
- Southern Baptist pastors: 6.1% of respondents admitted to having sexual contact with a person either currently or formerly affiliated with their church

OTHER:

There is very little abuse in Daycare {.05%} or in the home {.09%}

There is very little abuse in:
daycare\0.05% or in the home\0.09%



FAIRNESS OF SEX OFFENDER REGISTRATION LAWS

Sexual crimes against children cause extreme victimization, both immediately and often well into adulthood. The principal reason reported for revocation of teacher certificates is sexual misconduct {Whiteby, 1992}. Such crimes are commonly called 'Concealed Crimes' since they often go unreported. However, are we unfairly punishing sex offenders?

Figure 1 shows that the relapse into criminal behavior by sex offenders is the lowest of all offenses. Every state has a so-called 'Megan's law.' These laws require convicted sex offenders to register with local authorities after they are released from prison. Such information is typically available to the public through print and Internet sources.

"There is a category of people who are presumptively not dangerous," said U.S. Supreme Court Justice David Souter, offering the example of someone convicted of public exposure, or of a 19-year-old having sex once with a 14-year-old.

** Are the present methods of reporting by the media serving the public?*

Is life-long registration appropriate?

You decide.

Most cases of sexual abuse of students by teachers are never reported!



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Weird & WACKY FACTS

By
Joseph T. McNamara
West Palm Beach – Florida

DID YOU KNOW ?

Over 30 million American people attend the theater in a year, more than Disney's Magic Kingdom and Disneyland combined.

BEHIND THE SCENES FROM STAGE TO SCREEN



* Gone With The Wind has been the best-attended film since its release in 1939.

* Without a doubt the most famous line in the movie is when Rhett Butler tells Scarlett O'Hara, "Frankly my dear, I don't give a damn."



* According to "Curse Control", a book by James O'Connor, director David Selznick was fined heavy for that curse word: \$5,000. A lot of money in those days. The movie is based on the book by Margaret Mitchell. It was the only book she wrote.

* A male dancer lifts over 1-1/2 tons worth of ballerinas during performances.





* Broadway's Original Name was the Wiechquaakeck Trail. It was an old Algonquin trade route.



* Melba toast is named after Australian opera singer Dame Nellie Melba. {1861-1931}



* In the 1926 film version of Don Juan, actor Lionel Barrymore set the record for the most kisses ever in a single film. Barrymore embraced Mary Astor and Estelle Taylor 127 times.



* The largest movie theater in the world, Radio City Music Hall in New York, opened in 1932 - it seats almost 6,000 people.



* The top five moneymaking films of all time are: 'Titanic' [\$1,835m], 'Jurassic Park' {\$920m}, 'Independence Day' {\$810m}, 'Star Wars' {\$780m}, 'The Lion King' {\$767m). Notice that they all are family-type movies. In fact, movies with strong sexual or violent content usually bomb at the box office.



« THE DIGITAL DIVIDE

By Craig Ricker
Kostroma - Russia

RUSSIAN



OMEN

AND THE

LOSS OF LITERARY

ROMANTICISM



The beauty of Russian women is legendary.

When I arrived in Russia in 1992, Russian women pleasantly surprised me with their vast knowledge and great attachment to Classic literature.

The Soviets went to great effort and spared no violence in their effort to erase literature from the minds of Russian people, but by the late 70s they had to throw up their hands and give in. The Russian passion for literature could not be extinguished.

The beauty of Russian women is legendary but for me, their greatest charm was their romanticism. It was fashionable for women of all ages to be experts on the characters of Classic literature and they formed their attitude towards love and romance from these heroines.

Russian women valued love above all else and were as equally dedicated to true love as they were ruthless in abandoning it if it did not meet the standards of 'total love' that leapt from the pages of Classic literature. Literary characters were like

Chinese symbols representing whole concepts. A Russian girl might describe her friend as being caught in the 'Anna Karenina' syndrome, meaning she is in a loveless marriage and is passionately in love with another man. The examples are endless and a clever girl was expected to understand them all.

