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180° FROM ORDINARY

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GENE ARCERI
THE PROVOCATIVE & CHALLENGING WORLD
OF ARCERI

ANDREA BUCKETT, DR. OF HOMEOPATHY
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RAY SCOTTY MORRIS
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THE MARVELOUS MAVERICK

SALLY REISNER
THE POET'S CORNER

VERA RESNIK
THE POET'S CORNER

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THE POET'S CORNER

CRAIG RICKER
THE DIGITAL DIVIDE

HEIDE VAN DOREN BETZ
THE RICH & THE FAMOUS

DAVID WESONGA
THE POWER OF MOMENTUM

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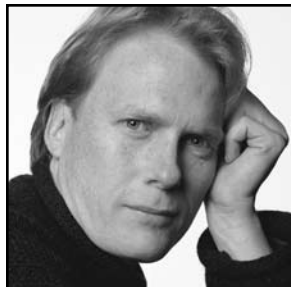
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San Francisco – California

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Ching Tor Lee
BUSINESSMAN
Shanghai – China

It would be fascinating to visit an Amish community as in Amish Not Irish. Your Autumn issue is an excellent read. In these days, as we attempt to deal with the Muslims' sharia laws, it brings to mind the terrible restrictions that various religions put on freedom. In fact, it seems the main function of Religion is to restrain human behavior. Why can't we let people be free?

Brooks Anglesen
ARCHITECT
Amsterdam, North Holland
– Netherlands

The many activities of 'The Incomparable Rudyard' speak well of the future of Canada. Jo Lee's interview brings out the tremendous spread of Mr. Griffith's works and it is appreciated that the future of Canada's country may be a constant in the face of erosion of classical values. Jo Lee gives the feeling that Canadians will be well designed by discussion and adherence to Canadianism in the face of growing societal division across the Western World. Thank you for the thoroughly, enjoyable read. Autumn 2009.

Torri Menks
EDUCATOR
Los Angeles – California

Your Summer issue featured a photographic short story that was just so touching. The idea that the story's tradition was passed from grandfather to son and now daughter, was inspiring and perhaps the story will not end there. It is obvious from Chloe's comments that her dad, Kent, is instilling the right values in these young, beautiful ladies which will prepare them for their lives ahead. It is easy to see the sportsmanship and fun the girls are having from the wonderful pictures by Ray Scotty Morris! However, my favorite picture has to be the one with Chloe and her brother Ian, who looks as if he is already dreaming of his first soccer goal. It is stories like this one that make me continue my subscription to see if, I hope, there is another follow up story outlining Ian's first game.

Serge de Vaines
LAND DEVELOPER
Marseille – France

The economy of Russia is certainly, as described by the author in your 2009 issue, Autumn, "A Modern Parable" and is not conducive to Western investment. However, I am lost as to how Wall Street and the US is causing children in Russia to starve. It is impossible for free enterprise companies to operate in a country that does not have a system for enforcing contracts, so the people I know have suffered more than the children.

Dr. Karnadea Fry
PHYSICIAN
Berlin – Germany

It is tempting when we get older to live on memories as pointed out in your Autumn publication: The Provocative & Challenging World Of Arceri - "From Peanuts To Millions." I don't think it is because the memories are any more vivid or emotional. It is just that we are getting lazy and wallow in a pleasant pastime – having no other pressing responsibilities. I believe we should resist this urge, assuming we are in reasonable physical condition and not 'laid-up'. Judge this on how you feel after living on a memory – motivated or sad – and let that be your guide.

Mr. Abasi Mosi
DIPLOMAT
Tanzania – Africa

Autumn's issue featured an insightful must read!! "SHIELD THE CHILD GLOBAL CLIMATE CHANGE." The dire consequences listed are for the world to note. Over the last 100 years, temperature has risen 1.2F degrees as reported by the "Intergovernmental Panel on Climate Change". The sea level has risen 8 inches. The primary causes of these increases are natural phenomena such as changes in the earth's orbit around the sun. Yes, "let us" ALL "invest in climate change adaptation priorities and shield the children from this menace of global change."



Credit for the phenomenal photo of Kristina Remne on page 64 of the Autumn issue should have been attributed to Manni Bach – Copenhagen, Denmark. manni.bach@gmail.com JL

CONTRIBUTORS



Andrea Buckett

DR. OF HOMEOPATHY YOU ARE WHAT YOU ATE
Andrea Buckett, Dr. of Homeopathy, lecturer, writer, renowned food expert – is passionate about helping people feel young. She is a graduate of The Homeopathic College of Canada and her successes to date have become a sole focus on the body's benefits and pleasures of great food.



Gene Arceri

THE PROVOCATIVE & CHALLENGING WORLD OF ARCERI

Gene Arceri has gained world attention as a writer, critic, award winning PBS reviewer and publicist. A native New Yorker, Gene resides in San Francisco and spends considerable time in London. Among his best selling books are: 'Elizabeth Taylor: Her Life. Her Loves. Her Future', Susan Hayward's 'RED' and Charlie of Nob Hill. {San Francisco's most famous cat} arccgen@sbcglobal.net



Stanley J. Dorst

PROS & EX.CONS
Stanley J. Dorst is a retired officer of Chevron Land Development Co. and CEO of Grosvenor Development Co. He's been advisor to European governments and private companies as Vice-President of The International Urban Development Association and advisor for The International Executive Service Corps on behalf of the United States State Department Agency for International Development.



Carla Dragnea

EDITOR AT LARGE
Carla Dragnea is a Biologist whose interest in feature writing has encompassed 'the study of life'. In September, 2008, she was appointed Intellectual Advisor to the YES! E-Help Campus which assists 11+ million young people worldwide with their problems, each month. yesintl.com



Kelechi Eleanya

WHEN ANGELS CRY
Kelechi is an Economist and a committed development expert. He holds a degree in Renewable Natural Resources Management and a Master's in Forest Economics.



Lois M. Gordon

YES, VIRGINIA! COME – EXPLORE WITH ME
Lois M. Gordon is a world traveler and resides in California's Silicon Valley. She has spent her life as wife and mother, chairing several committees and indulging in her passion for reading and writing poetry.



John Paul Jarvis

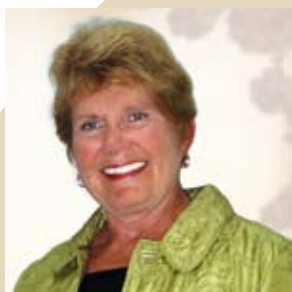
I'VE ALWAYS BEEN NUTS
Paul Jarvis has enjoyed a full corporate career as CEO of four subsidiaries of foreign multinationals and served on six boards. Board and boat sailor, tennis player, terrible musician all tempered by eclectic friends – affords a basis for views and opinions on a broad range of topics.



Ray Scotty Morris

L'OCCHIO – THE EYE

Ray Scotty Morris is an internationally renowned photojournalist and successful San Francisco society photographer. He has 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.



Sally Anne Reisner

THE POET'S CORNER

Sally Anne Reisner grew up in San Francisco's Bay Area and then taught in an urban-suburban high school in New Jersey for eighteen years. At the age of fifty she left her job, re-married and focused on her writing.



Craig Ricker

THE DIGITAL DIVIDE

Craig Ricker is a prolific writer and among the world's best photographers. He went to Russia to develop an understanding of its world from the inside and to accurately portray their life predicament within his books.



Heide Van Doren Betz

THE RICH & THE FAMOUS

Heide Van Doren Betz, an Art Consultant specializing in Ancient Art and Icons, has taught Art History and created world famous collections of Antiquities and Icons. Her accomplished photography was shown in a solo exhibition at the Winckelmann Museum in Germany.



H. Gail Regan

THE MARVELOUS MAVERICK

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



Vera Resnik

THE POET'S CORNER

Born in Prague, Czechoslovakia, Vera Resnik lost most of her family in the Holocaust. Her volunteer work in the New Jersey court system – as a conflict resolution resource and advocate for children's rights – led to a court appointment to the child review committee. Today, Vera's writings are widely read.



Gary Sweeney

THE POET'S CORNER

Gary Sweeney worked as a journalist and as an independent writer for years before launching The Midnight Palace. www.midnightpalace.com He continues to write everything from poetry and short stories to reviews and articles.



David Wesonga

THE POWER OF MOMENTUM

David Wesonga is a 24-year-old Kenyan poet/writer and the recipient of the prestigious 2008 ADESTE GOLD MEDAL. As an online Journalist for Nation Media Group, East Africa's largest media enterprise, David's definitive, thought provoking articles have earned him acclaim worldwide. He sits on the board of Eastlandah Media Company and the Citijournal.



The Card Game Bridge Explains Solutions To The Financial Crisis

BY H. GAIL REGAN
TORONTO – CANADA

The financial crisis has caused massive loss in wealth and employment. Governments are trying to change regulation to prevent reoccurrence. I hope these efforts are successful but I wonder if current beneficiaries will oppose reform. A variant of the card game 'bridge' reveals who may be intransigent because they are potential beneficiaries of today's instability.

