

TOP JO LEE

Magazine

world

180° from ordinary

Jo Lee Talks to
THE UNSURPASSED
ALEJANDRO JADAD

America's Success Strategist On
THE LEADERSHIP STRATEGIES

Exclusive ~ MAGIC IN MAGIONE
by Vancouver's Margaret Eastham

THE ADESTE PRIZE

2006 Recipient
Anna Helen Dyson

SUMMER 2006



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The Adeste Prize



We Invite

corporations/individuals
to contribute to those
who have achieved.

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

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

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

Nominations are urged by readers around the world.

Please! Submit the name of someone you believe is deserving of such an award.

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

The Award

Successful awardees will
receive the exquisitely designed
ADESTE Gold Medal.

Awards will be announced February end, for the previous year.

Criteria

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

ADESTE takes as its Credo – the lessons behind Nobel.

For Submissions » [CLICK HERE](#) «



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Lani Silver
Feature Columnist ~ POLITICALLY RED
JO LEE Magazine
San Francisco - California

You are a damn fine editor, Jo Lee. It's quite a challenge being a writer for you, each piece is important. Thanks for giving me the great opportunity of being an ongoing part of JO LEE Magazine.

Brenner Meulsen
Civil Engineer
Perth, Australia

"To Steal A Bride" featured in your Spring issue, was a stimulating article, especially as I have traveled extensively through Russia and the -stans. What a surprise to have the author suggest that there is merit to stealing a bride and that this results in marriages of "respect".

Creating a successful family is currently being tried all around us because, historically, happiness and fulfillment through marriage has left a lot to be desired. Civilized countries try to find a way for women and children to have happy lives as well as the fathers - rejecting the 'stealing' of a bride as a happy solution for everyone. But have we found the answer is a good question to ponder?

We have the conflict between responsibility and freedom: responsibility to love and care for our chosen family members and freedom to realize a rewarding and happy life ourselves. Freedom seems to be winning out in the change from historic mores and resulting in a lot of children without fathers. If we were fully civilized we could handle the freedom part.

Some families are doing fine with adjudicated settlements of joint custody where the marriage based on love is not working out. Parents can maintain successful families after being frac-

tured if they can get over the bad feelings created by the divorce. I fear that the advice couples receive from their friends to get even with the mate only makes matters worse.

Two of my children do have successful 'joint custody' families with fine and successful children. {We also have families that have stayed together despite problems and the results are about the same.}

Claude I. Taylor, O.C.
Chairman Emeritus
Air Canada

Paddy Sampson's passing reminded me of the outstanding contribution he had made to Canada. He will be greatly missed by all who knew him and worked with him. He was truly one of the great gifts Ireland has given to Canada.

Stanley J. Dorst
Chevron Executive, Retired
San Francisco, California

A great article, but if the American capitalistic system is doing so much for peace and prosperity in the world as Creaghe H. Gordon points out in his Spring Column of Pros & Ex.cons, how can it be said that it has a 'rotten core'?

In addition, he lists how the legal system in America has caught these people who try to corrupt the system.

In my experience, in advising various governments around the world, the difference between the US and third world countries is that we have a legal system that is 'in charge'. This is critical in the US. The Supreme Court can overrule the President or the Congress. Remember in Russia, when Yeltsin told the Supreme Court of Russia that their decision was of no importance and certainly would be ignored?

How many Presidents around the world have similar disrespect for the law.

In my company {Chevron} our law firm was our 'ethics' enforcer, given the right to overrule any manager's opinion or proposed act. Ethics may originate in religious teachings but it works through the laws that are passed and enforced.



«On the Cover

Jo Lee in New York City
Photography by: A.W. Dyson

«Feedback

Zoate and Pamela Gibstein
Kansas City, Missouri
USA

Your Spring issue's column on dining excited our palates and we have added the venues to our travel files. It is great to have a short list of places to visit.

Nominate someone.

The Adeste Prize

www.adesteprize.com

jo lee



« THE MARVELOUS MAVERICK

By H. Gail Regan, Toronto - Canada

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

CORPORATE

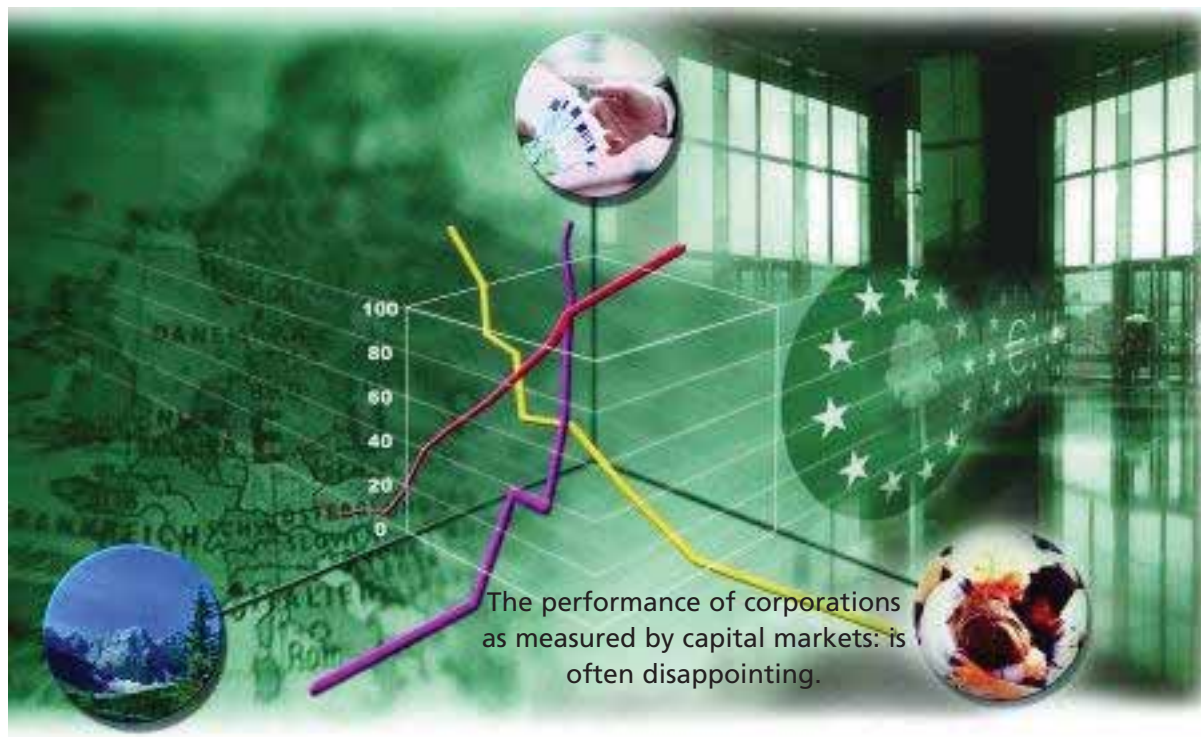
Corporate products are great and corporate performance is horrible. How can this be? When I get trans-fat free margarine, I am happy with the clarity of the packaging and the taste of the food. {If I weren't, I would try another brand until I found one that pleased me.} If my experience is typical, most individuals all over the world are happy with their food purchases, clothing, appliances and other stuff that they buy.

People obtain for themselves only about half of what they consume. Government-controlled corporations provide the rest. Although these services could be very good, it is harder to be entirely satisfied with them. Your water may be germ free, electricity reliable, roads newly paved, garbage pick-up prompt, schools excellent and yet you could have doubts. Who does not want a perfect teacher for their child? Every year, in every subject? The more we experience excellence in consumption of private goods and have the same expectation of public services, the more potential for disappointment there is. If there actually is something wrong with the service government provides, there will be lots of actual disappointment.

Many people do not spend all their incomes -- they invest some of their earnings for retirement. Here it is



When corporate disappointment leads to concerned a



DISAPPOINTMENT



ction: it is a good thing.

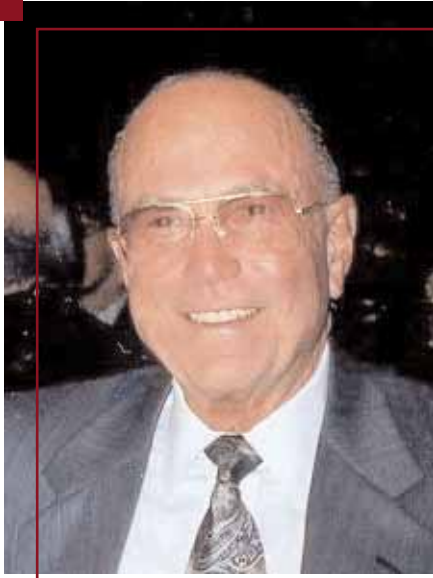
very hard not to be disappointed. Corporations go bankrupt, crashing their bonds and stocks. Governments lose control of inflation and entire bond markets decline. Corporate complaisance sets in and companies drift. Then their stocks do not grow in value and are inadequate as investments to fund retirement. The performance of corporations as measured by capital markets is often disappointing.

What really dissatisfies me about corporate performance is my inability to fix it. I can buy trans-fat free margarine for myself, but I am a busybody and I think that in the interests of health, we should all give up trans-fats. How do I make this happen easily in my spare time? Trans-fats are a simple issue compared to some of the others. Water. Electricity. Transport. Waste disposal. Education. Pension finances. Care of the elderly. There is a lot to fix and very few methods of fixing them.

We vote, but often in our own vested interests for lower taxes or more government service, depending on our income. In our neediness, concerned disappointment is hard to express.

What is the answer?

One idea is to make a fraction of taxes allocatable by the taxpayer. You would have to pay, but where the directed portion went would be up to you. The purpose is not to disempower politicians, for the amount could be small. The purpose is to create a voice of responsibility. When corporate disappointment leads to concerned action, it is a good thing.



« PROS & EX.CONS

By Creaghe H. Gordon

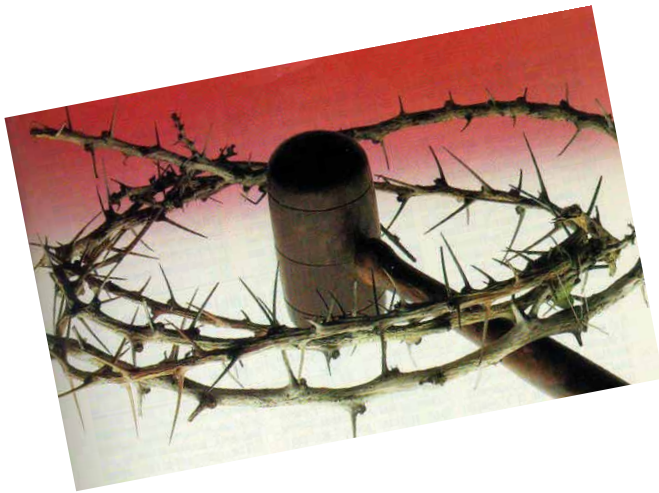
President

Global Enterprise Solutions, Inc.

Los Gatos - California

What should be the "least dangerous branch" of our government?

The judiciary is not meant to have legislative or executive initiative in our government; rather, it is meant to police the boundaries of the enumerated powers of the other branches by faithfully interpreting the laws especially in light of the Constitution which sets numerous internal and external limitations on the powers of the government. It is that arrogating to oneself the power to legislate that constitutes activism. That is why the whole notion of a living constitution is an activist one¹. This provides judges the opportunity to legislate? Or, is this meeting the intentions of the drafters of the constitution to have a "living" document.



VS.

JUDICIAL ACTIVISM

There are five sources that have guided interpretation of the Constitution: {1} the text and structure of the Constitution, {2} intentions of those who drafted, voted to propose, or voted to ratify the provision in question, {3} prior precedents {usually judicial}, {4} the social, political, and economic consequences of alternative interpretations, and {5} natural law.

There is general agreement that the first three of these sources are appropriate guides to interpretation, but considerable disagreement as to the relative weight that

should be given to the three sources when they point in different directions. Many interpreters of the Constitution have suggested that the consequences of alternative interpretations are never relevant, even when all other considerations are evenly balanced. Natural law {higher law, God's law} is now only infrequently suggested as an interpretive guide, even though many of the framers of the Constitution recognized its appropriateness².

Judge Reinhardt, a former Democratic National Committee member and labor lawyer, has been labeled

by media critics "the poster boy for judicial irresponsibility," "one of the premier judicial activists on a court notorious for its judicial activism" and "the nation's most provocatively liberal judge." Seven decisions that Reinhardt either wrote or supported in were unanimously overruled by the U.S. Supreme Court in a single year.

Among his better known decisions, Reinhardt:

- Agreed that the phrase "under God" in the Pledge of Allegiance was unconstitutional;
- Overturned Alaska's sex offender registry law because a registrant would suffer the "ostracism that would accompany his being publicly labeled a sex offender;"
- Ruled that the Second Amendment, which states in part "the right of the people to keep and bear arms shall not be infringed," does not recognize a right of individual citizens to own guns, but of state governments to arm "militias."

Is judicial activism benefiting our society? You decide.

1.- Mrs. Wendy E. Long, Legal Counsel, Judicial Confirmation Network

2.- Theories of Constitutional Interpretation

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

Reinhardt agreed: that the phrase 'under God' in the Pledge of Allegiance was unconstitutional.



jo lee

EXCLUSIVE INTERVIEW

IF I WERE PRIME MINISTER FOR A DAY

{At 180 Degrees From Ordinary}

THE UNSURPASSED

ALEJANDRO
JADAD

Alex on the To Your Good Health stage during the Royal Agricultural Winter Fair in Toronto. The Royal, which is the largest indoor agricultural event in the world, is becoming a living lab to explore innovations that could help food become associated with life and health again.

By the time he was 20, he had become a leading medical expert on cocaine in Colombia and an internationally sought after speaker. He went on to obtain his medical degree in 1986, specializing in anesthesiology.

In 1990 he became a part of the University of Oxford {Balliol College and the Oxford Pain Unit} where he obtained a doctorate in pain management, knowledge synthesis and meta-analysis.

Born and educated in Colombia, Alejandro {Alex} Jadad, MD., DPhil., FRCPC, moved to Canada in 1995.