Round about 1994, it hit like Mao's Cultural Revolution, "freedom of the press". The Classics were swept away by a wave of cheap romance and detective novels. On every corner, news racks filled with the jewels of western culture tempted young women with stories of sex and tips on how to win in romance. Pornography and all the women's magazines did what fifty million murders and the gulags could not do.

The generations educated in Soviet times were horrified by this new kind of Marxism; cultural Marxism. They understood it for what it was and tried to fight back, but the war for the hearts and minds of the Russian youth was being lost. Since these older

generations lived through communism they understood its essence, the destruction of national culture.

They succeeded in resisting it when its method was murder and terror but felt powerless to resist its modern form. The battle for morality rages on but the two-pronged pincer attack of materialism and anti-culture media has succeeded in encircling the wise and cutting them off from the younger generation.



The battle for morality rages on.

A Russian woman's greatest charm is her romanticism.



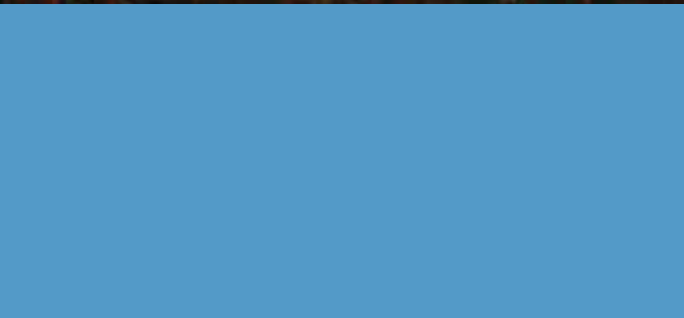
The results of Russia's Cultural Revolution are clearest in Moscow. Money is everything and it does not matter how a person got it as long as he has it.

Romantic Love is not taken seriously and fidelity is out of fashion. In the last five years, I have not heard a girl under twenty-five refer to any characters from Classic literature. Who are the modern heroes of Russia's feminine gender?

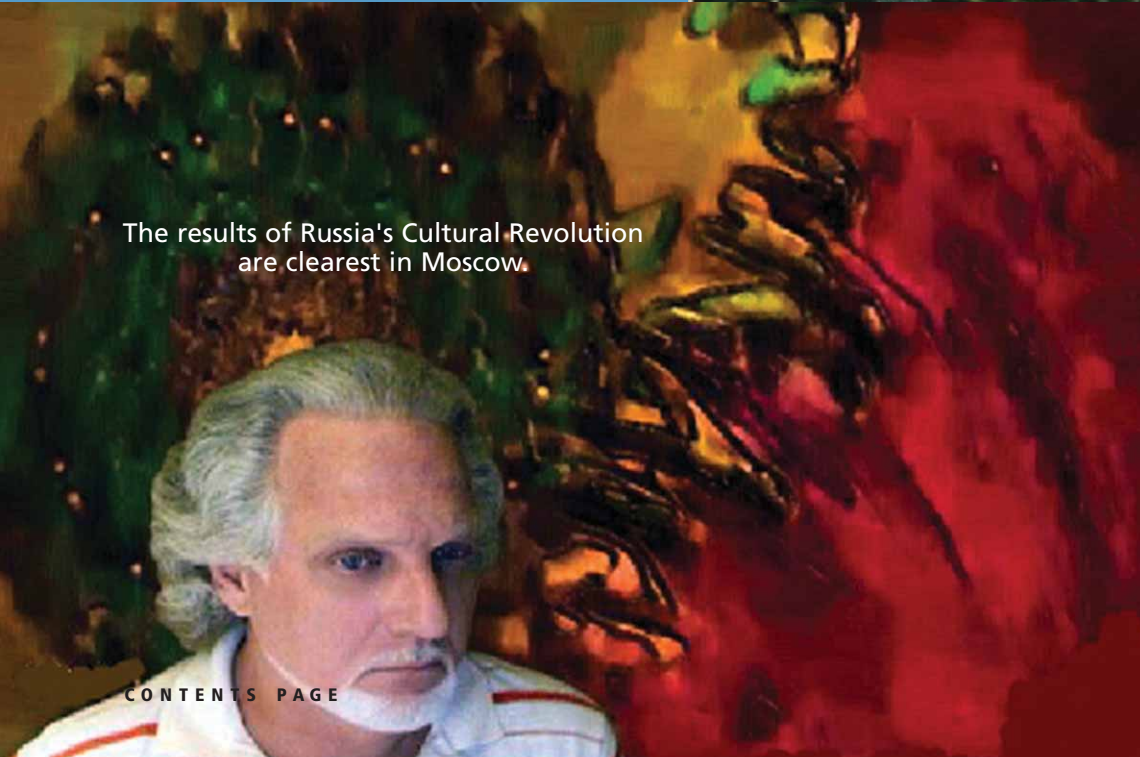
The cast of the television program 'Sex'.