The direct way to succeed in the regular card game bridge is to bid realistically and play carefully. There is also an indirect, less efficient way of doing well in ordinary bridge -- wait for the opponent team to make mistakes. When opponents over-estimate their cards and their competence, they overbid. Because mistakes are almost immediately deducted, the game teaches awareness of false pride and delusion.

In the variant 'Chicago,' rounds are shorter; bonuses for completing games more generous and over bidders do not deduct losses from their own score, but allocate them as points to the opponent

team, who then split up. Because this version of the game diffuses loss and delays its calculation, it sometimes deceives players into thinking they are doing well when they are not.

The regular game is a wonderful metaphor for the way the real economy ought to work. In ordinary bridge, the skilled and lucky get ahead and delusional players are swiftly penalized. Chicago is a good metaphor for the "new economy," one based on positive expectations, plentiful, immediate rewards and mystification of risk. What virtues does it promote?

I play with a group of 12 to 16 people. Some play as if it is regular bridge and usually do not do very well. Then there are highflyers who bid on probabilities rather than relative certainties. We can be expected to win and sometimes we do. But sometimes we don't. Surprised and curious, I began to observe the scores and found that winners are sometimes skeptical, conservative players who succeed by accurately doubling highflyer

overbids. They catch and don't get caught. Chicago encourages risk-taking but teaches doubt.

The new economy has become a vast game of Chicago and it is fragile. Will real economy players embrace reform? Theoretically yes. They did not like the new economy and will be happy to have it restrained. Will highflyers oppose reform? Probably not. They like this game and will want to keep playing, albeit with more functional rules. Will reform be easily accepted? Maybe not.

A dynamic, high-reward economy creates wealth. Uncertain wealth, but wealth nevertheless. Shocked by the crisis, many people are not eager to take business risk, but they are disappointed enough to expect compensation for previous loss. The problem is: this is the boat most of us are in. Conservative, risk averse and skeptical, we will doubt reform's usefulness in speedily restoring our jobs and money. Stupidly, we just may want to play again.

JL



The Greatest Criminals

BY STANLEY J. DORST
SAN FRANCISCO – CALIFORNIA

How trivial are the crimes of criminals that we incarcerate. Those who deal in drugs, steal a car, or a diamond ring – even those who murder someone. We set up jails to contain them and occasionally have hanged them or more recently injected them.

Trivial compared to the heroes of our history books, who have led the slaughter of tens or hundreds of thousands throughout history. For example, Leif Erickson the great explorer (or was he a raider and sacker of the work and possessions of others); or Genghis Khan and Hitler. The fruits of war have been tremendous compared to theft. Huge mines of natural resources, slaves, taxes, horses and women and the price - the murder of thousands.

Is there a disconnect here? Is it really heroic to kill thousands, but a crime to kill one?

We can deal with individual people whether criminals or saints through our religious philosophies. We can love our individual enemies – if we really work at it. And with good results; whether in establishing a productive relationship or sending them to jail.

But religion is no help when it comes to war. There is a difference that defies our best efforts to deal with war. In war it is kill or be killed and loving just doesn't

cut it – at least for the privates. But what about the heads of countries who send the privates into battle – the heroes of history. The soldiers and the civilians are the victims, but the leaders have a choice. They are the thieves; and the heroes. It is as if in failing to love our enemy we decide to cast our leaders in an heroic light.

We are making progress as far as world wars are concerned. There are no recent international conquering heroes who have invaded others for the “spoils of war” (outside of Africa). The heroes are now defenders, or those who fight to free enslaved peoples.

Or are our heroes those who protest to stop those who march to free the oppressed?

The pacifists continue to apply religion to nations as well as individuals. They do not agree that defenders, rather than invaders, can be heroes. They question whether those who act to free oppressed peoples are defenders. They ask; “are we really helping ourselves and killing others?”

It does seem heroic to defend your family, even by killing invaders. Somehow applying “love thy brother” to invaders does not compute.

What do you think?

JL



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Jo Lee Talks To: The Genius Behind The Power Of Neurosurgery Canada's Dr. James T. Rutka

BY JOSEPHINA LEA MASCIOLI-MANSELL

Once upon a time, not too long ago, a dear friend, Peter Sangiorgio and his business partner, Sandro Macri, were about to celebrate an enormous milestone on a very special evening. One hundred of their closest friends would be invited. The occasion was called Laura's Journey.

You see, my friend's partner had a most beautiful daughter who, just the year before, had survived brain surgery. Laura's Journey was created so as to present a check in the amount of several thousand dollars to the renowned Dr. James Rutka, Chair of the Division of Neurosurgery in the Department of Surgery, at the Hospital for Sick Children (HSC). Would I fly in from New York for the evening?

Hmmm – I thought. Life had come full circle! And Chair of Neurosurgery at that.

Many years ago, Neurosurgery at the Hospital For Sick Children became an extremely integral part of my life when my infant son was rushed to HSC – and diagnosed with a brain tumor. There were conflicting theories as to why the tumor was there. My GP had said it was caused from a fall when little Thomas had quickly slipped from my arms onto

the carpeted floor. My pediatrician said: "No, no. This was caused from the doctor using forceps at birth."

And so, a long, agonizing spell ensued with the then unparalleled, Dr. Bruce Hendrick, performing the surgery with immense love!

Dr. Hendrick had become Canada's first full-time pediatric neurosurgeon and the national expert for children with diseases of the nervous system, particularly those relating to head injury.

But even with the best in Dr. Hendrick, little Thomas John Michael was to survive but a few days. What I had come to learn was fascinating. Actually, it was a perforated ulcer that took the life of Thomas. What happens, I'm told, is that stress within tiny bodies can create multiple ulcers which form into one huge ulcer that perforates and...

Sadly, Dr Hendrick passed away himself a few years ago from a ruptured intestinal ulcer. Now, a good couple of decades later, none other than the phenomenal Dr. James Rutka is holding Dr. Hendrick's former position at Sick Kids with his neurosurgery program being recognized today as one of the best in the world!



Dr. James Rutka (left) is seen here performing neurosurgery for the separation of the Conjoined Twins from Pakistan, Hira and Nida Jamal, who were joined at the head. Dr. Rutka is operating with Dr. Hoffman (middle), and Dr. Mark Souweidane (right).

Dr. James Rutka was born in Toronto, Canada, became an Ontario Scholar and was educated at Princeton University, New Jersey, in Chemical Engineering. He graduated from the Faculty of Medicine at Queen's University, Kingston, Ontario, winning the Dean Fowler Prize for highest standing in the final year, while at the same time quarterbacking the Queen's Golden Gaels football team to the National College Bowl championship. He did an internship at McGill University before entering the University of Toronto Neurosurgery Training Program in 1982. His training included a research fellowship at the Brain Tumor Research Center at the University of California, San Francisco, where he obtained his Ph.D. in Experimental Pathology in 1987, and a post-doctoral research fellowship in molecular immunology at Juntendo University, Tokyo, in 1990.

Today, Dr. Rutka is not only Professor and Chair of Neurosurgery, but he is also Co-director of the Arthur and Sonia Labatt Brain Tumor Research Centre at the University of Toronto. He is President-Elect of the American Association of Neurological Surgeons.

Throughout his career, Dr. Rutka has received numerous awards and accolades including the Lister Prize in the Department of Surgery, the Grass Award from the Society of Neurological Surgeons, and the Bittner Prize from the American Association of Neurological Surgeons. One of his most cherished awards is being named a member of the International Order of Smile, an award given by children to an individual who has devoted his career to the care of and compassion for children. Canada's The Globe and Mail has listed Dr Rutka as one of the Nation Builders in Canada, in Science and Technology.

JO LEE: Dr. Rutka, can you believe the synergy of life! First, Dr. Hendrick, then, a few months ago, my introduction to you. The unbelievable linking – in wanting, for months, to sit with and interview the Chair of the Neurosurgery at the Sick Kids and, via my great friend, Peter, the linking grew. I flew in for the celebratory evening and the Chair was there. Jim, what a pleasure!

DR. JAMES RUTKA: Thank you Jo Lee. It was a great pleasure to meet you too. What a co-incidence that Dr. Hendrick, my mentor, looked after your son. Dr. Hendrick was a superb neurosurgeon and outstanding teacher. I learned so much from him. In fact, I still use many of the procedures he taught me to this day in my practice.

Thank you especially for making the trip to Toronto. This is a great fundraising event for Laura, and I would do anything to help her. She is a great kid!

JL: Dr., you are a man with many accolades, accomplishments, awards and a lot of talent and I've come to learn how determined you are to get to the bottom of some of the most difficult questions about a particularly difficult disease – childhood brain tumors and seizure disorders, which is what Laura had. Can we begin here?

Dr. R: Brain tumors remain the second most common cancer to afflict children, after leukemia, but unlike leukemia, which has a significant cure rate, the majority of malignant brain tumors cannot be cured at this time. This is why we need research. And this is why we have established the Arthur and Sonia Labatt Brain Tumour Research Centre at the Hospital for Sick Children. Thanks to a very generous donation by the

Labatt family in 1997, we have been able to bring together the best and brightest physicians and scientists to work together to tackle this problem head on. We now have some 80 researchers, graduate students, technicians and associates working around the clock on the problem of malignant brain tumors.