He became affiliated with McMaster University as Chief of the Health Information Research Unit / Director of the McMaster Evidence-based Practice Centre / Co-Director of the Canadian Cochrane Network and Centre / Associate Medical Director of the Program in Evidence based Care for Cancer Care Ontario / and Professor in the Department of Clinical Epidemiology and Biostatistics.

In 2000, Dr. Jadad moved to Toronto, where he became a Professor in the Faculty of Medicine and has since led the creation of the Centre for Global eHealth Innovation, a setting designed as a simulator of the future, to study and optimize the use of ICTs {information communication technologies} that could improve health and the health system. He is also the Canada Research Chair in eHealth Innovation and the Rose Family Chair in Supportive Care, positions that he uses as a platform to develop "high-tech high-touch" innovations. As a physician, he devotes his time supporting people who are facing major health crises, from the diagnosis of a serious disease to the grief associated with losing a loved one.

Today, Dr. Jadad has gone on to spearhead the development of the Global eHealth and eWellness Network Initiative {GENI, pronounced as 'genie'} a unique group of individuals and organizations working together across traditional boundaries to promote optimal levels of health and wellness for all, through the use of ICTs.

With great imagination - Alex is developing virtual clinical tools to transform the encounter between patients and health professionals, new methods to evaluate the impact of ICTs in the health system, interactive tools to promote knowledge translation and education of health professionals and the public, and a platform to respond to major public health crises {e.g. pandemics} and to enable young people to shape the health system.

Alex has received many awards and has been featured by Time Magazine as one of the new Canadians who will shape the country in the 21st century, and as one of its leading medical researchers. Amongst numerous recognitions, in 2005, he was selected by the Top 40 Under 40 alumni as one of 'The Best of the Best' for achievements in Health and Science, and by his peers in Colombia as the scientist who probably has had the greatest impact in the country's history.

So, can we imagine - what a gentleman as Alejandro {Alex} Jadad would feel about the highest office in the land - and how he would redefine the concept of the Office of the Prime Minister if he were: Mr. Prime Minister.

The country of Canada is said to have the best quality of life of any nation in the world. If you, Alex Jadad, became the Prime Minister of this country, how might you take your integrated experiences and formulate them into a strategy that could strategically benefit mankind?

01.} Why should we elect you?

Because I would support the notion of ongoing democracy. Using the telephone, the Internet and town hall meetings, I would hold frequent public consultations and referenda, enabling every member of Canadian society, including immigrants with no citizenship status, to provide input and vote on issues of national interest.

I would also promise to resign, at any time during the mandate, if most people became dissatisfied with my performance.

02.} What historical figure do you most identify with?

Rather than a historical figure, I would prefer to focus on aspects of those who would be more appropriately labeled as legendary characters {it is difficult to determine whether what we read in history books actually happened.} I admire the trustworthiness of Abraham, the generosity of Jesus, the detachment of Buddha, the courage of Luther, the foresight of Leonardo, the ambition of Newton, the naiveté of Bolivar, the strategy of Gandhi, the imagination of Einstein and the creativity of the Devil.

03.} What would become your Campaign Slogan?

Let's give our children the world they expect and deserve!

04.} How would you raise money for this Campaign?

I would invite young people to lead the campaign and to develop a 'viral' strategy, using telephones and the Internet, which would allow us to reach everyone in the country at a low cost. If millions of people are prepared to pick up the telephone and vote for a singer during the selection of the Canadian Idol, it might be possible to get most people in this country excited about the opportunity to shape the country.



05.} What do you dislike most, about politics?

The ease with which trust is betrayed.

06.} What is your idea of a perfect Administration?

One that respects people and is prepared to be accountable for its actions, not for its words.

07.} What, within your mandate, would present the greatest challenge to your opponents?

I would pursue the notion of eDemocracy, developing direct links with every person in the land, asking for advice on crucial issues whenever possible.

08.} What is the biggest problem in the world?

A deficit of generosity.

09.} How would you fix it?*

I do not think that the Prime Minister of Canada could fix any significant problem alone. People in such positions could be very effective instruments of change. In Canada, home to people from over 200 different ethno-cultural backgrounds, leaders could exploit the unique opportunities that exist to create a model for other countries in terms of how to build a prosperous and peaceful society.

10.} What would you legalize?

Anything that allows people to have fun without hurting others.

11.} Why?

Because they would do it anyway, and trying to prevent it would look stupid.



Alex, with wife Martha, receiving the Canadian-Latin American Achievement Award in 2004, as the person who'd made the most important contributions to the relationship between Canada and the Hispanic world.

12.} What would you outlaw?

Passive aggressive behaviour.

13.} Why?

Because those who have mastered the ability to obstruct progress, pretending that they are supporting it, being master procrastinators and willfully incompetent, have had enough fun and made enough damage already.

14.} What would you veto every time it hit your desk?

Anything that has Catch-22 written all over it. The current rules presented to new immigrants in Canada are a perfect example. We issue them with a landed immigrant visa, which in theory gives them the same rights enjoyed by citizens, but then throw at them almost insurmountable barriers that prevent them from using their skills once they arrive. Asking a new immigrant for 'Canadian experience' to give them a job is simply immoral.

15.} If you could change one thing about yourself, what would it be?*

I would like to be able to waste time and enjoy it.

16.} What do you most value in people?*

Passion.

17.} Who are your heroes in real life?

Terminally ill patients who feel privileged by the opportunity to know that the end of their lives is near, and decide to make the most of every second that they have left, with dignity and passion.

18.} What book would be required 24 Sussex reading?

I would recommend "A short history of progress" by Ronald Wright and "Medical Nemesis" by Ivan Illich. Written 30 years apart, these books show how what we regard as 'civilization' may indeed be a dead-end trap for humans. One that would help anyone value the importance of enjoying what we have is "The diving bell and the butterfly", which the author, Jean-Dominique Bauby, dictated by blinking, as the rest of his body was completely paralyzed.

19.} Who would be your spiritual adviser?

My kids and my wife, who have an uncanny sense of what is really important. They keep me grounded and humble ... and on my toes!



Alex and his wife, Martha,
in Sydney, Australia.

20.} Whom would you appoint to your cabinet?

People who would be affected directly by the decisions they make. For instance, I would select a student as Minister of Education; a caregiver or a person with a chronic disease as Minister of Health; the mother of a soldier as Minister of Defense; a member of First Nations as Minister of Culture.

21.} What would you want the first news headline about your Administration to be?

The Prime Minister invites every person in the country to shape the future.

22.} If you were able to re-incarnate and come back as a person or thing, what would it be?

A smart, spoilt and happy dog. {Neutering would not be part of the deal!}

23.} Who would get an invitation to stay at 24 Sussex Drive?

Smart misfits with bold ideas about how to make the world a better place.

24.} Who would never get an invitation?

Boring and complacent people.

25.} Whom would you pardon?

People convicted for relieving the suffering of a loved one.

26.} What would become your favorite Prime Ministerial motto?

Never sell your head to buy a hat!

27.} What would be your favorite Prime Ministerial perk?

The ability to bring together exciting people, from all over the world, to think about ways to make the world a better place and propose feasible ways to make it happen.

28.} What three objects would be a must in the Prime Minister's Office?

A picture of my family, an excellent communication system and a good napping couch.

28.} What activity would pose the biggest challenge to your mandate?

Inactivity. To find that most people in Canada would be reluctant to participate actively in shaping the nation and the world. There are some strong signs already that indicate that we may be becoming oblivious to the social and environmental disintegration that is occurring around the world. The Greeks, the Persians, the Romans, the Spanish, the British, the Americans and the Chinese left their mark in the world, regardless of whether it has been positive or negative. What would come to the mind of a reader invited to think about The Canadians? Sadly, not much beyond a reputation for being nice people who live in a place with bad weather. I hope that one hundred years from now, if we manage to survive that long, people would respond with a smile, saying that this was the country that turned the tide and helped build peace, promote health and wellness around the world.

29.} How would you overcome this?

By working with young people and giving them the resources they need to be effective agents of change. The energy of adolescents and young adults is an untapped source of creativity that could be harnessed to promote positive change in society. It is time to give our young an opportunity to show that they are more than immature humans with whom we must cope until they stop being a nuisance. We are letting them down. We should give them the chance to shape the world that we mature adults have not been able to protect. If we fail, at least we could say, with a clear conscience, that we tried.

30.} What person, living or dead, would you model yourself on as the leader of the Free World?

King Solomon, who according to legend was a fair, wise, pacifist ruler who also knew one thing or two about love.

31.} What would be the single most important message to the Business/Professional community at large?

That it is moronic and suicidal to pursue endless financial growth with finite resources.




Toronto: The Royal Agricultural Winter Fair, 2005. Alex and the team that produced "Mr. Knowsit and the Calorie Smart Kids".

An interactive story developed by kids for kids, to promote a balanced life, with healthy eating and physical activity.



Nominate someone.

The Adeste Prize

A portrait of Anna Helen Dyson, a woman with long brown hair, smiling. She is wearing a dark pinstriped jacket and a necklace with a small pendant. The background is a wall with a red and white geometric pattern.

ANNA
HELEN
DYSON

2006 Recipient
The Adeste Prize

JO LEE MAGAZINE invites you to join us in globally recognizing ADESTE'S 2006 Recipient for the 40 and under Unsung Hero within the field of Technology. In a presentation that took place in Upstate New York, USA, Anna Helen Dyson 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. www.adesteprize.com

Anna Helen Dyson

MATERIALAB

Rensselaer - New York

Director and Co-Founder, *MATERIALAB* - An Interdisciplinary Research Consortium that conceives and develops new environmental systems that allow all buildings, especially urban settings, to harness the power of natural systems to provide energy and clean air to occupants.

The goal of *MATERIALAB* is to bring creative minds working on the cutting edge of emerging technologies in such fields as Biotechnology, Nanotechnology, Optical Engineering, Robotics, and Aeronautical Engineering together with Architects and Artists to catalyze the invention of integrated systems that can leapfrog ahead of existing technologies to bring our built environments that much closer to the intelligent functioning of natural systems.

MATERIALAB is currently developing four different systems in various stages of development that utilize the power of the sun, wind and plant life:

The Integrated Concentrating {IC} Solar Module Window System, which is projected to deliver up to five times as much energy as current building integrated solar power systems; the Building Integrated Hydroponics Panel (BIHP) system, which amplifies the air cleaning capacity of natural plants by 200x, and integrates into standard mechanical building systems to produce 'closed-loop' bio-regenerative environments; the Building Integrated WARP {Wind Amplified Rotor Platform} System that uses emerging computer aided manufacturing techniques to aerodynamically amplify and capture wind energy on the surface of buildings; and the Dynamic Folding Envelopes which use post-consumer materials in the generation of lightweight, adaptable folding structures that can be rapidly deployed in permanent structures as well as disaster relief zones.

Profile

I have been working as a professor at the School of Architecture at Rensselaer Polytechnic Institute for the past eight years in the development of new energy and material systems for the built environment.

Upon entering the Architectural profession, after graduate studies at the Yale Art and Architecture Building {A&A}, I sought opportunities for experimental environmental research within Architectural practice. After having several excellent experiences in diverse practices in Europe, Canada and the United States, I decided that an academic environment would allow me to pursue the development of new environmental systems with more depth and connection to emerging technologies than is possible within the time and budget constraints of Architectural Practice.

With *MATERIALAB*, I am intensely involved with the development of information systems and simulation programs that can organize and parametrically integrate the performance criteria from the different scales and disciplines in which these systems are designed, to facilitate the synergistic exchange of information between the various specialists working on them.

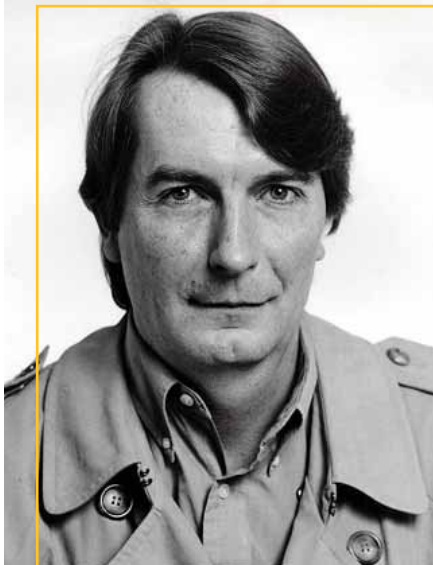
At *MATERIALAB* it is essential for our group that the work is informed by the social/aesthetic/spiritual aspirations of society that, while often reflected in market and industrial forces, are not typically embedded in the criteria for fundamental technology research.

Many of our technologies are conceived with world markets in mind. An example is the IC Solar Module system that is being sponsored by the US Department of Energy and NYSERDA {The New York State Energy Research and Development Authority}. This system will be first demonstrated on the new Center for Excellence in Energy and Environmental Systems, currently being designed by Toshiko Mori, Chair of the Harvard Graduate School of Design.

In developing the applications for this system, we are also working through designs for applications such as a Mobile Aids Clinic for Africa, where the heat and power that we can produce with the system can deliver enough pasteurized water and refrigerated medicines for remote villages.

As Director of *MATERIALAB*, I am responsible for bringing large teams of scientists, engineers, artists and architects together, where the expertise of multiple disciplines is necessary, and whereby, the 'conversation' between many different specialists, often speaking and understanding different 'languages', becomes extremely rewarding.

jo lee



« COLLECTIVE ECLECTIC

By Robert R. Brooks,
San Francisco - California

When was the last time you shopped for a new set of bed-sheets? I did so recently. I went to Macy's to see what they carried; before long, however, I was so overwhelmed by their vast selection of so much I didn't like, from which to choose, I had to return home empty-handed to regroup.

G R A T E F U L



C O I N

Today, if you are not paying attention, you can fairly easily spend on a set of sheets what you used to pay for a new set of mattresses.

For those with more money than brains {they are legion}, 100% cotton sheets have become vogue and they are about all that Macy's in America has in stock. Although rendered déclassé, I still prefer sheets made of 'percale' {a cotton and polyester blend}. Percale sheets have more body than the all-cotton sheets of today; they wrinkle less, they are slightly crisp and cool against the skin and they cost substantially less.