The Soviets went to great effort to erase literature from the minds of Russian people.



Russian women valued the standards of 'total Love' that leapt from the pages of Classic literature.



The results of Russia's Cultural Revolution are clearest in Moscow.

WITS END #1 »

By JO LEE Magazine

New York / San Francisco / Hong Kong / London

Tokyo / Rome / Toronto

QUESTION: If you could live forever, would you and why?

ANSWER: "I would not live forever, because we should not live forever, because if we were supposed to live forever, then we would live forever, but we cannot live forever, which is why I would not live forever."

Miss Alabama in the 1994 Miss USA contest

BRAIN CRAMPS

"Whenever I watch TV and see those poor starving kids all over the world, I can't help but cry. I mean I'd love to be skinny like that, but not with all those flies and death and stuff." * Mariah Carey

Smoking kills: "If you're killed, you've lost a very important part of your life." * Brooke Shields, during an interview to become Spokesperson for a Federal anti-smoking campaign.

"I've never had major knee surgery on any other part of my body." * Winston Bennett, University of Kentucky basketball forward.

"Outside of the killings, Washington has one of the lowest crime rates in the country." * Former Mayor Marion Barry, Washington, DC.

"I'm not going to have some reporters pawing through our papers. We are the president." * Hillary Clinton commenting on the release of subpoenaed documents.

"That lowdown scoundrel deserves to be kicked to death by a jackass and I'm just the one to do it." * A congressional candidate in Texas.

"Half this game is ninety percent mental." * Philadelphia Phillies manager, Danny Ozark

"It isn't pollution that's harming the environment. It's the impurities in our air and water that are doing it." * Al Gore, former US Vice President

"I love California. I practically grew up in Phoenix." * Dan Quayle

"We've got to pause and ask ourselves: how much clean air do we need?" * Lee Iacocca

"The word 'genius' isn't applicable in football. A genius is a guy like Norman Einstein." * Joe Theisman, NFL football quarterback and sports analyst

"We don't necessarily discriminate. We simply exclude certain types of people." * Colonel Gerald Wellman, ROTC Instructor

"If we don't succeed, we run the risk of failure." * Bill Clinton, former US President

"We are ready for an unforeseen event that may or may not occur." * Al Gore, former US Vice President

"Traditionally, most of Australia's imports come from overseas." * Keppel Enderbery

"Your food stamps will be stopped effective March 1992 because we received notice that you passed away. May God bless you. You may reapply if there is a change in your circumstances." * Department of Social Services, Greenville, South Carolina

"If somebody has a bad heart, they can plug this jack in at night as they go to bed and it will monitor their heart throughout the night. And the next morning, when they wake up dead, there'll be a record." * Mark S. Fowler, FCC Chairman



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WITS END #2 »

By JO LEE Magazine

New York / San Francisco / Hong Kong / London

Tokyo / Rome / Toronto

KING ARTHUR AND THE WITCH

Such a question would perplex even the most knowledgeable man and to young Arthur it seemed an impossible query. But, since it was better than death, he accepted the monarch's proposition to have an answer by year's end.