There are many different areas of research in brain tumors and my own interests lie with the determination of the mechanisms by which brain tumors grow and invade. And I am also using advanced genetic and epigenetic strategies to increase our understanding of the most common malignant brain tumor in childhood – the medulloblastoma.

JL: Oh, oh, I'm in trouble already. Epigenetics?

Dr. R: The epigenome is often described as the second genetic code. Simply put, while our genes act as a blueprint for designing our body, the epigenome provides the instructions by telling our genes what to do, where to do it and when to do it. While scientists are still deciphering the epigenome, what is known is that numerous chemicals in our bodies control which sets of genes are switched on in any given cell and instruct the cells how they should function. The epigenome regulates the switches in this entire chemical system. In cancer cells, this process is disrupted.

JL: What then is medulloblastoma? Does it occur mainly in children?

Dr. R: Medulloblastoma is a solid, cancerous tumor that originates in the cerebellum, which is in the back or base of the brain. Medulloblastomas account for about 25 percent of childhood brain tumors. Despite vast improvements in treatment, five-year survival rates for children with this cancer are only 60 percent.

I hope that by studying the epigenetic factors, in combination with the genetic changes, it will lead to a better understanding of how the disease develops and may ultimately provide targets for new treatments. In fact, we have already discovered several new genes that are linked to the initiation of medulloblastoma in children.

JL: Are your discoveries, thus far, encouraging?

Dr. R: Yes they are, and with a three-year research grant from the Canadian Cancer Society, we will study these genes for their role in medulloblastoma. We also are vigorously pursuing novel drugs that combat these genes in our experimental model systems of medulloblastoma.

Our current three-year research grant totals almost \$400,000. This is my fifth grant from the Canadian Cancer Society.

JL: \$400,000. My lord, to execute each delicate segment of this ongoing development – you must need many times the amount mentioned?

Dr. R: Well Jo Lee, we are indeed fortunate that we have tremendous

infrastructure in place at Sick Kids to help look after some of the costs of our research efforts. Without this tremendous support from all sources around the clock we would have a harder time to get the work done, there is no question.

JL: Jim, you touch on a subject extremely close to my beliefs: examining the effectiveness of using novel drug therapy that may be less toxic than conventional chemotherapy!!

I've had close friends who've turned to chemotherapy and every, single one of them have died. Some have even gone as far as to say: "chemo kills." Each of these friends, by the way, had brain tumors. How do you respond to this? And, is the extended life of a human being extended or, in too many cases, an unfathomable existence?

Dr. R: This is a very good question. It is difficult to measure the value of extending a life by chemotherapy or other treatments. Some of our treatments, including chemotherapy, are highly toxic and create a burden of suffering on patients. This is why we must continue to search for different, less toxic therapies.

JL: There are different kinds of chemotherapy. Why?

Dr. R: There are chemotherapeutic agents which work on stopping cancer cells from growing; there are those that work on diminishing the blood supply going to the cancer; there are those which create programmed cell death within the cancer cells, a process known

as apoptosis; and there are those which prevent cancer cells from invading or metastasizing to different locations in the body. That is why we need different forms of chemotherapy.

JL: How much hope do you give to the cure of cancer and could its challenge eventually be met by a simple injection?

Dr R: We strive daily to make an impact on the problem of cancer in our society and, particularly, on brain cancers, especially those in children. A simple injection of a single agent is unlikely to work in the long term in my opinion. Rather, I see us preparing a "cocktail" of chemotherapy agents that work on different aspects of the cancer's biology. In some ways, I see "individualized" therapy coming to the forefront in the near future.

In other words, we will know the major genetic defects occurring in most cancers in the next decade. Then, we will individualize treatment for cancer patients based on these genetic defects.

JL: Why are so many people of all ages being diagnosed day-upon-day with brain tumors?

Dr R: We really don't know the factors that are leading to an increased incidence of brain tumors in our society, but it is quite possible that environmental factors, exposures to carcinogens, and genetic factors all combine to cause brain tumors. It is not unusual for us to see clustering of cases of brain tumors in communities, too, and of course this would implicate something related to environmental exposures.



Just 3 days after surgery, Laura is shown with her cranial scar where the neurosurgeons performed surgery to remove her brain tumor. Her eye is swollen from having undergone a temporal craniotomy which is a usual finding. Photograph by Doug McMillan for Salon Collage.



Sandro Macri, Laura's father, Laura and Dr. James Rutka upon presenting the Dr. with a large cheque for the Arthur and Sonia Labatt Brain Tumour Research Centre. Photograph by Doug McMillan for Salon Collage.

JL: Is there one part of the body more apt to display initial symptoms of a brain tumor? i.e. three of my friends realized severe arm pain – much difficulty with the movement of the arm – somewhat like a bursitis. Nothing else. Only after a good period of time was there dizziness, imbalance, and headaches.

The other mystery is this: several people I know have been diagnosed with/have experienced excruciating migraines. However, of late, some of these people have chosen to consult with neuro specialists and if they felt migraines were bad: the neurological diagnoses were even worse. The migraines were caused because of TUMORS!!

So Dr., does this mean migraine sufferers should indeed be conferring with a neurologist?

This is scary stuff...

Dr. R: Patients with brain tumors will usually show fairly characteristic signs and symptoms with the growth of the tumor. Headache is the most common symptom reported. But there are many others. For example, seizures, a weakness in an arm or leg, altered sensation, loss of vision, and speech difficulties may all be signs of a brain tumor. My advice would be if you are having any of these symptoms, and these symptoms are getting worse over the course of several days, then you should see your doctor.

As for migraines, these are very common in the population. And there are treatments that can usually make migraine better. If your migraine is not getting better after early treatment, then you should be investigated by your doctor.

JL: Jim, you've mentioned that your Department of Neurosurgery and your program at Sick Kids in Neurosurgery has become known as one of the best in the world!

Dr. R: Jo Lee, our Division of Neurosurgery is steeped in a rich tradition of excellence and contributions to world neurosurgery. We have the largest training program in North America. Our four major teaching centres combined, boast over 7,000 operative cases each year with over 30,000 outpatient visits – offering an unparalleled experience and training ground for residents in neurosurgery.

In my opinion, there is no surgical subspecialty that offers as much opportunity for innovation and advancement as does neurosurgery. In this new millennium, it is my strong conviction that neurosurgeons will continue to be at the forefront of the treatment of patients with neurological diseases. Neurosurgeons will assume this quintessential role by developing novel neurosurgical procedures, by performing essential basic science research leading

to an increased understanding of neurological disease processes, and by conducting carefully controlled clinical studies to test the effects of these treatments on our patients.

JL: When you speak of “contributions to world neurosurgery” I believe you, Dr., were responsible for the world's headline news when you and your team performed neurosurgery for the separation of the conjoined twins from Pakistan, Hira and Nida Jamal, who were attached at the head. A phenomenon beyond comprehension!

Dr. R: Yes this was a very difficult and challenging case, as you can imagine. I worked with Dr. Hoffman (former Neurosurgeon-in-Chief at Sick Kids) to separate the Jamal twins following an 18-hour operation. It was perhaps the most difficult surgery I have ever performed. We studied the fine details of their attachment at the head by CT and MRI scans for weeks before performing the surgery. Surgery went well, and both twins survived the surgery. Hira is living a normal life in her native home in Pakistan. Sadly, Nida died about one month after surgery from pulmonary complications.



I was attending the World Federation of Neurosurgical Societies Interim Meeting in Nagoya. I had a free day. And so I went to the Hiroshima Peace Park and visited the Itsukushima Shrine nearby. This is where I came across these three Japanese students who wished to practice their English with me. They had prepared some English stories which I listened to and complimented them on. And so, this picture was taken.

JL: Jim, tell me about b.r.a.i.n.child?

Dr. R: b.r.a.i.n.child is a group of parents, family and friends who have the common experience of caring for a child with a brain tumor or who are survivors. It's a volunteer organization providing support, education and research funding to assist patients, their families and friends through education and shared experiences. The group needs people whose personal experience makes them uniquely qualified to provide support for families dealing with this serious illness. It also needs assistance with educational research and the distribution of information about brain tumors through newsletters, pamphlets and seminars.

JL: Your list of honors and awards goes on forever. And I can't begin to tally the number of research papers you've published and the lectures you have delivered. Impossible as it seems, I'm betting you find time for your wife, Mari, and Daniel, Hana and Marissa, your three children. How do you spend such precious time?

Dr. R: Well Jo Lee, for me, family comes first, and I have been blessed with a

wonderful family who have supported me at every turn. I have always tried, where possible, to be available for my children. I feel very fortunate to have been to so many of their soccer games, piano and ballet recitals, graduations, birthdays and school events. As you know, it is not always about quantity of time, but rather quality of time that is so important for children. I feel I have devoted quality time whenever I could to my wife and family.

JL: You were a college football hero at one time. Had you ever considered professional sports?

Dr. R: When I was a teenager, I dreamed of playing on a professional sports team, and was seriously considering it until I left high school. However, I soon realized that the lifespan of a professional athlete is rather short. And furthermore, I liked school and I liked being educated. So, I made a decision to go to University, at first Princeton, where I was very fortunate to take high-level courses in Chemical Engineering, but where I could also keep my hand in several athletics, like football and track and field. At Princeton, I decided I wanted to be a

doctor and worked very hard to achieve that goal.