Sheets used to be wonderfully crisp to begin with and over time, with repeated use and laundering, would become luxuriously soft. They are now overly soft right out of the package. This, no doubt, is the compound result of manufacturer's pandering to overly demanding Yuppy-dom's "I have to have it all now!" attitude along with some environmentally destructive chemical bath to which designer sheets are subjected.

"Thread-count" has become a consideration.

Because, beyond the world of consumer electronics, nothing actually new or necessary has been developed in most industries for the last twenty years, manufacturers and marketers have had to re-invent the commonplace, or at least, the images of the commonplace that they hype.

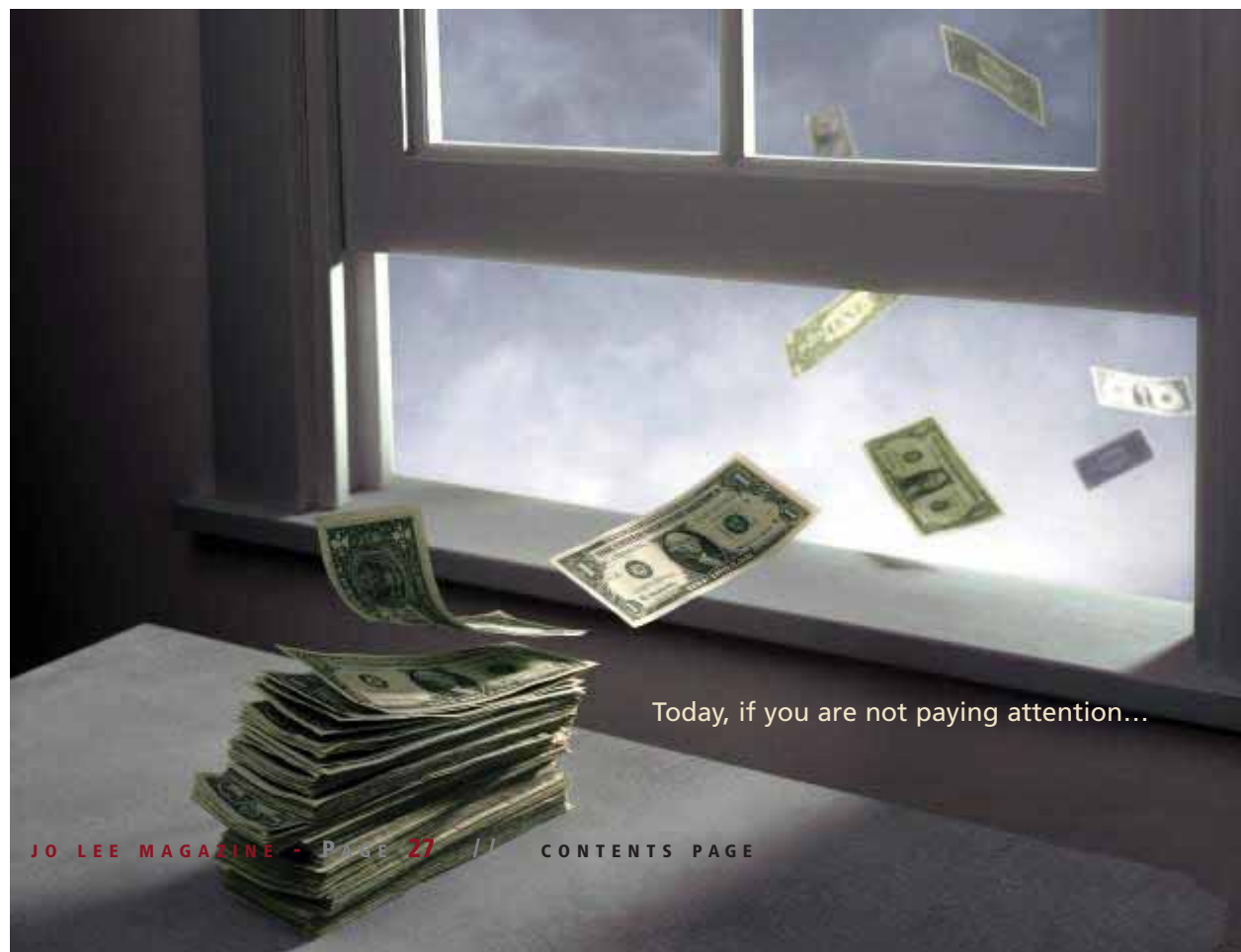
In the wake, and since the heyday of the Yuppy consumer economy, everything from kitchenware to athletic shoes to garden equipment to coffee beans has become a status symbol. A Mercedes E-320 is a proper status symbol. A Wamsutta 370 thread count sheet, I question.

Although we didn't 'win' the war on poverty, I say, if not just for the hell of it, let's declare it again.

Why is it that no one ever gets paralyzed from the neck up?

Stolen towels are more absorbent.

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



Today, if you are not paying attention...



« YES, VIRGINIA! COME - EXPLORE WITH ME

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

Turkey, land of mystery and beauty, has a magnificent past, and is full of historic treasures from 13 successive civilizations spanning 10,000 years.

Istanbul, former capital of three successive empires, Roman, Byzantine and Ottoman, today honors and preserves the legacy of its past while looking forward to a modern future.

It is the endless variety that fascinates visitors: the museums, churches, palaces, grand mosques, bazaars and sights of natural beauty that fill the senses.

Watching the sunset on the Bosphorus and the evening light reflecting in the windows, you will understand why so many settlers chose to build here. Istanbul is truly a remarkable city.

TURKEY

Istanbul Turkey



Kempinski Hotel in Istanbul



TOPKAPI PALACE - was the focal point of the Ottoman Empire between the 15th and 19th centuries. In these opulent surroundings the sultans and their court lived and governed. A garden fills the first court. The kitchens, now serve as galleries exhibiting the imperial collections of crystal, silver and Chinese porcelain. The Harem, the secluded quarters of the wives, concubines, and children of the sultan, charms visitors with echoes of centuries of intrigue. The third court holds the Hall of Audience, the Library of Ahmet III, an exhibition of imperial costumes worn by the sultans and their families, the famous jewels of the treasury and a priceless collection of miniatures from medieval manuscripts. In the center of this innermost sanctuary, the Pavilion of the Holy Mantle enshrines the relics of the Prophet Muhammed.

CAPPADOCCIA - the region in Central Anatolia, derives its name from Persian and means 'country of beautiful horses'. Cappadoccia came under Hittite, Phrygian, Persian, Roman, Byzantine, Seljuk and Ottoman rule. It is renowned for its 'fairy chimneys,' volcanic activity millions of years ago, creating a layer of ash and lava on the plateau which was then partly covered by a layer of basalt. Pounded by rain and wind, the basalt took the shape of cones while the exposed ash and lava were eroded and created valleys. Human beings carved underground cities and sanctuaries into the rocks and caves 10 thousand years ago and completed the amazing picture of Cappadoccia.

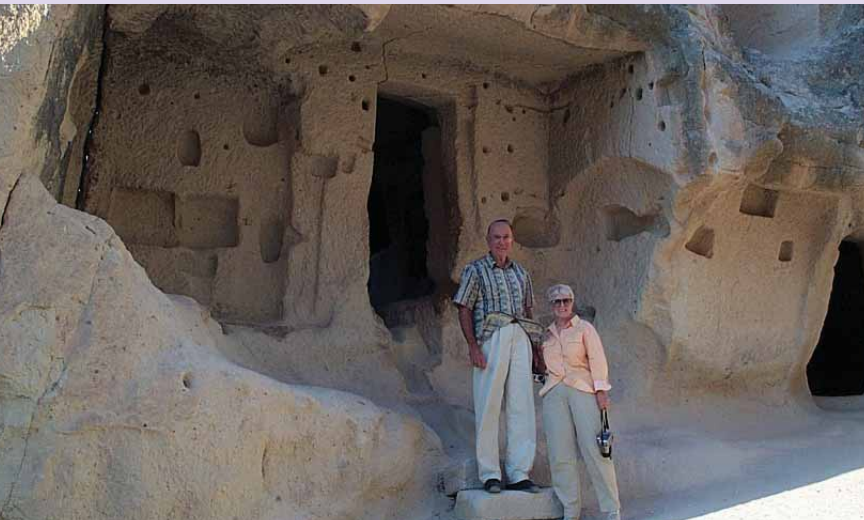
Some of the experiences in Cappadoccia are contemplating the fairy chimneys from on top of a hill especially at sunset, experimenting with making ceramics in one of the workshops in Avanos, tasting the internationally recognized local wines and riding on horseback.

We watched the 'Whirling Dervishes', climbed through the caves, took dozens of pictures of the magnificent landscapes and buildings, bought silk rugs and wonderful pottery works, toured the Government and Military buildings in Ankara, the Capitol, and loved every minute.

Ephesus is a very special place. Full of beauty and a wonderful civilization. Probably the best location to see and be able to feel what life was like in ancient times.

Cappadocia Turkey:

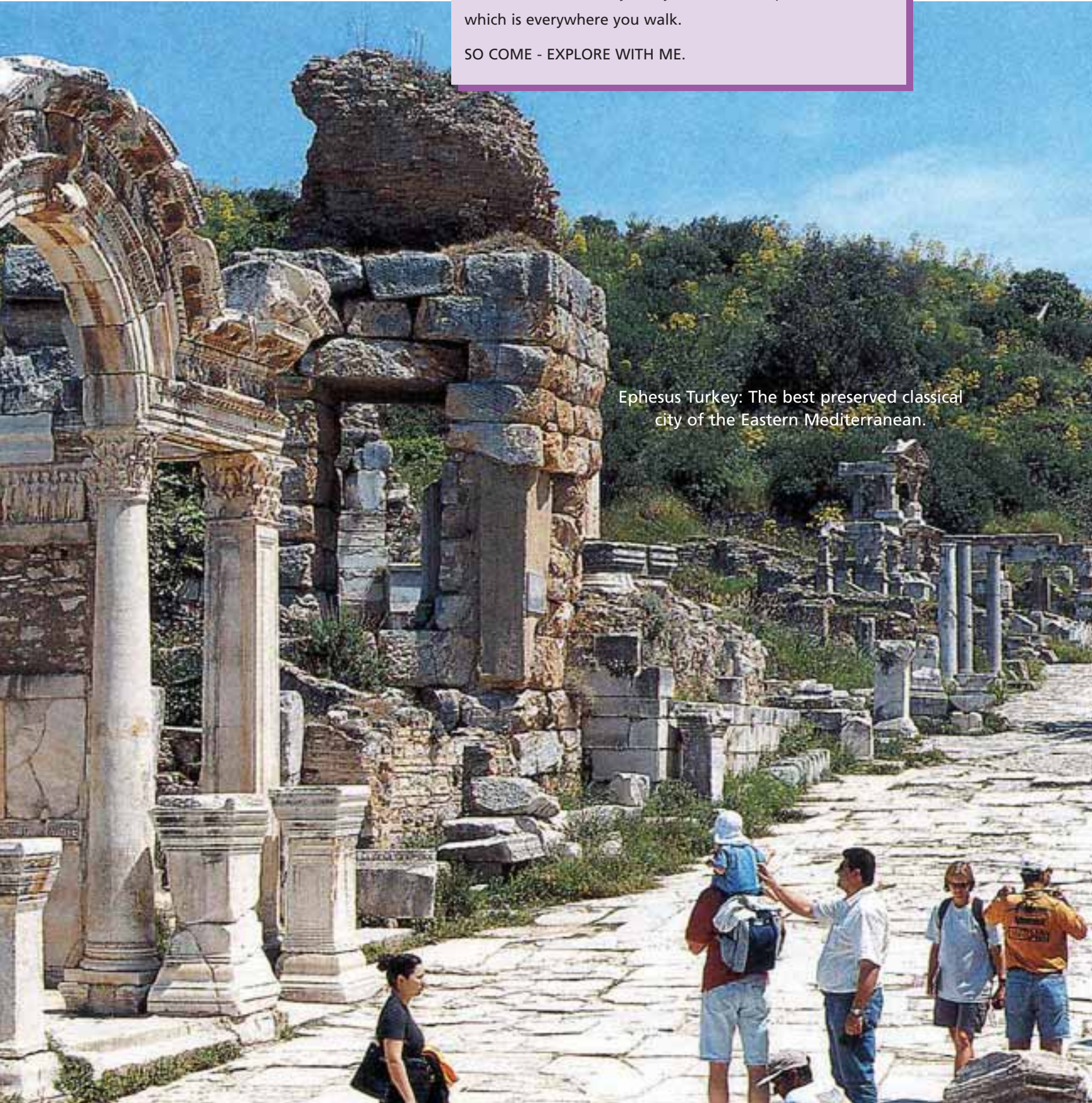
Lois and Creaghe outside a home carved in rock formation.



Write Lois: [Click Here](#)

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

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*Love is a language
that every heart speaks.*

*Friends have
all things in common.*

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

By
Henry Fountain
Deputy Editor - Circuits
New York - USA

IT'S sick, the way Americans think about illness.

A disease like diabetes gallops practically out of control, with estimates that 21 million Americans have it and 45 million more could develop it. Yet relatively few people worry about it or alter their behavior to postpone or possibly prevent its onset.

On the other hand, just the mention of flesh-eating disease, a staph infection that affects maybe 1,500 Americans each year, is enough to make many people anxious. And a news report on avian flu, which has yet to affect anyone in the United States, generates calls to personal physicians from patients eager to stock up on anti-flu drugs.

NOT WANTING TO KNOW WHAT HURTS YOU



Americans, it seems, are always worrying about the wrong illnesses.

"The risks that hurt people and the risks that upset people are almost completely unconnected," said Peter M. Sandman, a risk communications consultant, based in Princeton, New Jersey.

The likelihood of being affected by a disease is not the major factor influencing whether a person feels 'outrage,' as Dr. Sandman calls it. Instead, factors like control and familiarity {or lack of both} and whether the disease invokes dread or disgust are much stronger influences.

Flesh-eating disease, for example, is an exotic illness that can quickly kill. News reports tend to focus on its gruesome aspects. And it often occurs in hospitals. "You're never less in control of your own life than when you're in the hospital," Dr. Sandman said.

The net effect for many people, when a television news report trumpets a death by flesh-eating disease in a local hospital, may be near-panic. Here was a person who innocently entered the hospital and paid for it with a quick, gruesome death.