He returned to his kingdom and began to poll everyone: the princess, the priests, the wise men and even the court jester. He spoke with everyone, but no one could give him a satisfactory answer.

Many people advised him to consult the old witch, for only she would have the answer.

But the price would be high, as the witch was famous throughout the kingdom for the exorbitant prices she charged.

The last day of the year arrived and Arthur had no choice but to talk to the witch. She agreed to answer the question, but he would have to agree to her price first.

The old witch wanted to marry Sir Lancelot, the most noble of the Knights of the Round Table and Arthur's closest friend!

Young Arthur was horrified. She was hunchbacked and hideous, had only one tooth, smelled like sewage, made obscene noises, etc. He had never encountered such a repugnant creature in all his life.

He refused to force his friend to marry her and endure such a terrible burden, but Lancelot, learning of the proposal, spoke with Arthur.

He said nothing was too big of a sacrifice compared to Arthur's life and the preservation of the Round Table.

Hence, a wedding was proclaimed and the witch answered Arthur's question thus:

Young King Arthur was ambushed and imprisoned by the monarch of a neighboring kingdom. The monarch could have killed him but was moved by Arthur's youth and ideals. So, the monarch offered him his freedom, as long as he could answer a very difficult question. Arthur would have a year to figure out the answer and, if after a year, he still had no answer, he would be put to death.

The question: What do women really want?

What a woman really wants, she answered ... is to be in charge of her own life.

Everyone in the kingdom instantly knew that the witch had uttered a great truth and that Arthur's life would be spared.

And so it was, the neighboring monarch granted Arthur his freedom and Lancelot and the witch had a wonderful wedding.

The honeymoon hour approached and Lancelot, steeling himself for a horrific experience, entered the bedroom. But, what a sight awaited him. The most beautiful woman he had ever seen lay before him on the bed. The astounded Lancelot asked what had happened.

The beauty replied that since he had been so kind to her when she appeared as a witch, she would, henceforth, be her horrible deformed self only half the time and the beautiful maiden the other half.

Which would he prefer? Beautiful during the day ... or night?

Lancelot pondered the predicament. During the day, a beautiful woman to show off to his friends, but at night, in the privacy of his castle, an old witch? Or, would he prefer having a hideous witch during the day, but by night, a beautiful woman for him to enjoy wondrous, intimate moments?

What would YOU do?

Noble Lancelot, knowing the answer the witch gave Arthur to his question, said he would allow HER to make the choice herself.

Upon hearing this, she announced that she would be beautiful all the time: because he had respected her enough to let her be in charge of her own life.

Nominate someone.

The Adeste Prize

www.adesteprize.com

Maxine Dury

In this season's 'Encore' - JO LEE Magazine's Managing Editor - Maxine Dury - mirrors the art of technology ~

Remember the proverb: 'life is a chair of bowlies'? Oh my, it is!

It actually began when I stumble along a position as a Graphic Stylist for JO LEE Magazine. I thought to myself: "what a perfect gig." And to add to this, I'd feel noble about embracing The ADESTE PRIZE - where all advertising monies from JO LEE flip into. Oh, it took a few meetings and a wonderful afternoon luncheon along Toronto's waterfront.

Bottom line. I shook hands with a remarkable woman named Jo Lee and became the new Managing Editor of JO LEE Magazine.

When the Dot-Com bubble burst, everything changed.

I've been a graphic and web artist for ten years and have witnessed the massive changes that technology has made. A great example is: Web Blogging. Five years ago, this was a Web Master's job. It was a technical undertaking to

present an interactive layout and then load it up to an FTP. Today, anyone can find free templates and have it all done with little effort or understanding of the software. It becomes quite a challenge to keep up with new technologies and the ever-changing Internet. Yup, we're in the Wild West. But isn't it exhilarating to imagine where we'll soon be.