JL: Dr. will you tell us about Laura and her journey?

Dr. R: Laura was just 15 years old when she was diagnosed with her brain tumor. She was having difficulties with her memory, she was confused and she was having some seizures. An MRI scan clearly showed a tumor in her right posterior temporal lobe as the cause of her problems. Fortunately, it had all the characteristics of a benign tumor on MRI, but its location was a little tricky. With her and her parents' consent, we used advanced brain mapping techniques, a neurosurgeon's global position sensor (GPS) device known as neuronavigation, the microscope and cavitron (an ultrasonic aspirator) to safely and successfully remove her tumor. And she has done so well ever since! Laura is a great kid, and I was so fortunate to have been able to help her.

Childhood brain tumor survivors: Dr. Rutka is shown here in the lab of the Arthur and Sonia Labatt Brain Tumour Research Centre with children who are all survivors of their brain tumors. The children have all undergone various treatments including surgery, radiation therapy, and/or chemotherapy to treat their brain tumors.



JL: Jim, belief in survival, almost becomes the integral factor of surviving when one is so ill.

And through Laura's never-ending belief, it is with such honor that I introduce to our millions of readers – Laura's exhilarating journey of hope...

Hello, my name is Laura Macri.

Three years ago, when I was 15 years old, two completely incredible things happened to me. I was diagnosed with a brain tumor and I met Dr. James Rutka.

My journey began in the summer of 2006 with symptoms that included short-term memory loss, confusion, repeating myself or mixing up my class schedule. Trying to hide these symptoms from family and friends had me feeling exhausted and frightened all the time . . . What was happening to me? Would my former "normal", happy life be something I would never get back? It was like a nightmare that didn't stop, my body was betraying me, and there were times when I felt that I might not make it. Tirelessly, my parents looked for options and it was then we were referred to Dr. Rutka - a day that changed my life!

When I first met Dr. Rutka, he made me feel so comfortable, talking directly to me, and explaining everything in a way that I could understand. For five hours, his amazing team worked on me and my tumor was not only removed but: the operation was a success.

The future is something that I am now able to believe in with my only regret being that I turned 18 this past September, which means – Dr. Rutka will no longer be able to monitor me.

Do you believe in guardian angels? I do...

JL: Jim, exhilaration must be the feeling when surgical outcomes are joyful!

Well – I believe in guardian angels. And I further believe that people around the world applaud the rarity of your mastery of neurosurgery – a gift to earth from the Universe! Merry Christmas Jim ~

Dr. R: Thank you Jo Lee, and thank you for the interview. May you continue long into the future with your extraordinary gift to bring so many newsworthy items to millions of people around the world. JL



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Losing My Religion For Equality

BY PRESIDENT JIMMY CARTER
UNITED STATES OF AMERICA

Women and girls have been discriminated against for too long in a twisted interpretation of the word of God.

I HAVE been a practicing Christian all my life and a deacon and Bible teacher for many years. My faith is a source of strength and comfort to me, as religious beliefs are to hundreds of millions of people around the world. So my decision to sever my ties with the Southern Baptist Convention, after six decades, was painful and difficult. It was, however, an unavoidable decision when the convention's leaders, quoting a few carefully selected Bible verses and claiming that Eve was created second to Adam and was responsible for original sin, ordained that women must be "subservient" to their husbands and prohibited from serving as deacons, pastors or chaplains in the military service.

This view that women are somehow inferior to men is not restricted to one religion or belief. Women are prevented from playing a full and equal role in many faiths. Nor, tragically, does its influence stop at the walls of the church, mosque, synagogue or temple. This discrimination, unjustifiably attributed to a Higher Authority, has provided a reason or excuse for the deprivation of women's equal rights across the world for centuries.

At its most repugnant, the belief that women must be subjugated to the wishes of men excuses slavery, violence,

forced prostitution, genital mutilation and national laws that omit rape as a crime. But it also costs many millions of girls and women control over their own bodies and lives, and continues to deny them fair access to education, health, employment and influence within their own communities.

The impact of these religious beliefs touches every aspect of our lives. They help explain why in many countries boys are educated before girls; why girls are told when and whom they must marry; and why their basic health needs are not met.

I understand, however, why many political leaders can be reluctant about stepping into this minefield. Religion, and tradition, are powerful and sensitive areas to challenge. But my fellow Elders and I, who come from many faiths and backgrounds, no longer need to worry about winning votes or avoiding controversy - and we are deeply committed to challenging injustice wherever we see it.

The Elders are an independent group of eminent global leaders, brought together by former South African president, Nelson Mandela, who offer their influence and experience to support peace building, help address major causes of human suffering and promote the shared interests of humanity.

We are calling on all leaders to challenge and change the harmful teachings and practices, no matter how ingrained,

which justify discrimination against women. We ask, in particular, that leaders of all religions have the courage to acknowledge and emphasize the positive messages of dignity and equality that all the world's major faiths share.

The carefully selected verses found in the Holy Scriptures to justify the superiority of men owe more to time and place - and the determination of male leaders to hold onto their influence - than eternal truths.

The truth is that male religious leaders have had - and still have - an option to interpret holy teachings either to exalt or subjugate women. This is in clear violation not just of the Universal Declaration of Human Rights but also the teachings of Jesus Christ, the Apostle Paul, Moses and the prophets, Muhammad, and founders of other great religions - all of whom have called for proper and equitable treatment of all the children of God.

It is time we had the courage to challenge these views.

JL



That Special Christmas Place

BY LOIS M. GORDON

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

Christmas celebrations around the world vary greatly. The food that is enjoyed, the Christmas decorations, the great expectations by the children are all different. The gifts big and small, some wrapped elaborately and others wrapped in newspaper and others not wrapped. Gifts of great dollar value and some free, but all given with love.

The celebration of Christmas began many years ago, but it was truly a celebration of the birth of Christ. Now it is a celebration of being together while celebrating the birth of Christ; celebrating the life of each other, while thanking God for His gift of Christ to us. And, each of us is a gift from God to be honored and loved.

Christmas is not a place, a city or a location, it is the love in your heart. Traditions of where the celebration is

held, how it is held and with whom are all choices made. Sometimes it is impossible to be with the ones we truly hold dearly in our hearts, so we allow others to be a part of us for one special day and perhaps then forge a forever friendship.

The loneliness of those in a war or separated through no fault of their own is a terrible tug on the heart. During many of the wars fought in this world the fighting ceases during Christmas and the “enemies” co-exist during that time. Those many people who have lost loved ones during the year through natural causes, accidents or terror have especially heightened feelings but somehow continue on for the others in their hearts.

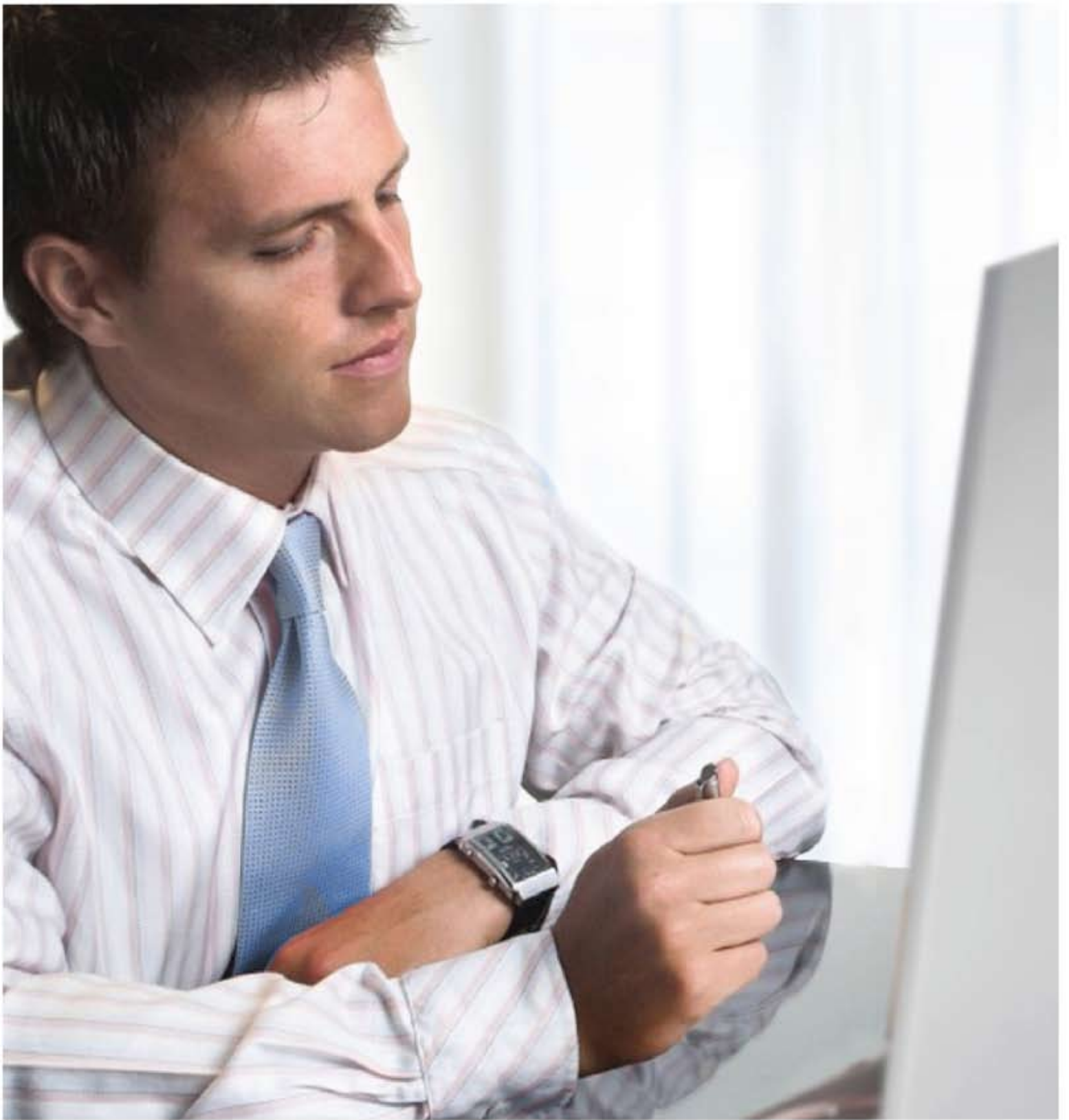
Young children at an early age start daydreaming about the next Christmas the day after Christmas. Parties and