...bird flu is so far known in the United States:
only through news reports.

A chronic illness like diabetes, on the other hand, which may be dealt with in part through diet and exercise, offers people some sense of being in control.

Familiarity, for instance, can moderate the sense of dread, said Paul Slovic, a psychologist with Decision Research. "Car accidents are as horrific as cancer, yet we don't have the same sense of dread around cars that we do around carcinogens because we drive all the time."

The logic to calculate risk is simple, said Howard Leventhal, a professor of health psychology at Rutgers. "If lots of people have a disease but are not hospitalized or dying, it must be relatively benign; if it is rare, it might have serious, unknown consequences."

For example: bird flu is so far known in the United States only through news reports. This allows the threat to loom more menacingly than it should at this point. Unfamiliarity makes the mind wander, and imagine the worst. It often requires willpower to overcome the emotional response.

Dr. Sandman noted there were ways to refocus worry. "You're never going to train people's emotional systems to respond in a rational fashion," Dr. Loewenstein said. You can only hope that their 'cognitive capacity' will moderate their emotional reactions.



jo lee

FEATURE

By
Janet Lynn Bird
St. George - Utah

OVER FIFTY AND


LIKING IT... NOT

All those books telling of: slim and sexy forever. Give me a break!

Getting old! I was told I would love these years. All those books telling of: 'the sexy years' ... 'slim and sexy forever'. Give me a break.

I am now way closer to 100 than 25. I devour multiple health books on diet, exercise, hormones and other ways to age with some fun and energy. I'm a strict vegan and I do Pilates and yoga instead of running and skipping.

There is a reason for this. There was nothing I loved more than galloping across the red desert hills of Southern Utah as the sun was just starting to light the sky with a pink glow. Filled with giddiness at the beauty of it all - this one morning brought it to a complete halt. As I changed pace from a run to a skip - my foot spread out to the side in mid flight and with excruciating pain I hit the ground and my right hip has never been the same. Now - after doctors, massages and tons of glucosamine producing no relief, I accept that at fifty - I am aging!



Janet Lynn Bird

I know this to be true, for when my children are hiking and crossing my path in the desert as guides for a local spa - not ever would they acknowledge that I am their mom, deserving A-FOR EFFORT and still trying to be sexy and slim - after having ten kids.

I do it all ~

I eat right, devour my vitamins, pain medicine, my calcium for bones, antioxidants for aging, pycnolgel to help my antioxidants, hormones for hot flashes and energy level ... all to assure that I'm getting enough building blocks for this body that appears to deteriorate at an accelerated pace, if I quit.

The sexy years ~ Is there a joke in that phrase!

Now that I can enjoy uninhibited sex without children knocking on the doors, or loud rock 'n roll or heavy metal pouring through the walls, or the cries of nursing babies - it's not the same.

I mean, we can leave doors open and doors unlocked and maybe enjoy it on the floor! But that body gets on the floor and can't get back up until it sleeps there in that very spot for an hour or more.

Or you can't wake your lover because he has finally fallen off and you know sleep is more vital than sex right now. When he does awaken - foreplay is so long - you forget what you were doing and gently ... you both fall back to sleep.

Now how sexy is that!

And did I mention that positions and moves have to be carefully chosen because those aches and pains just jump out at the weirdest times - in the weirdest places.

But I've decided I like being fifty plus. I like the feel of being at a crossroads. At fifty you feel ready to redefine your roles in life. To reshape your life. Each day is a new beginning and I feel I can push the limits now that children have left the home. I feel ready to jump out of the box and baby: I'm going to reach for the new - whether over fifty and liking it ... not.

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By
Kenia Navas
Toronto - Canada

History has documented very different interpretations about the brave Spaniard Mariner who discovered the New World, Latin America. Two different cultures, Indigenous and Europeans had come together to discover their ways of life and beliefs. The challenge became 'how to share' the glory.

Little did Christopher Columbus realize how misunderstood 'Columbus Day' would become with the Spanish taking credit for the discovery that had already been credited centuries ago by the Indigenous people.

Discovery AMONG Ethnicities

The Order Sons of Italy {OSI} underpinned the fact that it was Christopher Columbus who initiated communication between the Europeans and Americans. The two countries came to exchange their cultural ways in art, music, science, medicine, philosophy, religion - ultimately, enhancing the United States' growth as a nation. More than 5 million Italians arrived in the United States and Americans began to adorn Columbus through monuments and the tracking of his journey.

As Marion W. Warner has written: all schools have programs that talk about Columbus who set out to find India and ended up discovering America. 'Frederick Saunders,' he tells, 'wrote a book about Columbus with several characters re-enacting his adventure ... a "thrilling program which did not require original composition for it could be arranged by the history students, producing cuttings of original documents."' For many years - the only source of learning was by reading stories, seeing plays and documents.

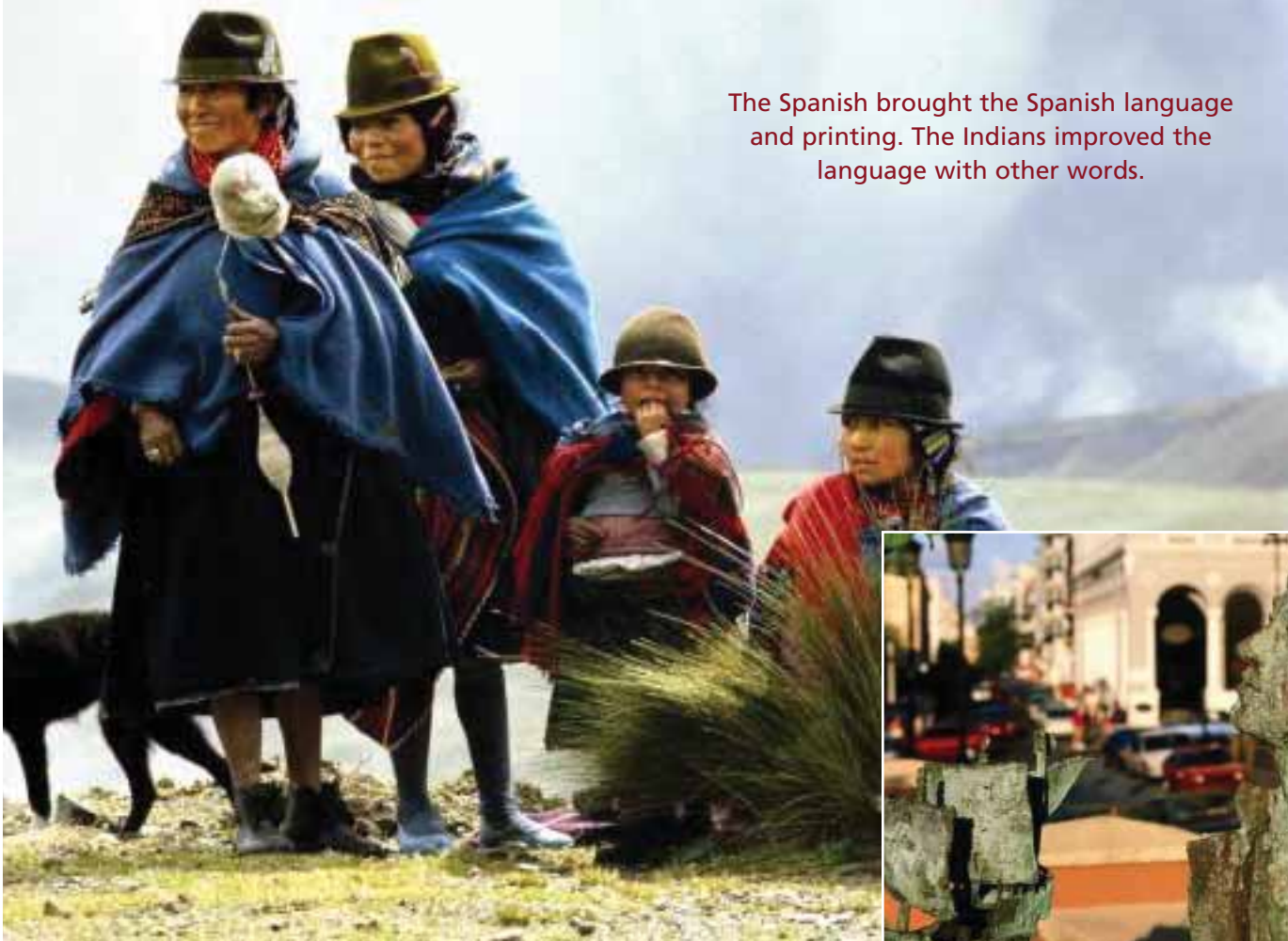
Columbus Day became special to all people. However, both Warner and the Order Sons of Italy did not once mention the Indigenous people already there and how the Indian customs mixed with European ethnicity - and enveloped a whole new diverse society that has come to be known as Latin American culture.

Columbus Day for Latin America is a part of history that describes how Spain obtained the New World. Regrettably, most authors have little knowledge of what history truly dictated during Columbus' interactions with the Indigenous people.

On the other hand, Venezuela had a different perspective of Columbus Day than the Americans.

Robin Nieto, a Venezuelan journalist, wrote about the incident that happened on October 13, 2004, in Caracas, when the statue of Columbus was taken down by a group of protestors, fighting about the significance of the statue: the statue of Columbus symbolized colonialism on the continent - representing invasion and genocide in the land.

The Spanish brought the Spanish language and printing. The Indians improved the language with other words.



It is clear that not only Columbus took the recognition for discovering a new place but took as well, the pride of this country and continent. The Venezuelans have since changed Columbus Day to 'Day of Indigenous Resistance' though the statue of Columbus remains.

Burns wrote a piece on how Mexico claimed it was Columbus Day that was troubling their country - for like other countries in Latin America, Mexico in a sense, was ruled by the Spaniards yet successful in keeping their Aztec culture amongst their lives. Today, people are confused as to whether 'Mexicans should see themselves more as European than Indians, or vice versa'. It is known that the Indigenous people accepted the help of the Europeans so as to enhance their community and government. What the Indigenous people do not agree upon - is the lack of recognition in cementing the history of their ancestors, before Columbus stepped in.

Homer Aridjis, the poet and novelist's succinct summation - is best of all.

He writes that Columbus Day 'should be thought of not as the anniversary of Spain's discovery of a New World or its conquest of that world but: as the Spanish and the Indians mutually discovering each other!'

Burns concurred.

The Spanish brought the Spanish language, printing, horses, dogs, wheat, candles and measles.

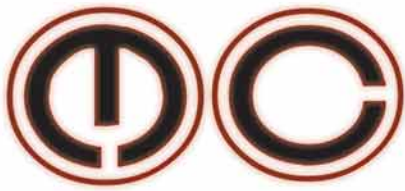
The Indians improved the language with other words and expressions, corn, tobacco, tomatoes and dozens of other foods.

THIS - is the main point of COLUMBUS DAY or DAY OF INDIGENOUS RESISTANCE - no matter what they're called - they are both the reason Latin America and Mexico are unique to the rest of the world.

In my opinion, Spaniards and Indians discovered something bigger than a new continent and the civilizations that differed from the Aztec, Maya and Incas. They both discovered themselves.

Columbus Day
should be thought of:
as the Spanish/the Indians
mutually discovering
each other!





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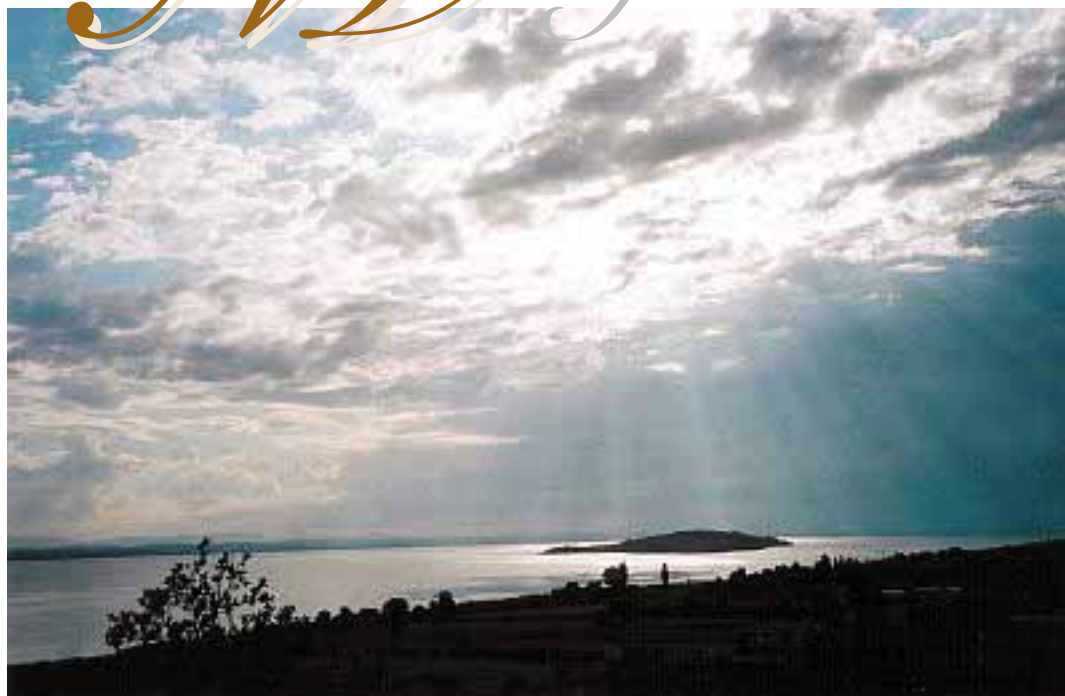
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By
Margaret Eastham
Vancouver - Canada

Born in and now residing near Vancouver, Canada, Margaret Eastham is a widely traveled and award-winning author.



Magic in Magione



Lake Trasimeno.

Perhaps one of the most rewarding experiences for the traveler is finding a corner of the world as unique and charming as Magione, near Lake Trasimeno in Umbria, Italy. Beautiful, but not without tremendous historical significance, it was here the Knights of Malta built their Castle of Magione in the 15th century. Lake Trasimeno was the site of Hannibal's victory over the Romans in 217 B.C. and is also known for its unforgettable sunsets. Indeed, the magnificent colors of the sun over the lake are like rays from a stained-glass window. This was the setting when we arrived in July, 2005 for the inaugural Trasimeno Music Festival.