I grew up in a city known to much of the world. Niagara Falls - Canada, where honeymooners stream into. I was a spoiled yet grateful child with loving and generous parents. My father, a highly successful Civil Engineer and one of my biggest role models, was born in Italy and immigrated to Canada at a young age. My mother - a true French Canadian from Quebec - showed me how to live with style and grace. They gave my brother and me every opportunity this world has to offer.

And today JO LEE Magazine is giving me another 'chair of bowlies'. How lucky am I!

PHILIP ARKELL

Pro-Natura International Niger Delta - Nigeria

Director, Community Development – developing constructive partnerships between the corporate world and local communities that empower communities rather than create dependency and despondency.

Established in Brazil in 1986, Pro-Natura is a non-governmental organization whose mission is to conserve biodiversity through integrated sustainable development projects adapted as models that are replicable at a regional level, in partnership with public entities, private initiatives, and organized civil society.

PROFILE

My work in the Niger Delta facilitates participatory community development programmes in three separate states. Our principles of operation do not differ significantly from any other participatory development process; it is our ability to 'tailor' such processes to an environment of conflict, mistrust, poor governance and corruption that has given us so much success.

In an environment where government is often absent or non-functional; where the oil industry is perceived to be 'stealing' the oil wealth; and, communities consider themselves to be marginalized and discriminated against, we have created local democratic governance by establishing a series of partnerships through Community Development Foundations. It is a framework where all stakeholders can come together in peace rather than conflict, where transparency replaces secrecy and the whole process is accountable to the community.

As Programme Adviser, I am responsible for empowering others with the tools and skills to develop their community.

At a time when conflict in the Niger Delta is escalating, we have shown that through listening to, and learning from each other, peace and development through partnership is achievable.



PHILIP **A**RKELL
2004 INAUGURAL RECIPIENT
THE ADESTE PRIZE

JO LEE MAGAZINE invites you to join us in globally recognizing ADESTE'S Social Justice Award for the 40 and under Unsung Hero. In a presentation that took place in the Niger Delta, Philip Arkell was awarded the distinct ADESTE Medal.

ADESTE seeks to recognize achievements in the areas of Humanities, Social Justice, Arts, Technology and Medicine. The Honoree is chosen by the international ADESTE nominating committee.