joyous events are planned well in advance. Churches overflow with all of the regular attendees and those who perhaps have not been since the last Christmas. For those special days and hours, love does abound. Greetings are sent to all of those we wish to say “hello” to, to catch up on what has happened during the year. To say, “I love you” to all we know. How truly wonderful it would be if those emotions and feelings could be held all during the year and, how wonderful it would be if all of those who feel unloved could feel the love that most humans have.

I wish for each of you love of the truest kind, unconditional and everlasting.

Merry Christmas, from my heart to yours.

JL



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The Poet's Corner

WINTER'S VOICE

All day, all night
shapes fall flake by flake
blanketing my world
of valleys, mountains
white, pure, silent.

Knock, knock, knock
Winter's sweetness
taps upon my face.

Snowflakes caress
hair peeping under my woollen cap
bounces on eyelashes, nose tip
land on lips.

Come out, come out winter calls: "listen",
silent snowfall, "touch"
frigid goose bumps, frozen toes, "dance"
snowshoe two step, sled limbo
snowball twist, ski line dance, "see"
mysterious footprints, wind patterns
silken silhouettes.

Twenty below, howling wind
disappearing world
sky meeting snow, fireside beckons
winter's voice
fading, fading as I dream of spring.

©veraresnik

FOLDED

In the folds of this crumpled note is the world I've never
shared.

I work against the determined pattern of the clock that rests so
easily
knowing it'll disturb mine in a few short hours.

With all the logic in me,
I swear my thoughts should be under the veil right now.

Yet, I'm as lively as the wrinkles were on my grandparents' faces
after a lifetime of smiles.

But as those hands continue to move, one slowly and one
running laps,
I can only question if certain years have faded away.

They dissolve often as people step forward
and their previous future bids them goodbye.

Though I feel like I'm standing at the axis of infinite moments,
and from this vantage point there are no yesterdays.

But in the end, before the final light goes to sleep,
I'll write directions to my endless maze of
remembrance...and keep it in the folds of this crumpled note,
as the world I've never shared.

©garysweeney

A LOVE SONG

Crystals drift on the winter night
glittering in the light
of a tiny diamond moon
so bright its bite
has etched black shadows
deep beneath the lake-encircling
silver saplings
cased in a skin of ice
that bends them, suppliant,
down to the frozen lake
draped in widows' weeds of shadows,
and mourning, in utter silence,
the loss of a summer breeze,
when a sudden snap of freezing sap
bursts a branch in the biting air
to stop a file of deer
stark still in fear
out on the frozen lake

then summer
sunlight dances
to the shade of the prow
anchored by a long thin rode
that swings a canoe in a slow sweep
to still the waters in its keep
smooth as a plate glass
that shatters on the back of a black bass
rolling at a silver spoon
waddling on a filament
bumped slack as the fish slips back
down a jade hole
into shapes and shades
undulating, green to yellow.

--

and then
a sudden gust
brushed back the reeds
as big drops splattered,
and lightning jumped in the distances
as fall storms carry back a diamond moon.

as the cycle turns,
begun in winter,
to winter it returns.

and so I close my eyes and see
a fish that rolled in dancing water lights;
the wind-bent reeds;
that crystals drift in a winter night
past saplings draped in widows' weeds,

suppliant
to advancing cold.

But when I dreamed of you,
your naked thighs, and breasts,
and thatch of curls
that fringe a hidden nest,
then springtime in a rush
takes hold
as gullies gush
where ice gives way to channels cut
'round star-shaped buds
fallen from the tips
of sprung-straight silver birch,
limbs akimbo,
running on the naked skies,
and then
I ache to hold you
and begin it all again.

©mbcallaghan

WISHBONE

An unsnapped wishbone
sits on the kitchen window sill.
The thermometer reads eight below;
yet the cabin is warm and cozy.

You carry wood in from the front
porch to keep the stove stoked.
We try new recipes: cauliflower
rotini and sausage soup.
Focaccia bread rises, doubles in size;
the baking pan is draped
in green and white gingham.

Why snap the wish bone when
we both want the same? Your good
health and our life together.

©sallyanne JL

THIN'K'ERS CORNER

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So, COME – EXPLORE WITH ME.

Ambergris Caye, Belize

BY LOIS M. GORDON
SILICON VALLEY – CALIFORNIA

Ambergris Caye is Belize's largest island and the largest of some 200 cayes that dot the coastline of Belize. It is 25 miles long and a little over a mile wide in some places, and is located in the clear shallow waters of the Caribbean Sea.

HISTORY

History of the island goes back to the days of the Maya, European Pirates and Mexican Refugees who fled during the Caste War. Descendants from Mexico make up most of the island's population today. The coconut industry and the fishing industry were the first economies but now the island depends on tourism.

The biggest tourist attraction is the Belize Barrier Reef that runs parallel along the entire coast. The reef is only a quarter mile from the beach and makes diving easily accessible. The seaside is jammed with jetties and dive shops which offer trips to the dive sites and the Great Blue Hole.

The Barrier Reef, the second largest living coral reef in the world is truly beautiful. In Mayan times, Ambergris Caye was a trading post. Following the Maya came whalers and buccaneers.

San Pedro Town is the only inhabited area on the island. Many restaurants and some entertainment is available.

The town is clustered with wooden houses, some Mexican décor and others Caribbean, yet others remain with English colonial architecture. Gift shops, boutiques, cafés adorn Front and Middle streets.

When we were first on Ambergris Caye, many years ago, it was in December. It was still a quiet island with only one restaurant serving dinner and one hotel. If you wanted lunch you had to order early in the day. There were no homes or jetties dotting the island. We had to fly from Belize City in a very small plane. Our hotel room was a small shack on the beach. It was an extremely quiet time we spent there. So quiet that I decided to get my scuba certification. I was 51 years old and how truly thrilling. My scuba instructor was a very interesting young woman. She crewed on a cruise ship in the summer in Alaska, and would teach scuba in the winter in Belize.

It was nearly Christmas while there. One evening after being in the water all day we came back in and the trees on the beaches were all lit up with colored lights. Beautiful. There were palm trees and a tree I didn't even recognize, but very special to see. Even in the remotest places people celebrate Christmas.

A joyous Season to all of you from Belize today, 2009.

JL

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FEATURE

The Duke Of Edinburgh

BY LOCHLANN ELLIOTT
STIRLING – SCOTLAND



The Duke of Edinburgh is a dukedom associated with Edinburgh, Scotland. There have been three creations since 1726. The title was created a fourth time by King George VI in 1947 for his future son-in-law, Sir Philip Mountbatten. Philip married Princess Elizabeth the following day, and became the Prince Consort in 1952. After her marriage but before her accession, Elizabeth was known as the Duchess of Edinburgh.

Born Prince Philip of Greece and Denmark at the Greek Royal residence of Mon Repos on the island of Corfu, on June 10 1921, Philip was instantly fêted by his family as a future hope of one of the world's most celebrated Royal dynasties. His father, Prince Andrew, was the grandson of King Christian IX of Denmark, while his mother, Princess Alice of Battenberg, was the eldest child of Prince Louis of Battenberg, and sister to Earl Mountbatten of Burma. Yet for all the privileges enjoyed at the start of his life, the young Prince's early years were to prove anything but easy. The idyllic island life lasted a mere 18 months.

By the mid-1920s, the Greek Royal family was facing a fundamental threat to its future existence. When a revolutionary court sentenced Prince Andrew to death, he, his wife and their five children had little choice but to try to flee their home as quickly as possible. Fortunately, King George V had from London kept himself fully apprised of the situation. The King dispatched a Royal Navy warship to evacuate the family just a day after the trial. It was a life-saving act of kindness and Royal solidarity that the family never forgot.