The hill cities of Umbria.

The Artistic Director and creator of the festival is world-renowned Canadian pianist Angela Hewitt. Her eleven-year project, completed this year, to record all the major keyboard works of J.S. Bach - has been described as "one of the record glories of our age." She has been noted by the media as: "the pre-eminent Bach pianist of our time" and "nothing less than the pianist who will define Bach performance on the piano for years to come." Hewitt has a vast repertoire from Bach and Chopin through Couperin to the Contemporary.

The weeklong festival opened with a recital by Hewitt playing Handel, Scarlatti, Bach and Chopin. There was not a murmur from the audience as we realized anew that we were listening to a Master. To hear Angela per-

form in a concert hall is always wonderful but to hear her in the courtyard of a medieval castle under the stars is a transforming experience. Her playing so redeems us - this giving of the love of music - this sharing the joy!

On the second evening of the festival, Hewitt was pianist and conductor from the keyboard with the Orchestra Di Padova E Del Veneto. Founded in 1966, it is one of Italy's foremost chamber ensembles. The program included a Mozart and three Bach Concertos ... an exciting evening of strings and piano.

The third evening featured the marvelous voice of Canadian soprano Dominique Labelle who is much in demand on both sides of the Atlantic. Her selections



from Handel, Rossini, Faure, Hahn and Saint-Saens were lovely. Hewitt accompanied her tenderly and sympathetically; the audience loved them.

The next evening introduced the Royal String Quartet. Established in 1998 in the Chopin Academy of Music in Warsaw - the young artists have been prizewinners at many International Quartet competitions including Canada, Finland, Poland and Italy. They played Hayden's Opus 77 and Boccherini's Quintet for Solo Guitar and Strings. Then Hewitt joined them for Shostakovich's Piano Quintet in G Minor which was a rousing and wonderful finale.

The majestic Palazzo Ducale in Gubbio was the setting for the fifth concert. Hewitt, alone with the piano in the huge medieval courtyard, gave us exactly what Bach must have wanted to convey with his beautiful and soul-searching Goldberg Variations.

For the final evening, the captivating young people of the Royal String Quartet played Mozart and Karol Szymanowski. Hewitt joined them for Chopin's Piano Concerto # 1 in E minor. The audience had given many standing ovations during the week and the friends we made all agreed that the festival had given everyone a restoration of the spirit and many memories to cherish.

World-renowned Canadian pianist, Angela Hewitt.



Our program included gourmet meals and tours of the hill cities of Perugia, Assisi, Todi and Gubbio. Each of them has memorable gifts for the traveler. In Perugia it was the chance to walk along an ancient Roman Aqueduct and visit the Gallery of Umbrian Art. Gubbio has a Roman theatre considered one of the largest and best preserved in Italy. Todi, enclosed by its old town walls, lives wonderfully apart from the advance of time. Its gallery has fine paintings by Umbrian and Tuscan artists with gold and ceramic works from the Roman-Etruscan period. In Assisi, birthplace of St. Francis, we saw remarkable artwork by Giotto, Ambrogio and Lorenzetti.

The Festival was the highlight of our month-long European trip and we plan to attend the next one in July, 2006. www.trasimenomusicfestival.com / www.angela-hewitt.com

Angela Hewitt and Margaret Eastham
at the Trasimeno Music Festival



estival



Orchestra Di Padova E Del Veneto.



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WHAT IN THE WORLD IS GOING ON!

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jo lee

FEATURE

By
Peter Lowe
Tampa - Florida

the Leadership STRATEGIES of Top CEOs



Everybody speaks. Some people speak and get elected president of the United States. What makes for difference between those who speak and are received by a rapt audience, and those who merely fill the air with noise?

Peter Lowe, the self-styled 'America's Success Strategist' - a rival of motivational guru Tony Robbins - is the man behind Success Events International, an empire that now includes the Success seminars, Success magazine, motivational tapes and videos.

Over the past couple of decades, the mystique of top corporate CEOs has steadily grown. Today, the power of big names surely rivals that of a cabinet member--and in terms of their influence on global markets, perhaps even that of the President.

As profits, salaries, corporate perks and sheer power of the top chief executives have skyrocketed, there is great fascination about what makes these super achievers tick--and, more importantly, what makes them succeed.

One way to gain success is to learn from the individuals who embody it. Over the past 15 years, I have had the awesome privilege of befriending the most successful chief executives of our time. Many of these men and women speak at my SUCCESS conferences and share their advice on my monthly audio coaching program, Success Talk. This personal interaction has given me a wonderful education. It has allowed me to identify the common characteristics of the shrewdest corporate titans and the smartest entrepreneurial leaders.

How can you help your company succeed, create a healthy corporate climate and sustain long-term growth and profitability? I am going to give you four success strategies of America's greatest CEOs:

1. Share the Vision

The first strategy of a successful chief executive is to communicate a compelling vision for the future--an inspiring and challenging picture of what the organization can accomplish.

The CEO of Mailboxes Etc., James Amos, is a solid believer in the importance of articulating a shared vision--and he went to unusual lengths to make sure it happened.

"You can't motivate people with spreadsheets," Amos says. "The Christian scriptures clearly say that people without vision will perish. So I brought in Sister Suzanne Donovan, a nun, to do a mission statement for us. Everyone here worked on it. In the end, they selected eight items: caring, honesty, fairness, integrity,



One way to gain success: is to learn from the individuals who embody it.



trust, respect, commitment, accountability. Every person here carries that mission statement. We meet once a month with more than 20 associates and discuss these values."

2. Be Relentlessly Positive

A second strategy of top CEOs is one of attitude--they are perpetually, relentlessly positive. Chief Executive Perry Dye of Dye Designs puts it this way: "I have to be unrealistically positive--almost overstate the positive to counter the negative people." Or, as Lodwick Cook, the former CEO of ARCO says, "There are very few negative, sour people who pull success off."

3. Keep in Touch

A universal hallmark of effective executives is that they have a keen sense of what customers want and how their company is viewed--both on the inside and outside. They personally keep in touch with customers, employees and managers.

This principle has been emulated not only by successful CEOs, but by political and cultural leaders as well. Ed Koch, one of the most popular mayors in the history of New York City, was perhaps best known for going

around town asking the people he met, "How am I doing?" He kept in touch with the citizens of New York, and they responded by electing him again and again. Similarly, many successful CEOs ascribe much of their success to the time that they spent 'walking the floor' and traveling the country talking to people.

4. Carefully Select Managers

There is an old saying in politics that 'personnel is policy.' The people that a president, senator, or congressman chooses to place in key staff positions invariably help set national policy. They bring their own opinions, knowledge and experience to the job, which inevitably colors the advice they give and the work they do. It is the same in business.

Top CEOs know that the people they choose will determine their success, as well as the company's direction. If staff members are people of competence and character, there is potential for phenomenal success. However, if even one manager lacks either, there is potential for enormous problems.

These strategies of top CEOs are, at their core, principles of leadership ... and they are a necessity for business and: giving success a start.

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- Tropical Fruit
- Peaches & Cream
- BananaBerry Cream

Strawberries
& Cream



Chillers – Coffee, Chocolate or Tea

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- Chocolate
- Skinny Chocolate
- Chai
- Green Tea
- Passion Fruit Green Tea

Chillatte



jo lee

« WHEN ANGELS CRY

By

Oluwaseun Sotiyo and Kelechi Eleanya

Department of Peace and Conflict Studies

University of Ibadan – Nigeria

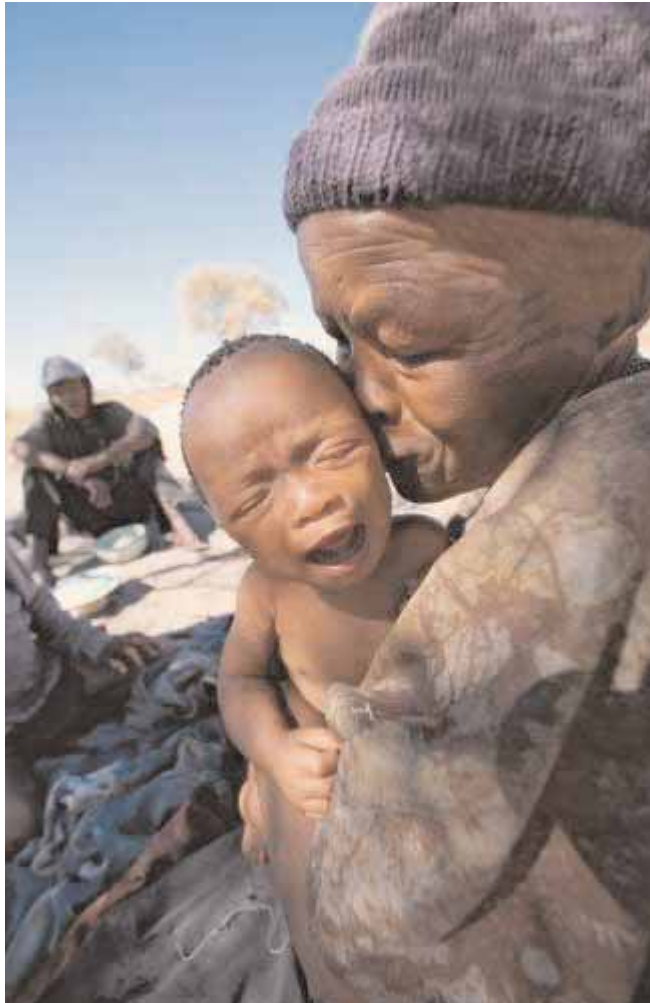
THE NEXT 100 YEARS

ONE CHILD'S JOURNEY

HOW SHE/HE WILL LIVE, LOVE AND NEVER REALLY DIE

Thirsty World





It is estimated that two thirds of the world is covered by water, however man still faces the challenge of quenching the thirst of millions of people.

Life is filled with diversities of desires and aspirations that could represent thirsts. Whether a thirst for knowledge, achievement of personal, national or international goals ... there is a need to draw from the earth's resources.

The earth was designed to support every life form at all times; however humanity must wisely facilitate this success.

A realization that every new human life on earth means an extra task on the earth's ability to support life - reveals a great thirst. A thirst for total environmental balance.

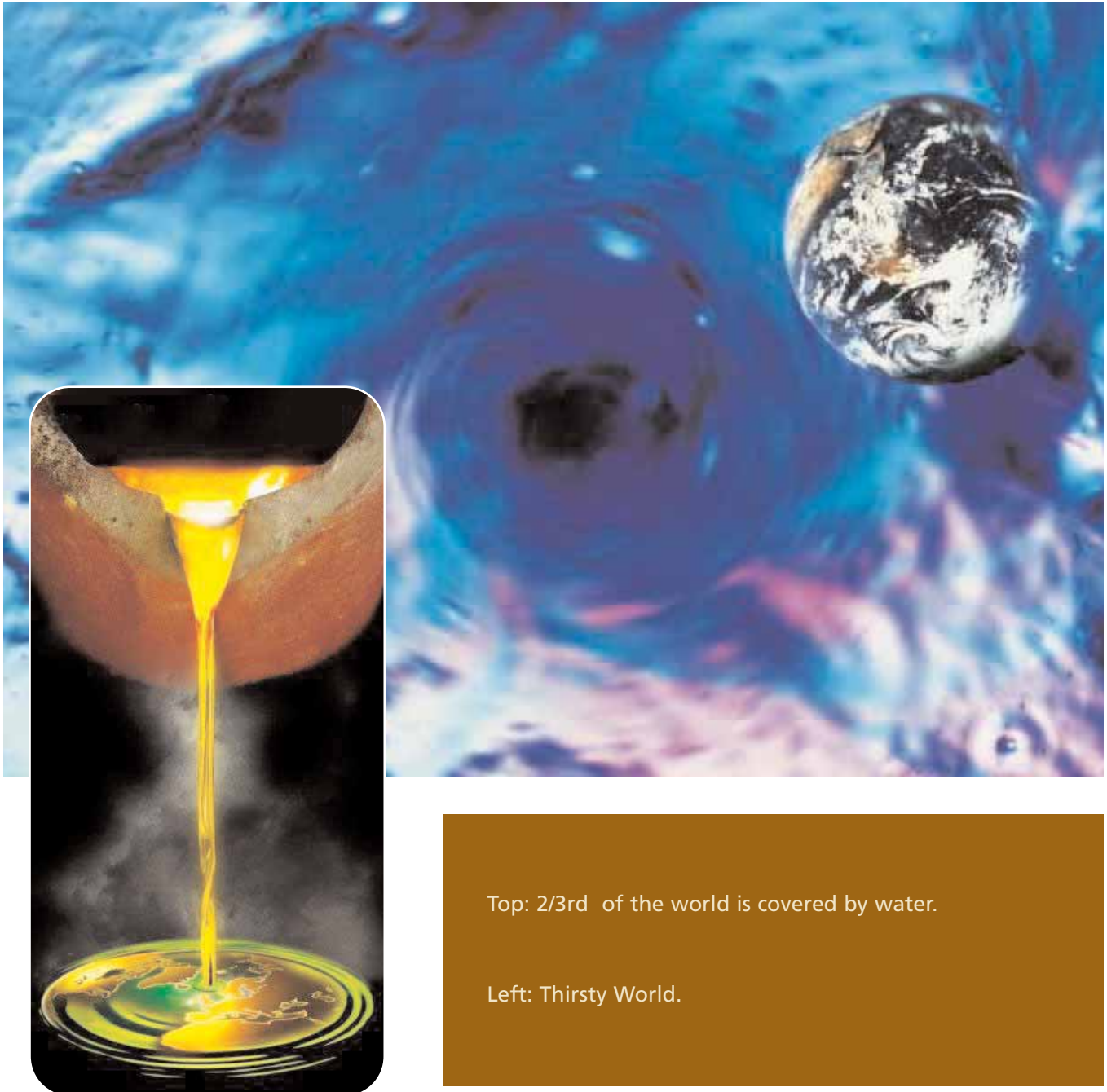
Left: The earth was designed to support every life form at all times.