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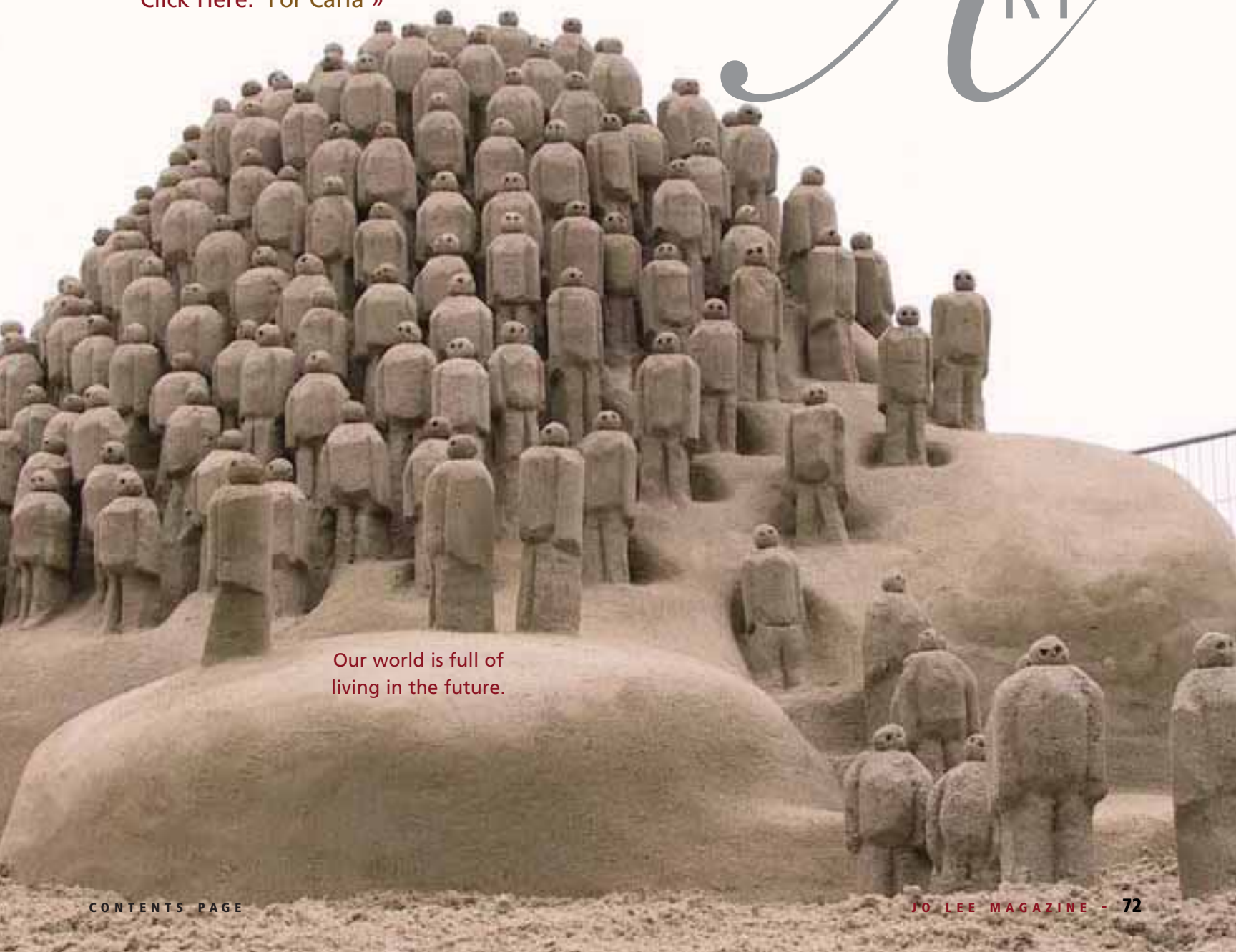
« EDITOR AT LARGE

By Carla Dragnea
Bucharest, Romania

SUMMER and SAND

ART

[Click Here: For Carla »](#)



Our world is full of
living in the future.



A one-of-a-kind masterpiece.

What is it that causes someone to choose sand rather than paint, or metal, or stone as their medium of choice? Is it the fragility or limitations of the sand that challenges their creative spirits? Maybe it's the momentary nature of sand art that draws certain artists. Or, perhaps, such endeavours are an attempt at recapturing the joy and timeless freedom of our childhood summers. Maybe it's all of the above.

I once read an article about a sand artist and he mentioned that part of his attraction to this art was the fact that his creations would succumb to the wind and the waves. He enjoyed the idea that he could create one-of-a-kind masterpieces and then have them reclaimed by the elements. I guess his point was that life is short and beauty is beauty: even if it exists or maybe because it exists for only a moment.

There is a message here for us. Our world is so full of living in the future that we often don't experience life in the now. But, if you want to create, or enjoy sand art, you have no choice but to live in the now; you have no choice but to learn how to experience the fragile beauty of a moment. In the world of the sand artist, each day is a new opportunity for recreating their art and themselves.

But enough about sand art philosophy! Summer is knocking at our door. Let's have its power of sun and sand and rhythm of the waves gently massage our stresses away. Let's take our minds into that happy place - called reflection.

To a Grand Summering!

Choosing sand, to paint, to metal, or stone as a medium.