Having escaped from Greece, the family settled at St. Cloud, a modest villa on the outskirts of Paris, which belonged to Marie Bonaparte, Prince Philip's aunt. Philip's grandmother, the Marchioness of Milford Haven, had grown exceedingly fond of her blond-haired little grandson, and helped persuade his mother that

an English education would provide him with not only a sense of stability, but would also be the best possible preparation for life as a serving member of Royalty.

Accordingly, the Prince left the American school which he had attended at St. Cloud and began his English education at Cheam, the celebrated Surrey preparatory school.

By the time the Prince turned 18, what better place could there be – than to begin his naval career at Dartmouth College as a Special Entry Cadet.

In addition to distinguishing himself by winning both the prestigious King's Dirk and the prize for best cadet of his entry, something else rather important took place during his training year. On July 22, a mere two months into his time at Dartmouth, the Royal Family visited the naval college – some say at the suggestion of Louis Mountbatten – and the Prince received his first proper introduction to Princess Elizabeth, then a shy 13-year-old.

By all accounts – most famously that of the young Princess's nanny, Crawfie – the meeting was an overwhelming success.

Certainly, it gave rise to a special and lasting bond between the two distantly related youngsters, despite the fact that, at 18, Philip was five years older than “Lilibet” and had a very healthy interest in girls of his own age.

However, as war broke out, Philip was forced to put aside all thoughts of home and family.

Shore leave, for the Prince, as for any sailor, had been a luxury, and it is significant that he spent so much of his precious leave back in England and that he corresponded with “Lilibet” on as regular a basis as the war would permit. In fact, he had been invited to spend Christmas 1943 with the Royal Family at

Windsor Castle, an invitation he eagerly accepted.

It was, according to those present, this brief Windsor sojourn which proved decisive in the shaping of his relationship with the 17-year-old Princess. Far from the horrors of war, the two young Royals laughed, joked, and danced together until late into the night.

The Prince Philip who returned to Britain at the start of 1946 was a markedly different young man. There now stood an acknowledged war hero. Furthermore, he had also captured the heart of Princess Elizabeth and on July 8, 1947, Buckingham Palace announced the engagement of Princess Elizabeth and Lieutenant Philip Mountbatten.

From the outset of his marriage, Philip was intent on proving that his commitment to a more modern and “in touch” Monarchy was every inch the equal to that of his new bride. Later, the Duke was to recall: “The first 10 years (of marriage) I don't remember much about. Frequently, I did my own thing. Got involved in organizations where I thought I could be useful. The Federation of London Boys' Clubs, the Royal Yachting Association, the MCC...”

The Duke has now completed more than 20,000 official engagements.

Perhaps the Duke's most successful initiative has been the Duke of Edinburgh's Awards Scheme. The Duke has also worked to promote the needs of the natural world through his patronage of what is now the World Wide Fund for Nature – and continues to be its President Emeritus.

When asked whether he wished to be remembered as the “Duke of Gaffes”, his reply was pragmatic if a little melancholic: “What you wish to be remembered for has nothing to do with it. You can wish all sorts of things. If it doesn't happen, it doesn't happen.” JL



The Complexity Of Love

BY PETER GOLDIE
SAMUEL HALL CHAIR – PHILOSOPHY
UNIVERSITY OF MANCHESTER
MANCHESTER – UK

I come not to bury love, but to complicate it. There is something wrong with our concept of love. Romantic love (just “love” hereafter) isn’t what many of us think it is when we ask ourselves “Do I love her?” or “Does he love me?” Many of us are making some kind of mistake. But what kind of mistake is it, and what is love if it isn’t what many of us think it is?

For example: to have a concept of something is to have a kind of psychological ability to “individuate”, or pick out, all kinds of things in the world, for thought and talk, and for action. Some of our concepts are of psychological states. For example, I have a concept of pain and a concept of belief. I also have a concept of love, as do you. The suggestion that I am making is that there is a mismatch between love and our concept of love. But what is the nature of that mismatch?

One possibility is that our concept of love is of something that simply doesn’t exist. This kind of mismatch is certainly true of some of our concepts. For example, we have (or used to have) a concept of “witch”. The story of why some people have been called witches (and treated accordingly) is a story about

our social history – about sociological influences (power relations, for example), and not about the way people, in fact, are.

The German philosopher Friedrich Nietzsche took very much this line on freedom of the will: there is no such thing, he said. We mistakenly think we are free because the idea was foisted onto us by other people (the priests).

To say, boldly, that there is no such thing as love seems to be something of an overstatement. It’s not that there is no such thing as love; rather, the mismatch lies in this: the concept we have of love is hopelessly idealistic, hopelessly romantic. There may be something in this view. Consider poor deluded Madame Bovary in the novel of that name by Gustave Flaubert. Madame Bovary was introduced to the concept of love through ploughing through “the refuse of old libraries”. The concept of love that she formed was a distorted one – of love as involving “gentlemen brave as lions and gentle as lambs, too virtuous to be true, invariably well-dressed, and weeping like fountains.” And it was because she had this hopelessly idealistic concept that she made such a terrible and tragic mess of her life.

Love is really nothing but ... what? Well, the obvious answer is happiness. Everything we do is done, either directly or indirectly, for the sake of happiness, which is the ultimate aim of all our actions. I want instead to put forward an alternative picture of love – one which complicates it.

Emotions are episodic and dynamic, in that, over time, the elements can come and go, and wax and wane, depending on all sorts of factors, including the way in which the episodes and dispositions interweave and interact with each other and with other aspects of the person’s life, so that the complex array of interlocking dispositions can evolve over a long period.

The mistake, though, is not to use a single word, “love” to pick out an emotion. To have a concept of love as being a single simple psychological state, with a characteristic and unique kind of feeling, is to make a mistake, just as it is for happiness. Only once the complexity of love is appreciated can its depths be appreciated.

JL



Sonia Sotomayor's Supreme Achievement

CRISTIAN TAYLOR-STONE, SR.
NEW YORK – NEW YORK

At a little past 11 a.m., on the 9th day of August, 2009, Sonia Sotomayor became the nation's 111th justice, the first Democratic nominee in 15 years — the first Latina and third woman to serve on the Supreme Court in United States' history, winning a groundbreaking Senate confirmation vote over intense conservative opposition.

The appointment of 55 year old Justice Sotomayor capped a life story that began as “a child with dreams,” as she once said. The little girl who learned at 8 that she had diabetes, who lost her father, a tool and die maker, when she was 9, whose mother, Celina, worked for a methadone clinic as a nurse and sent her two children, Juan Luis (now a physician) and Sonia, to private Catholic schools, who devoured Nancy Drew books and spent Saturday nights playing bingo, marking the cards with chickpeas, in the squat red brick housing projects of the East Bronx.

She was the history major and Puerto Rican student activist at Princeton who spent her first year at that bastion of the Ivy League “too intimidated to ask questions.” She was the tough-minded New York City prosecutor, and later the corporate lawyer with the dazzling international clients. She was the federal judge who “saved baseball” by siding with the players' union during a strike. She is the lady with the animated, characteristic approach to both life and the law.

From her days going to the movies with cousins to see *Cantinflas*, a Mexican

comedian whom she once called the “Abbott and Costello of my generation,” to her life in the rarefied world of the United States Court of Appeals for the Second Circuit, Judge Sotomayor has traveled what Mr. President Obama called “an extraordinary journey.”

Her rise brought her to the attention of Senator Daniel Patrick Moynihan, Democrat of New York, who recommended that President George H. W. Bush appoint her to the federal bench. President Bill Clinton later elevated her to the Court of Appeals for the Second Circuit. President Obama nominated her in May to succeed retiring Supreme Court Justice David. H. Souter.

Republicans argued that she'd bring personal bias and a liberal agenda to the bench. But Democrats praised Sotomayor as an extraordinarily qualified mainstream moderate and touted her elevation to the court as a milestone in the nation's journey toward greater equality and a reaffirmation of the American dream.

Still, her nomination sparked an intense fight between Republicans and Democrats, which highlighted profound philosophical disagreements that will shape future fights over the court's makeup, as Obama looks to another likely vacancy — perhaps more than one — while he's in the White House.

In the final Senate tally, nine Republicans joined majority Democrats and the Senate's two independents to support

Sotomayor's confirmation. They included the Senate's few GOP moderates and its lone Hispanic Republican, retiring Sen. Mel Martinez of Florida, as well as conservative Sens. Lindsey Graham of South Carolina and Lamar Alexander of Tennessee, the party's third-ranking leader.

Divorced and with no children, Justice Sotomayor enjoys the ballet and theater and lives in a world away from the housing projects where she grew up.

Today, Judge Sotomayor's culinary tastes range from tuna fish and cottage cheese for lunch with clerks in her chambers, to her standard order at the Blue Ribbon Bakery: smoked sturgeon on toast, with Dijon mustard, onions and capers. She works out three times a week, putting in three miles on the treadmill in the court's gym.

Judge Sotomayor's friends say, ‘she is simply someone who will bring the common touch’ that the president has said he prizes, to her understanding of the law.

opposite: Judge Sotomayor has that “common touch” that makes her a favorite with children and others in her community.