Right: There is a need to draw from the earth's resources.

What do you thirst for?

Whatever your thirst, realize that you have an important role to play in minimizing the pressures emanating from unmanaged population growth and resultant effects like child poverty, child labor and other associated ills.

Let's see how far our combined energies can quench the world's thirst.



Top: 2/3rd of the world is covered by water.

Left: Thirsty World.

* Kelechi is an economist holding a degree in Renewable Natural Resources Management and a Masters in Forest Economics. As a co-founder of MILESTONES RICH an NGO committed to the achievement of the MDGs {Millennium Development Goal} and beyond.

Kele802001@yahoo.com

* Oluwaseun, a Theatre Artist and Conflict Management Consultant - holds a degree in Theatre Arts and a Masters in Peace and Conflict Studies. She's directed several drama for youth awareness performances in the Niger Delta and is Director of Community Programs for MILESTONES RICH.

sotiyo_s@yahoo.com \ miles_afrique@yahoo.com

Life is filled with diversities of desires and aspirations: that could represent thirsts.





jo lee

« L'OCCHIO / THE EYE

By
Ray Scotty Morris
San Francisco - California

Photographing ANIMALS with Humor

Ray Scotty Morris is not only an internationally renowned photojournalist and successful society photographer in San Francisco, but his career has enriched the lives of many on a wide scale. He's been taking pictures for close to fifty years and as a news photographer, he won 29 photo awards in just ten years - local, state and national, including best news picture of the year.

Scotty has received a Certificate of Commendation from the U.S. Senate along with the distinct honor of being written into the 107th U.S. Congressional Record.



Dog running down Corridor. This was a picture from a photo essay, Lost in the Airport.

Photographers will tell you that the most important elements when taking animal pictures are subject matter, composition, light, shadow and exposure - the list could go on. To take a good animal picture you just need to know three basic facts - speed, humor and KISS. KISS stands for a very old photographer's saying that I learned at the beginning of my career: Keep it Simple Stupid.

Speed is very important because animals will not stand around as you fool with your camera.

Before I take my picture I know exactly what I want; I have the picture planned out in my mind, any props are in position, then I bring the subject into position and press the shutter. In most cases I spend less than one minute to shoot my photo. There are exceptions. If given the time I will take advantage of the situation.

I have been told a thousand times by amateur photographers how the camera they own takes great pictures. It

is the person holding the camera that takes great pictures. I've gone on assignments with a throw away camera. No complaints from the editors.

In my years as a photographer, I have been butted by Santa's reindeer, a goat tried to eat my Hermes tie, and once lying on my back shooting up at an elephant, he decided to go to the bathroom. I could have drowned if I hadn't moved fast. I can still hear the laughter of the crowd watching. My worst experience with an animal was in a small office with a huge lion and its trainer. The lion kept looking at me and licking its chops. And the worst injury I've received, was a nip from a swan.

If you shoot animals - please enjoy a few tips in the captions of my pictures.

Good Luck!



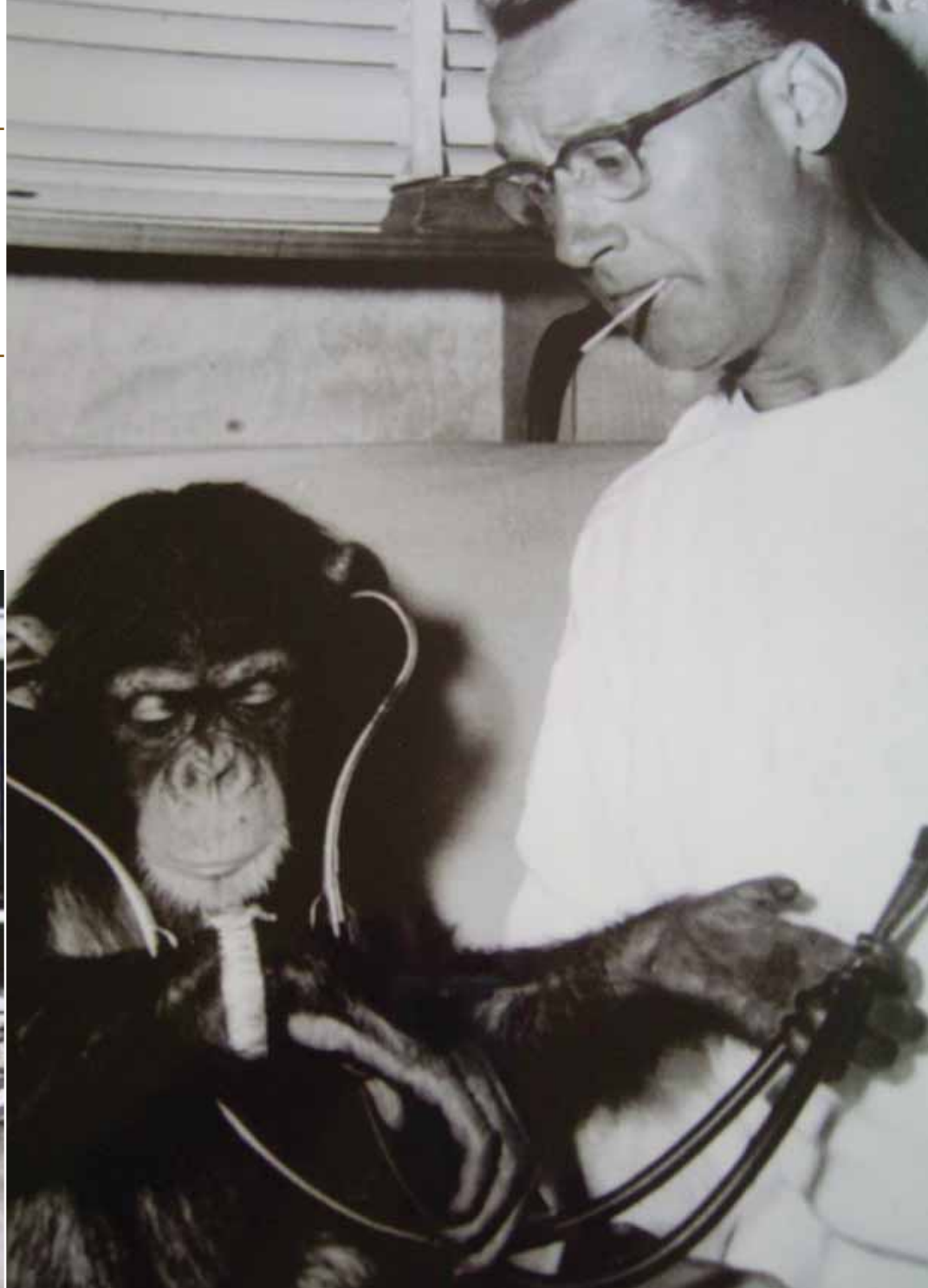
Swan picture. You can get a very different picture of any animal if you go in real close.



Pig picture. This picture was taken at agriculture show. I was looking around for a shot when I spotted the chap with the pig hat.



Monkey and stethoscope. Roles were reversed when medical steward was called to check on Josephine a chimpanzee.



Lion in Lobby. This was a Publicity Assignment for the Fairmont Hotel in San Francisco.



Heide with two cats. This was a Christmas card, we had everything placed into position, the bowls Christmas decorations and plant.

Cat in bag. This is Bentley, he will not pose for pictures but he loves to go into bags or boxes and stay there for a long time.



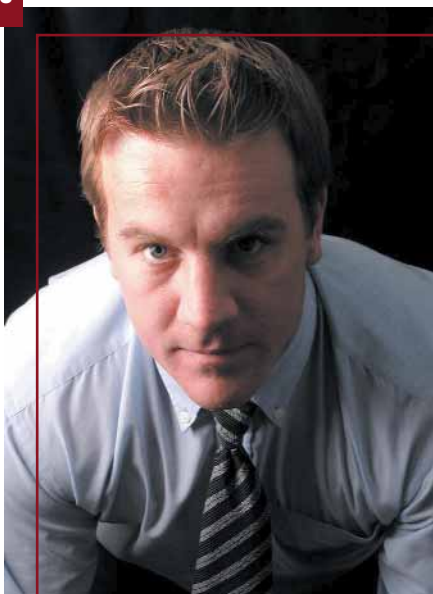


Lofty on bike. This is the first animal picture I ever shot. It is Lofty, my first dog.

Close up monkey face. This picture was taken in monkey island in Phuket Thailand a few weeks ago.



jo lee



« HALF TIME

By James Mansell
Montréal - Québec

THE SUMMER OF SPORTS

I predict this year's
World Cup will
break all previous
viewing records.



Hi Folks!

This Summer - I'm counting on you to nominate a special person in your life for: The ADESTE Prize. www.adesteprize.com Coaches, teachers, employees are among those who can do outstanding things for others! What an ideal Nominee for this honor. Make the time. Say 'thanks' to those who've helped YOU! To all who've nominated: well done! We appreciate your generosity and the Nominees treasured the recognition that would have otherwise, gone unknown.

Let me tell you one thing! I love the summer! I can't imagine living in a climate where the temperature is hot, year round. Yeah, right! The seasons rev up the body for an amalgam of sports.

This summer - think of the great organizations who would love your participation. There are so many things to do. Join a softball league, coach a soccer team, or volunteer your services to a tournament.

I personally participate because I believe it is my duty to give back to my community. But I also partake to relax, unwind and compete. Don't make excuses for your lack of time! These activities energize and even inspire our imagination towards new goals. The people we meet help build new friendships, develop new business opportunities and can even find you a new girl/boyfriend. It's great fun and creates amazing memories.





What we often forget about sports - is the impact we personally have on others. Whether you coach a winning championship or console a fellow teammate through tough times ... you are never too old or too young to volunteer.

THIS SUMMER, TAKE A CHANCE. Have some fun. And remember the World Cup will be there for us to watch - with Germany being the Host Country! We can

all appreciate the magnitude of this event and each country, I wish 'good luck.' I'll be cheering for England because they're the closest I personally have to a Soccer team.

Let's make this event competitive fun and violence free.



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.

jo lee



« THE RICH & THE FAMOUS

By Robert J. Goldsworthy - Halifax - Canada

TURKEY HILL...

Martha

STUNNING CONNECTICUT

What do you get when you blend charming New England architecture with a coveted Westport location, and Martha Stewart's passion for history and home...Turkey Hill, the wonderful 200-year-old clapboard Connecticut house, which Martha has called home for over thirty years.



Turkey Hill is more than just a beautifully restored farmhouse...in many ways it is the true birthplace of "Martha mania". It was here that Martha began her catering business, and then parlayed her talents for all things domestic into the ever-expanding lifestyle mecca that Martha Stewart Living Omnimedia has become.



Stewart's

ESTATE



Whimsical Garden Room.



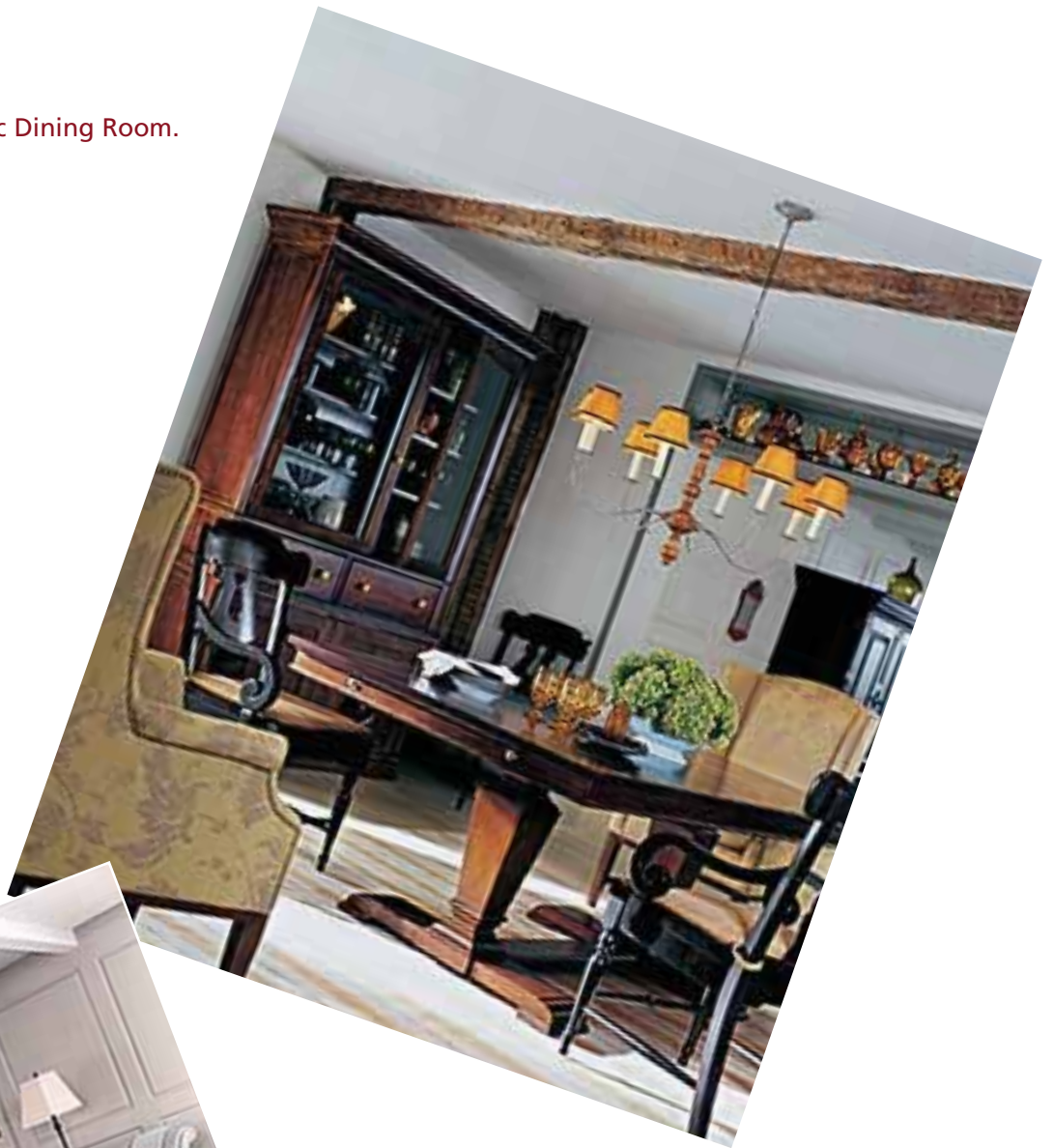
Stunning Sitting Area.