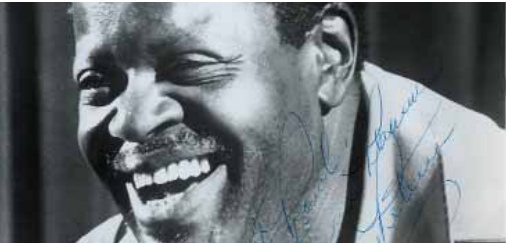
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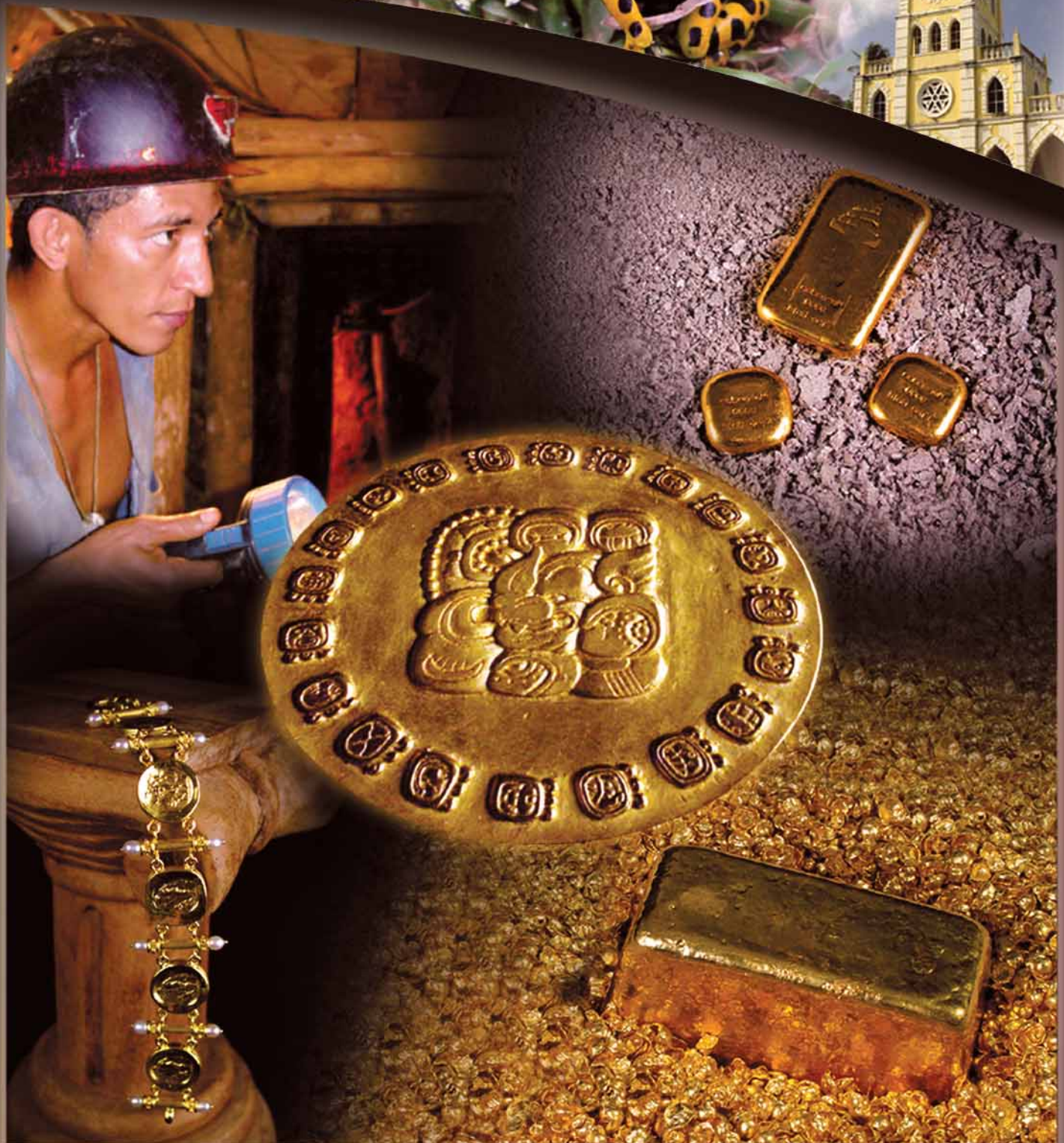
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