JL



The Strength Of The Rosary

BY NUNZIATINA EPIFANO
VENEZIA – ITALIA

The Rosary, a meditation on the life of Our Lord and His Blessed Mother, has been a powerful instrument of prayer down through the centuries.

The Rosary, as a vocal prayer, is a petition, through Mary, the mother of God, for grace and mercy. Mary is the channel through which all grace comes to the world and is constantly interceding for us with her Son before the Throne of God.

A very old tradition tells us that the Rosary was given to St. Dominic by the Blessed Virgin in about the year 1206. It was meant by her to be for all the faithful what the Divine Office is for the priest, their daily prayer of praise and petition, their daily meditation upon the truths of the faith. Just as there are one hundred and fifty psalms that make up the whole Divine Office, so, too, there are one hundred and fifty Hail Marys that make up the entire Rosary. These Hail Marys are divided into fifteen groups, or decades, of ten each and to each of these decades is attached a mystery in the life of Jesus. In saying the Rosary, each of these decades is preceded by an Our Father and is followed by a Glory be to the Father.

One may use any method one wishes to keep track of the prayers of the

Rosary. But usually a chaplet of beads, called rosary beads, or simply a rosary, is used. This may contain either the full fifteen decades or a third of them. The idea of prayer beads is common to several religions, such as Buddhists and Moslems, as well as Catholics. But the Rosary has, through many centuries, become a hallmark of Catholic devotion, and the Church has enriched it with many blessings and its use with rich indulgences. Recently, even non-Catholic Christians have come to see and appreciate the beauty of the Rosary as a holy article and the prayer it represents as a fruitful meditation.

To show us how this is done, perhaps no one has been more eloquent than the great Cardinal Newman, who wrote: "The great power of the Rosary consists in the fact that it translates the Creed into Prayer. Of course, the Creed is already in a certain sense a prayer and a great act of homage towards God, but the Rosary brings us to meditate again on the great truth of His life and death, and brings this truth close to our hearts."

HOW TO PRAY THE ROSARY

Praying the Rosary involves mental prayer or contemplation of the various mysteries which accompany each decade. This contemplation means being

present to the mystery, the details of each event, the truths and lessons each mystery teaches. This contemplation also means a movement of the affections in acts of faith, hope and love: faith in the truthfulness of the divine Revealer of these mysteries; hope in the divine power and divine promises shown in these mysteries, and love for the divine goodness manifested in these mysteries of the lives of Jesus and Mary.

Again, let us remember that the Rosary is a prayer. As such, one should relax in the presence of God and be one's own individual self with one's own affections and style.

The vocal prayers of the Rosary and the contemplating of the mysteries can be arranged in any way that best suits the one who is praying. One will probably find that the constant movement of the lips, together with the fingering of the beads, will be a real aid to contemplation.

JL



What Do Great Leaders Do Differently?

BY BETHLAND CHRAGREANE
LONDON – ENGLAND

What is the difference between leaders who are great and leaders who are GREAT?

Those who study leadership have spent years asking the difficult questions: Can leadership be taught? Can it be learned? One look at the number of new leadership-based centers and programs cropping up at schools worldwide makes it seem as if they've found their answers.

According to business educators, the deeper they delve into what makes great leaders, the more they realize that true leadership cannot be transmitted to students as a neat bundle of skills or delivered via a series of guest lecturers and discussions. So says Terry Pearce, author of *Leading Out Loud* and instructor at the Haas School of Business at the University of California at Berkeley and the London School of Business. True leadership, he emphasizes, must be experienced, not taught. As business schools parse the myriad elements of leadership, one thing has become clear: Leadership is an intensely personal business.

Leaders often follow such incredibly different paths and take such drastically different

approaches that it's difficult to pinpoint the common traits that make them effective. Educators have found, however, that excellent leaders share a set of distinct behaviors and characteristics.

Great leaders must know who they are. "Who am I at this moment? What do I want?"

Most people go through their whole lives without asking or answering either one of these questions. "Do I really want to lead? Am I willing to make the sacrifices leaders must make?"

Self-awareness is key.

But leadership stems not just from who people are but from what they believe on a set of seven core values: courage, integrity, accountability, rigor, diversity, team, and community.

Because great leaders will always face resistance to change...

They must have the courage to act on their beliefs no matter what the circumstance.

Split-second thinking.

And on-the-spot creativity. Leaders constantly have to

ask, "Here I am. What do I do now?"

Great leaders have an inherent curiosity...

that drives them to ask questions and try new things, just to see what happens.

When were you last inspired? Why was it inspirational for you?

Leaders must get a sense of themselves as inspirers who can generate change and move others to act. Leaders who have changed the world, have some kind of internal spirit that has led them to do it.

When people think of leaders, they may think of individuals who can talk a good game.

In fact, communication and presentation skills have become a hot ticket but great leaders often do their best when they stop communicating and start listening.

Improvisation.

Many of the biggest problems leaders face won't be about a financial calculation. Their biggest problems will be about people.

Having sufficient innovative abilities.

It has been said that the difference between management and leadership is the difference between keeping the status quo and innovating to drive change. They need to know not just how to lead, but how to drive change in an organization and convince an entire organization to do things differently.

Eagerness to experience. Willingness to reflect.

Leaders understand how important it is to take time to reflect on an experience, develop generalizations from that experience and move that forward into new experiences.

Leadership may be the hardest 'soft' skill for business schools/students to tackle.

We know leadership is difficult because of the leadership void we see in business right now. If the elements of leadership were easy - knowing yourself, understanding your values, identifying your leadership style - we wouldn't be seeing the problems we see today!!

JL



Polar Bears Are Cool

BY ANGLIN MERKOHF
NUUK – GREENLAND

These guys seriously know how to pose for the camera! Not only are they cool in front of the camera, but they live in the coolest places on the planet. Arctic sea ice, water, islands, and continental coastlines around the arctic circle are home to these massive carnivores. The temperatures where these bears live have been recorded as low as -92°F/-69°C. Not so great for people, but fine if you're a polar bear with an extremely dense fur coat.

Polar bears spend a lot of time moving great distances in search of their favorite food - seals. The range of these bears can vary from 20,000 to as many as 135,000 square miles.

During the summer months when the sea ice melts they will roam as far south as Hudson Bay, where they hang out and "chill" until the sea ice forms again in the fall. The warmest areas in summer are inland regions of Siberia, Alaska and Canada, where temperatures can reach as high as 90°F/32°C, which is pretty comfortable for folks without fur coats {you and me}.

Believe it or not, the fur of the polar bear isn't actually white. It's made of clear, colorless hairs with the hair scattering

light, making it appear white or sometimes yellow, depending upon the angle of the sun.

Another physical adaptation of the polar bear to its icy habitat is its enormous paws. Polar bears' paws are massive compared to their body size if you compare them with other bears. These large, rounded paws give the bears increased surface area for walking over snow and ice - kind of like built-in snowshoes.

A male polar bear can weigh two to three times as much as a female bear. Male polar bears are called boars and female bears are called sows, while their babies are called cubs. Males and females only get together during mating season. When female polar bears are pregnant they go into a modified hibernation state - it's not a deep hibernation because their body temperatures remain high. They have to in order to facilitate the growth and nourishment of their developing cubs.

When pregnant, a female polar bear will dig a den in a southward-facing snow bank and crawl inside to rest for up to eight months or more. She will give birth to one or two, two-pound cubs

while she is hibernating. Polar bear cubs are too tiny at first to tolerate the extreme cold of their native habitat. She and her babies will stay holed up inside the den, alternating between sleeping and nursing. Mama bear will not eat while caring for her tiny babies. She will devote herself exclusively to nursing her cubs, her body providing nourishment for them by drawing from her fat stores. It takes a tremendous amount of energy for a female polar bear to bear, give birth to and nourish cubs for the better part of a year. Polar bear cubs will stay with their mother for as long as 30 months before she, or a prospective mate, will drive them away to fend for themselves.

*Back in May of 2006 scientists confirmed the parentage of a bear, taken by an American hunter, as being half polar bear and half grizzly.

How did a grizzly and polar bear "get together"? The two bear species have overlapping territories in the western arctic around the Beaufort Sea. Grizzly bears have been known to wander far north from Alaska and Canada's Northwest Territories, across the sea ice into Banks and Victoria islands where they will scavenge dead seals that polar bears have hunted.