Something about the warm, enduring and nostalgic interior feels familiar, a testament to not only Martha's vision and talent, but one of the most important functions of this house...as an early laboratory for Martha's unmistakable line of products and signature style.

This home has the ability to take us back to a simpler, more gracious time...with handsome, clean lines, handmade quality and timeless style. It is at once both sumptuous and elegant, while also being down to earth and understated. The look is flawless and fresh. Turkey Hill showcases "simple pleasures", adding to the warm patina and "aged to perfection" feel.

It is evident with every layer of color, texture and form that there is a direct correlation between this home and its owner's soul and dreams. It seems to tell a silent story about the past, present and future, while providing a sanctuary from Martha's hectic life...and that must definitely be "a good thing"!

Colonial and Chic Dining Room.



A Gracious Great Room!



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

jo lee



« POLITICALLY RED

By Lani Silver

San Francisco - California

150 million people were murdered in the 20th century due to war and genocide.

The world has not yet learned that violence does not solve a nation's problems. Genocides only provide boundless grief, suffering and political consequences.

G enocide in the 20th century

With each occurrence of genocide, politicians and the media scramble to divert the public's view from what's happening abroad. If a spotlight is shown, the light is opaque, dim and flickering.

The UN special rapporteur to prevent genocide says it is not his responsibility to identify the occurrence of genocide. But what good are reports, articles and more literature if we are unwilling to open our eyes and rub away the numbness of our hearts?

According to the convention, states are to prevent and repress all acts of genocide. Yet, this has been mere verbiage.

The anniversaries of the various genocides bring about solemn celebrations of remembrance - countless articles result. Same article, different year.

What has the world learned about the prevention and treatment of genocide?



Based on the intervention and prevention that has taken place in our recent past, not very much. Yet, Amartya Sen and other scholars have correctly identified the precursors to genocide which include suppression of civil and human rights, the creation of famines and the suppression of media outlets. Some scholars even acknowledge that there are identifiable steps - an 8 step process which maps out the progression of a genocide. And yet, we continue to turn our backs to genocide, to people around the world who have committed no crime but are merely unlucky enough to be poor in a country which holds no economic or political interest for the United States. Victims unlucky enough to have others put a casual price tag on their lives. Victims' fates are bound by others deciding if their life has enough value to merit intervention.

What can we do?

We must first know our shared history; analyze the making of each and every genocide that has taken place and educate the younger generations. Only when we understand our past can the future be filled with lessons

too great to ignore. We should take matters into our own hands and advocate aggressively in order to prevent another genocide from taking place.

Well on our way into the 21st century, what can we promise ourselves to accomplish the coming of this newest of celebrations? Optimism.

To Write Lani: [Click Here](#)

**** Lani Silver** - historian, artist, free-lance writer, and Lecturer with the American Program Bureau. {Gorbachev's bureau, Desmond Tutu, Betty Williams & Oscar Arias}. For 16 years, Lani directed San Francisco's landmark Holocaust Oral History Project, conducting 1,700 oral histories with Holocaust survivors and witnesses. Lani and her partner, historian Eric Saul, discovered the story of Chiune Sugihara, who is called "The Japanese Schindler." Lani became Steven Spielberg's first consultant and trainer for his Survivors of the Shoah Visual History Foundation. 54,000 testimonies. Lani is currently the Project Director for the James Byrd Jr. Racism Oral History Project. byrdfound@juno.com



Only when we understand our past: can the future be filled with lessons too great to ignore.



« 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.

ANTILLES NETHERLANDS

BISTRO LE CLOCHARD
Riffort Village
Curacao
Tel: 599.9.462.5666

This restaurant is built under the 19th century vaulting of the old Dutch Fort. The appetizers are more French than tropical but the beef is exceptional. The catch of the day is prepared in the simplicity of butter and lemon.



CHILI

TAVERNE du PECHEUR
Caleta de Pescadores H
Hanga Roa
Easter Island

Basically French with great ambiance. Spaghetti is highly recommended (always al dente). Tuna steaks are the best.

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RISTORANTE del CAMBIO

Piazza Carignano, 2
Turin
Italy
Tel: 011.546.690

This elegant restaurant is not overwhelming. It has very authentic northern Italian food from the Piedmontese region. The mushroom soup was lively and the lamb cooked to medium was served with stewed onions. The braised beef in red wine was served with deep fried polenta. Turin has changed since the Olympics. Enjoy!



GIORGOS

44 Patron Pyrgou St.
Petra Waterfront
Greece
Tel: 2610.522.910

Large courtyard right on the waterfront, lit by evening with torches. A restaurant famous for its uniqueness with fish. A wide variety of shellfish cooked to perfection.



MEXICO

FONDA EL REFUGIO
Liverpool 166
Mexico City
Tel: 55.5207.2732

Authentic Mexican dining. It's small and intimate with a fireplace decorated with shining copper pots. Try the chilies stuffed with ground beef or cheese.



UNITED STATES

ARTE
21 EAST 9th STREET
New York City
Tel: 212.473.0077

Charming, intimate dining experience. Great attention from the staff and the food was very good. A small bar on the right with comfortable seating. The veal and pasta are superb. This restaurant is near Washington Square and a nice stroll where the young college group congregate, is in order.



SUNSET TOWER BAR
In the Argyle Hotel
8358 Sunset Boulevard
West Hollywood CA
Tel: 323.654.7100 / 914.366.9600

The look is clubby with walnut paneling. The dishes are not fussy. Served are steak frites and Kurobuta pork chops with caramelized plums. This is a Hollywood hangout for producers, lawyers, directors but not for actors. The chef is Piero Morovich and the owner is Jeff Klein.



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

jo lee



« THE DIGITAL DIVIDE

By Craig Ricker
Kostroma - Russia

is
COMMUNISM

**REALLY
DEAD!**





РАСКРЕПОЩЕНА

It has been eighty-nine years since Marxist communism began, thus making it possible to draw some objective conclusions about it. The people who claim it failed say it failed to do what: to create a socialist, egalitarian utopia. In all the places communism has been imposed it has never created anything utopian or socialist but it did manage in every case to create a cookie cutter police state based on terror. Thus, the conclusion can be drawn that communists never intended to create socialism but to create brutal terror states since that is what resulted in every case.

Since it is now clear that Communism never was a utopian socialist idea, then what is it: it is a system of warfare. When it is examined as such its actions and goals make perfect sense. What is its main goal? As written throughout Marxist Leninist literature, the goal is world communism. What does that mean? It means a world in which the eighty-nine year old system of a police state based on terror is applied globally to erase all opposition to communist power real or imagined. So far, Communists have murdered at least 100 million people to crush opposition in the countries they now occupy, which entails one third of the world's population.

Theoretically, to conquer the rest of the world would require at least another 200 million political murders.

Lenin incorporated the ideas of Carl Von Clausewitz who originated the concept of total war. After the amazing successes of Mao in the Chinese Revolution, the

Soviets incorporated his strategy, which is based on the theories of the ancient Chinese general Sun Tzu who wrote the book, "The Art of War". Sun Tzu says: "All warfare is based on deception."

Sun Tzu taught that deception is superior to violence. "Supreme excellence consists in breaking the enemy's resistance without fighting." In the late 1950s the Soviets created a two legged strategy; one leg empowered by the ideas of Clausewitz, this being the Soviet nuclear arsenal, and the other leg utilizing the deception of Sun Tzu embodied in the KGB. These two legs created the ambulation of world communist strategy.

The culmination of this strategy has been Perestroika. By using the threat of the nuclear leg, the deceptive leg was able to stage a false liberal revolution on strictly Soviet terms. Sound far fetched? The two opposition parties in Russia, the fascist and the Communists have both been exposed as KGB fronts and do not deny this. This means there has never been an opposition party in Russia. The facts speak for themselves.

The interesting question? What will be the next step?

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





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jo lee



« 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 have slightly elevated cholesterol levels. Should I give up eating eggs? Greg Bennett - Miami, Florida

AB: Contrary to popular belief, Greg, dietary cholesterol has little or no effect on most people's blood cholesterol levels. A 1999 Harvard study, followed 118,000 adults for up to 14 years; findings showed no significant association between egg intake and risk of heart disease. It is recommended that we consume no more than 300mg of cholesterol per day. The average egg contains 190mg of cholesterol - most experts agree that eating 5 eggs per week will not impact your heart health.

Q: How does flax seed help to prevent breast cancer? How should I eat them? Victoria Hubbard - Lausanne, Switzerland

AB: Victoria, one risk factor for breast cancer is the length of time a woman is exposed to her own estrogen. Flax seeds contain a component known as lignin. Lignins have a weak estrogenic effect - with the ability to bind to a woman's estrogen receptor sites. This blocks the action of the body's own, more potent, estrogen. Use freshly ground flax seed in muffins, breads or sprinkled on salads or into yogurt. Flax seed also contains quality omega 3 fat {heart friendly} and fiber - to help keep things "moving".

Q: I keep hearing the word phytochemical. What is it and how do I get more in my diet? Cora Branton - Windsor, Canada

A.B: Phytochemicals are natural compounds found in fruits and vegetables. It is these compounds, Cora, that give foods their vibrant colors. Mounting evidence suggests that these phytochemicals have the power to protect our body from many disease processes including cancer and heart disease. Some examples of well known phytochemicals include: lycopene -found in tomatoes, isoflavones - found in soy, sulfur compounds - found in garlic. Eating a diet full of organic, colorful fruits and veggies will provide you with a load of these protective substances.

Q: What is the best way to boost my metabolism? Mason Durkyn - Molokai, Hawaii.

A.B: There are many strategies to boost one's metabolism, Mason. The easiest is to increase the frequency of your meals. Instead of eating three large or medium sized meals a day - consume 5-6 small meals a day, starting with breakfast! This pattern of eating keeps your metabolic fires stoked, decreases hunger throughout the day and helps maintain your energy levels and mental clarity.

Please do keep sending your mail ... I enjoy each one of them!

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

* Andrea Buckett, Dr. of Homeopathy, lecturer, writer, renowned food expert - is a passion in pursuit of having people live into their nineties - and feel like 52. Yes, she's jumpstarted the most exciting nutritional adventures. She is a graduate of The Homeopathic College of Canada and her private practice today is a sole focus on the body's benefits and pleasures of great food.



jo lee



« CAPRICCIO

By Danilo Navas

Nicaragua - Central America

The Music of PUERTO RICO



Being the smallest island of the Greater Antilles hasn't stopped Puerto Rico from being a giant in musical culture and heritage. Like Cuba, and the rest of the Caribbean countries, music in this part of the world is one of the most important components of daily life. The beaches, the sun, the exotic foods, fruits and vegetables, its friendly people, combined with the music - and the dances that go with it - give Puerto Rico a unique flavor and fascination.

The musical traditions of the Spanish and Africans can be heard in Puerto Rico's music. The cuatro, a guitar-like instrument with 10 strings, usually carved from solid blocks of laurel wood and known for resonances and pitches different from those produced by the Spanish guitar, is considered the national instrument of Puerto Rico. Also prevalent on the island are such per-



The major type of music coming out of Puerto Rico is salsa: the rhythm of the island.



cussion instruments as tambours, maracas, and a variety of drums whose original designs were brought from Africa by the island's slaves. All these instruments contribute to the rich variety of folk music with roots in the cultural melting pot of the island's Spanish, African, and Taíno {natives} traditions.

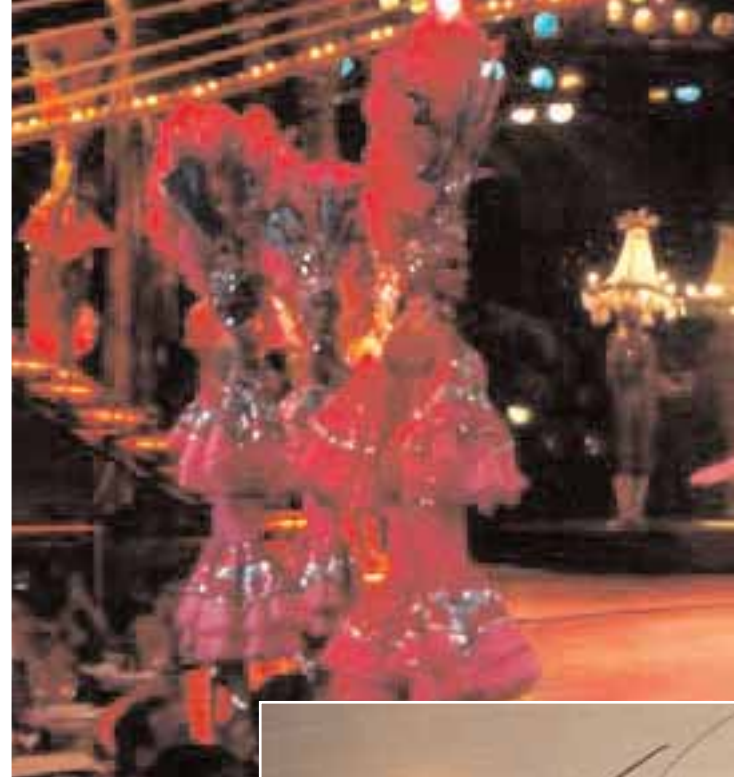
Although usually grouped together, Bomba and Plena are actually two entirely different types of music that are coupled with dance. Bomba was brought over by black slaves who worked on the island's sugar plantations in the 17th century. It's a rhythmic music using barrel-shaped drums covered with tightly stretched animal skins and played by hand. The drums are accompanied by the rhythmical beating of sticks and maracas to create a swelling tide of drumbeats. Bomba is described as a dialogue between dancer and drummer. It's as if the drummer were challenging the dancer to a rhythmic duel.

Whereas Bomba's origin is purely African, Plena blends elements from Puerto Ricans' wide cultural backgrounds, including music that the Taíno tribes may have used during their ceremonies. Instruments used in Plena include the güiro, the cuatro and the panderos {tambourines}, originally derived from Africa. Dancing Plena became a kind of living newspaper. Singers recited the events of the day and often satirized local politicians or scandals.

The major type of music coming out of Puerto Rico is salsa, the rhythm of the island. Its name literally translated as the "sauce" that makes parties happen. Originally developed within the Puerto Rican community of New York, it draws heavily from the musical roots of the Cuban and the African-Caribbean experience. Highly danceable, its rhythms are hot, urban, rhythmically sophisticated, and compelling.

To write Danilo: [CLICK HERE](#)

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



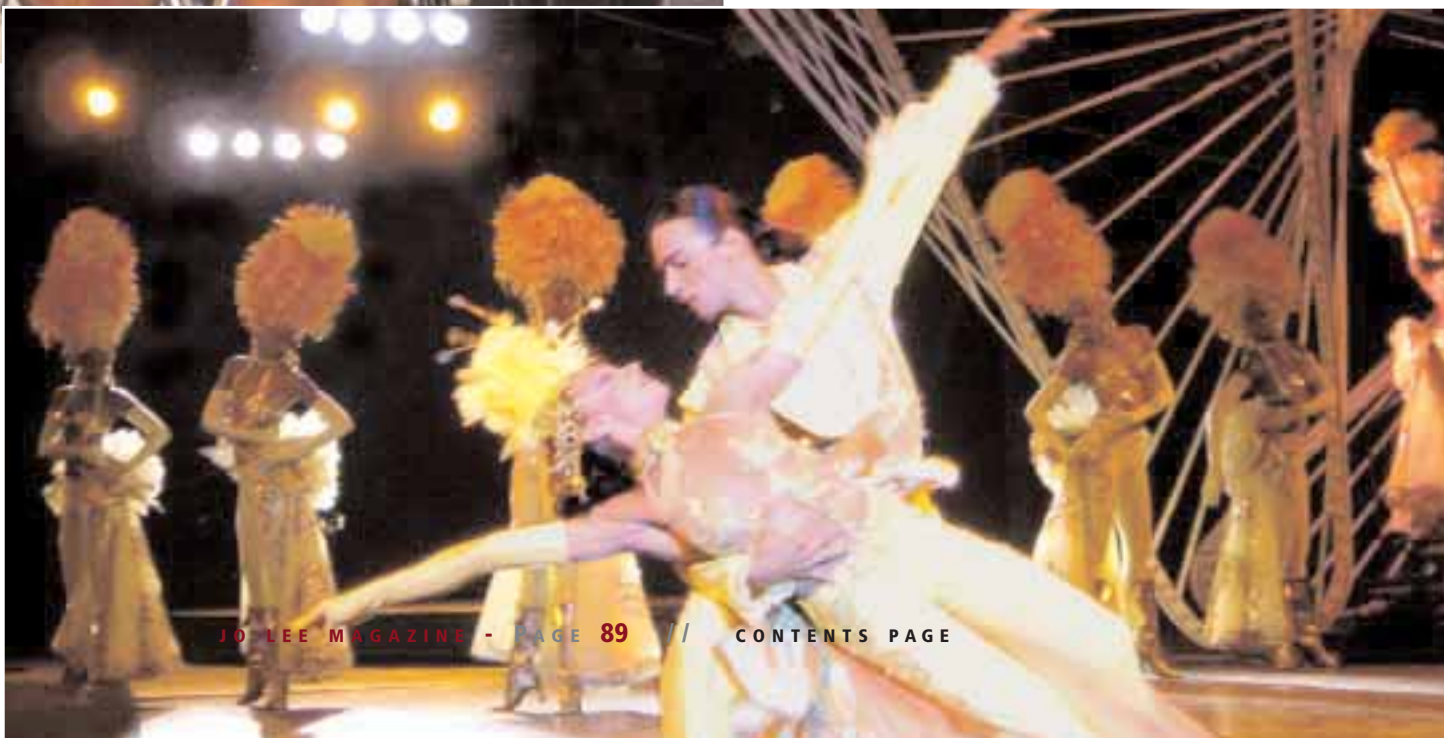


The musical traditions of the Spanish and Africans can be heard in Puerto Rico's music.

Bomba is a rhythmic music using barrel-shaped drums, covered with tightly stretched animal skins.



Both music and dance: give Puerto Rico a unique flavor and fascination.





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ENCORE

Tomasz Czerniatewicz

In this season's 'Encore' - JO LEE Magazine profiles Tomasz Rafal Czerniatewicz, Special Assignment - JO LEE Magazine - who reflects upon: 'that love at first sight'.

I was born in Poland in a city called Jelenia Gora. And like many who dream of a better land - my parents immigrated to Canada in search of that better life, when I was two.

Inspiration would almost become my second name. From as early as I can remember -the profound production embracing the world of business of a man I adored - inspired me. I was inspired when I listened, when I read, when I was taught and then learnt the fundamental finesse of producing this flawless, finished product of the business I ultimately would grow to love. The man: is my father. And his business is known as the printing industry.

I guess you can say: 'it was love at first sight'. By the time I was nineteen - my father was giving me that irreplaceable hands-on experience which opened up doors to very big opportunities and a real taste of the corporate environment.

Coming to realize my love for perfection - makes me proud of the work I do. And this creative perfection began affording me the luxury of getting to know a large array of people and businesses and one of the most fascinating has been: the luxurious and eclectic JO LEE Magazine.

A few years ago, Jo Lee, herself, offered me a 'Special Assignment' position with the magazine. I feel honored to combine this opportunity with my own career. As we know, JO LEE Magazine and its world-wide readers are dedicated to the support of The ADESTE Prize. A Prize - dear to us across the globe. Truly, we all deal with a lot of challenging commonalities that unite us no matter how far away the stream flows. To this, I want to say 'thank you' to JO LEE Magazine's creation of ADESTE.

WITS END #1 »

By JO LEE Magazine

New York / San Francisco / Hong Kong / London

Tokyo / Rome / Toronto

A wife was making a breakfast of fried eggs for her husband. Suddenly her husband burst into the kitchen.

EGGS

"Careful. CAREFUL! Put in some more butter! Oh my GOD! You're cooking too many at once. TOO MANY! Turn them! TURN THEM NOW! We need more butter. Oh my GOD! WHERE are we going to get MORE BUTTER? They're going to STICK! Careful ... CAREFUL!

I said be CAREFUL! You NEVER listen to me when you're cooking! Never! Turn them!

Hurry up! Are you CRAZY? Have you LOST your mind? Don't forget to salt them. You know you always forget to salt them. Use the salt. USE THE SALT! THE SALT!"

The wife stared at him. "What the hell is wrong with you? You think I don't know how to fry a couple of God damn eggs?"

The husband calmly replied, "I wanted to show you what it feels like when I'm driving with you in the f@%#ing car.!!"

WITS END #2 »

By JO LEE Magazine

New York / San Francisco / Hong Kong / London

Tokyo / Rome / Toronto

THE MORAL BEHIND THE WORD YES!

One day, when a seamstress was sewing while sitting close to a river, her thimble fell into the river. When she cried out, the Lord appeared and asked, "Why are you crying?" The seamstress replied that her thimble had fallen into the water and that she needed it to help her husband in making a living for their family.

The Lord dipped His hand into the water and pulled up a golden thimble set with pearls. "Is this your thimble?" the Lord asked. The seamstress replied, "No." The Lord again dipped into the river. He held out a silver thimble ringed with sapphires. "Is this your thimble?" the Lord asked. Again, the seamstress replied, "No." The Lord reached down again and came up with a leather thimble. "Is this your thimble?" the Lord asked. The seamstress replied, "Yes." The Lord was pleased with the woman's honesty and gave her all three thimbles to keep, and the seamstress went home happy.

Some years later, the seamstress was walking with her husband along the riverbank, and her husband fell into the river and disappeared under the water. When she cried out, the Lord again appeared and asked her, "Why are you crying?" "Oh Lord, my husband has fallen into the river!" The Lord went down into the water and came up with Mel Gibson. "Is this your husband?" the Lord asked. "Yes," cried the seamstress.

The Lord was furious. "You lied! That is an untruth!" The seamstress replied, "Oh, forgive me, my Lord. You see, if I had said 'no' to Mel Gibson, you would have come up with Tom Cruise. Then if I said 'no' to him, you would have come up with my husband. Had I then said 'yes,' you would have given me all three. Lord, I'm not in the best of health and would not be able to take care of all three husbands, so THAT'S why I said 'yes' to Mel Gibson."

jo lee



« EDITOR AT LARGE

By Carla Dragnea
Bucharest, Romania

6 Tips

[Click Here: For Carla »](#)

To a Longer Healthier Life

Want to live a long life? Based on new studies, all you have to do is to include in your daily routine, the following tips:

- 1.} Drink tea. You would expect this from the British, but the research showing tea's ability to lower blood pressure and cholesterol, actually comes from Japanese and Norwegian scientists. Apparently any kind of non-herbal tea will do.
- 2.} Sleep more and laugh more. People with chronic sleep problems have a higher mortality rate, whereas those who get a good night's rest suffer fewer illnesses. People who cultivate laughter, heal faster and feel better.
- 3.} Take cold showers. Brrr! But research in England and Germany confirm that the chill enhances resistance to colds, boosts immunity and fertility, and reduces the risk of heart attack.
- 4.} Drink something red. The British Medical Journal reports that red wine is highest in antioxidants, but acknowledges that the same value can be achieved by drinking red grape juice.

5.} Eat less and exercise moderately. On the island of Okinawa, where residents eat 20 percent less than other Japanese people, the age-related death rate is 60 percent lower. As for exercise, 30 minutes of moderate sustained activity, five times a week, increases life expectancy.

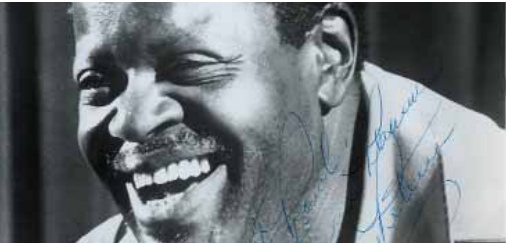
6.} Get a pet and get married. Pet owners have lower stress, cholesterol and blood pressure and see their doctors less often. While you're at it, get a spouse as well. The single and divorced have the highest chance of contracting disease and dying from it.

Doesn't sound too hard to accomplish, now does it? Determination and consistency is the key here and it will take you a long way!

Happy Life Everyone!

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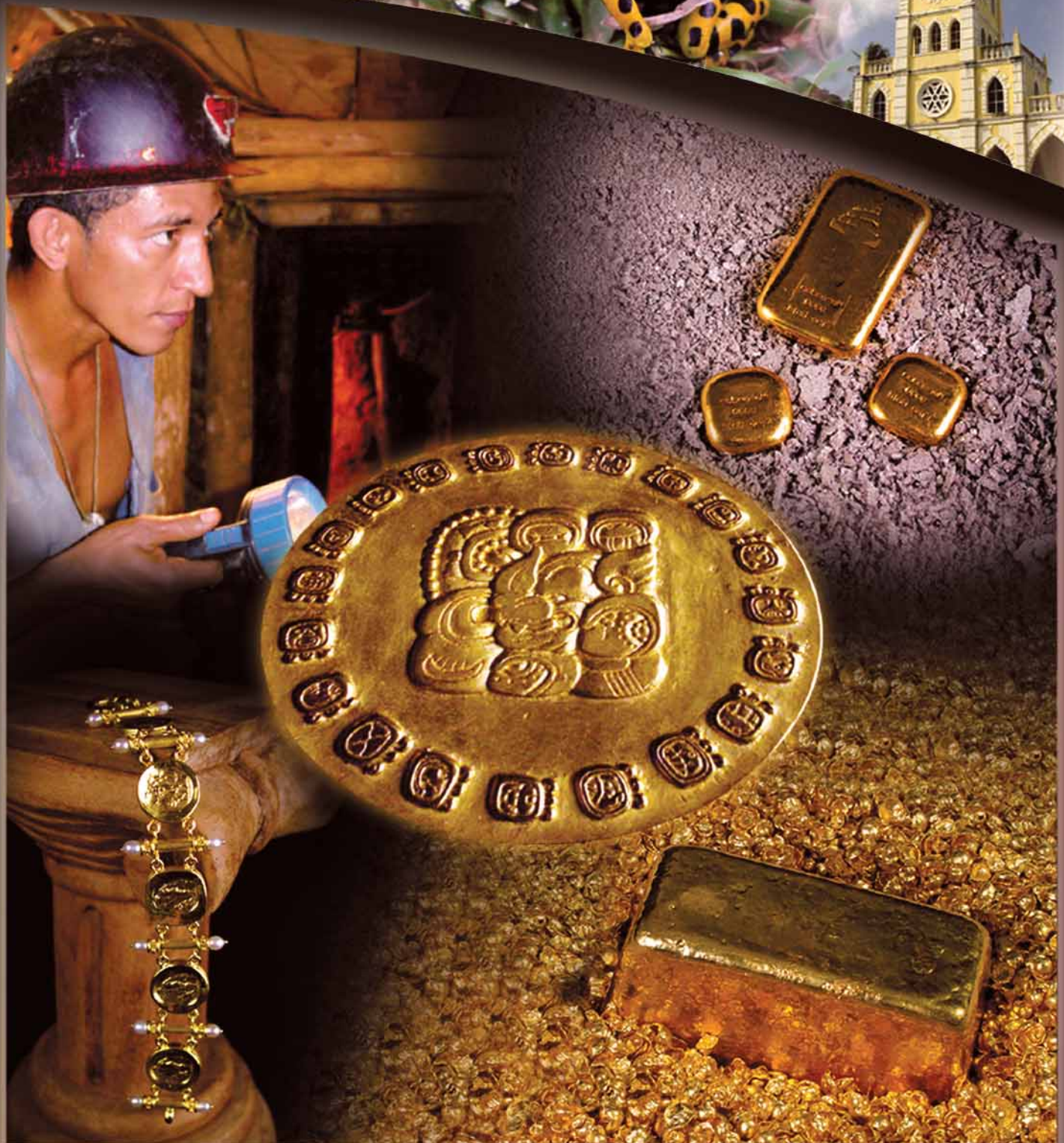
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