JL

Happy 9th Anniversary Jo Lee

BY JO LEE MAGAZINE

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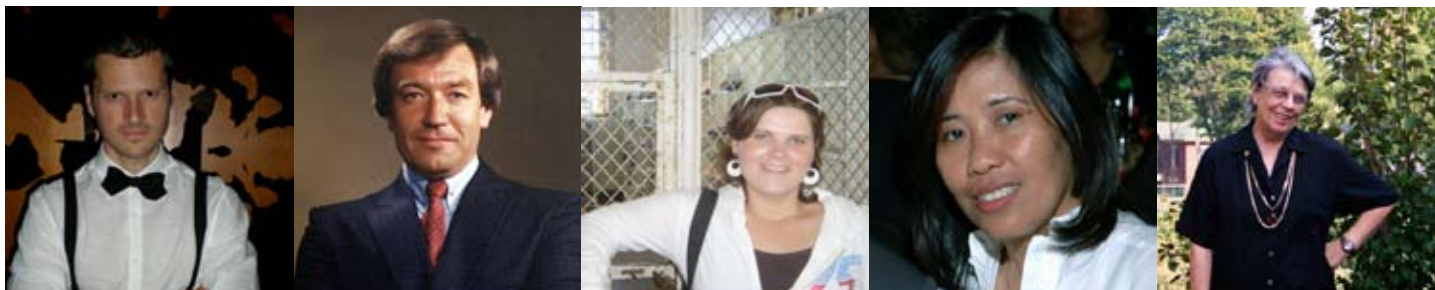
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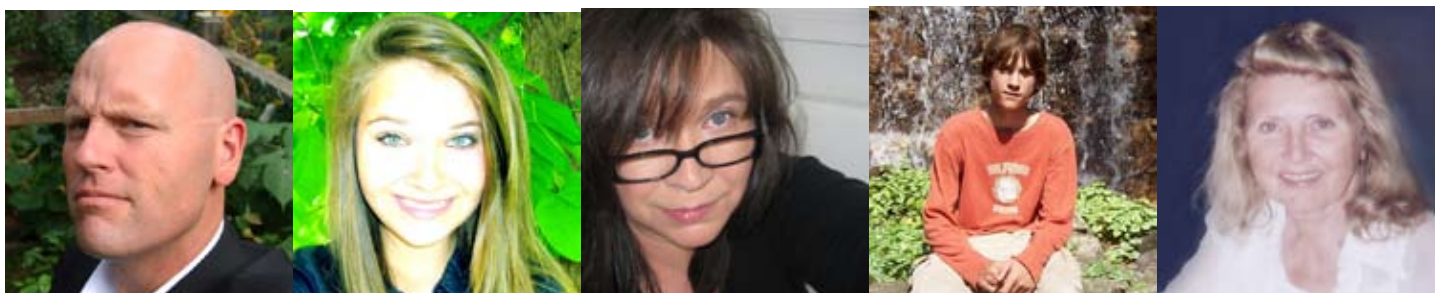
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JL



Africa In Need Of Aid Management

BY DAVID C. WESONGA
NAIROBI – KENYA

I was born on my way to hospital.

We lived a couple of kilometers away from the nearest mission hospital, which was aid funded. The quickest way to get there at that time was by bicycle, so, by the time my dad strapped my mum on the saddle – nature had its way of operating and I popped out around two kilometers from the hospital.

I went to school, yes, most of the books were offered by aid agencies, thanks to a gracious book fund. At some point, I recall eating yellow corn, because that was corn granted to the schools by aid agencies. And again, it was not the government that donated the free books. Rather, they were donated by an aid agency that bought them at subsidized prices and donated them.

Today, there is a road, a dust road where I was born, on which vehicles ply at irregular intervals. Not bad. The government has introduced free primary school, thanks to funds from aid agencies like World Bank and the IMF! But I don't know why they are called donor agencies when they really lend, and interest accumulates. Students, for example, must contend with irregular funds, thus rarely guaranteed

school terms. The mission hospital has expanded and now has dispensaries closer to the people and is still run the way it used to be. It now distributes free mosquito nets and condoms. I think – thanks to a grant by the Bill and Melinda Gates Foundation.

I still don't understand why so-called policy makers, think tanks and economists are busy playing roulette on Africa and Aid with debates and books.

AFRICA NEEDS AID! And it needs people to manage the aid: properly!

My definition of aid is a little bit African. In my village, you cannot teach a man how to fish without fishing gear, but what if he can't afford the gear. To help him, you get him the gear, and then teach him how to fish. This is aiding a man in need. You do not loan him your gear and then teach him how to fish, asking him to pay each time he goes fishing. Having proper management find proper ways to make projects self-sustainable is what we, Africa, need!

In the much-publicized Munk Debates, watching Dambisa Moyo engage and take on the likes of Stephen Lewis really does make me proud of being an African.

Boy! This lady can argue. But strangely, I become equally shocked that the synergy with her country is not there.

But to put to rest what real aid proponents like Bill and Melinda Gates and a host of other agencies stand for in creating an equal world out of Africa – is of benefit to the scholarly scene; and it should be differentiated for such purposes as arguing for scholarly benefits.

Africa might do better with a new crop of leaders but where do we get them? The most brilliant minds that could take over leadership are busy staging debates or working on prime capitalistic ventures in the west.

Tackling aid is not a Spartan army, military affair but it could use fail-safe tactics.

So, will you kindly insist that those coming to the aid of Africa – integrate with the aid with the right minds to rightly manage the billions of dollars sent in aid: so as to fully benefit the people for whom it is intended?

Only then, will Africa begin to hold!

JL



opposite: Life size head from a Statue of Nefertiti. The eyes and eyebrows would have originally been inlaid with glass and semiprecious stones.

Rich, Famous, Young & Powerful 3300 Years Ago

BY HEIDE VAN DOREN BETZ
SAN FRANCISCO – CALIFORNIA

The exhibition Tutankhamun and the Golden Age of the Pharaohs has been traveling the United States since 2005, the Boy King's first visit since 1979, when he created a sensation and broke all records of museum attendance.

Venues included the Los Angeles County Museum of Art, the Museum of Art in Fort Lauderdale, the Dallas Museum of Art, the Franklin Institute in Philadelphia and now the Fine Arts Museum of San Francisco until April of 2010. The exhibit contains 130 objects, 50 are from the tomb of Tutankhamun, (including Canoptic Jar Stopper; the Torso of Tutankhamun; #2 Inlaid Pectoral), others are of his ancestors, (Coffin of Queen Tjuya; Canoptic Jar of Queen Kiya), and provide insight into life of ancient Egypt.

Great works of antiquity continue to fascinate and enthrall for reasons beyond the sheer craftsmanship and beauty. A sense of mythology, history, ancient religion and mortality (in this case, immortality) come into play. The exhibition, initiated by the famous Supreme Council of Antiquity, Zahi Hawass, a name that has become synonymous with Egypt and Egyptian antiquity, was organized and brought

here by National Geographic and Art and Exhibitions. The Fine Arts Museum's curator of Ancient Art, Renee Dreyfus, included several different and important objects to enhance the exhibition in San Francisco.

Ancient Egyptian art, especially art of the 18th Dynasty, continues to enthrall the public. The story of the Boy King Tut has special appeal since he became Pharaoh at the age of nine (in 1333 BC) and ruled Egypt until he died a mysterious death nine years later. He is the son of Akhenaten, the Pharaoh who moved the capitol of Egypt to Amarna and banned all priests and Gods except one, the God Aten. His mother was Kiya, a minor wife, who died at childbirth. At the age of twelve, Tutankhamun married his half sister (custom at the time). They had no children but several mummified fetuses were found in Tutankamun's tomb. The same year his advisors moved the capitol of Egypt back to Memphis and restored the ancient multitheism. Tut ruled for a few more years until he was murdered.

His magnificent but small tomb was placed in the Valley of the Kings until Howard Carter discovered it intact in 1922.

JL





opposite: Detail of a gilded Coffin of Queen Tjuya. She is wearing a tripartite wig; her eyes are inlaid with obsidian and calcite set into blue glass. The detailed broad collar is inlaid with gold and glass.

Head of Tutankhamun. The entire torso was carved of wood and painted. This magnificent statue was most likely a clothes dummy on which garments and jewelry would have been placed.





opposite: Canoptic Jar Stopper of Tutankhamun. The calcite jar has a bust of the king wearing a nemes headdress.

Canoptic Jar (storage vessel for mummified viscera) of Queen Kiya, probably Tutankhamun's mother who died at childbirth.



opposite: Cosmetic jar with Lion. This magnificent jar is carved of calcite and has details of gold, paint and colored ivory, depicting images of fighting animals. The faces at the foot of the jar represent the traditional enemies of Egypt. The two columns on the side contain an image of the God Bes.

This inlaid Pectoral (necklace) with a lapis lazuli winged scarab and carnelian sun disk is made of gold and semiprecious stones. It spells out the name of Tutankhamun.





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And I'll Bet The Sweeps On That!

BY DR. ANDREA BUCKETT
TORONTO – CANADA

Q: My favorite herb is cilantro – can you tell me about its nutritional benefits?
Amateo – Red Deer Hill, Saskatchewan, Canada

AB: Amateo, using fresh herbs is a great way to lift the flavor of any dish; luckily herbs are also nutritional powerhouses. Cilantro, like all herbs contains significant amounts of chlorophyll which helps to cleanse the blood. Cilantro is also a powerful chelator. A chelator has the ability to bind to and pull out toxins, heavy metals, molds, fungi and yeast from the body. So eat up!

Q: Are there any known supplements that help with Erectile Dysfunction?
Erin – New Plymouth, New Zealand

AB: Many men, Erin, will experience impotence at some point. While most episodes are temporary, chronic

impotence requires medical attention – as underlying health issues such as diabetes, vascular, kidney and neurological disease can be indicated. Natural options claim to increase blood flow or improve muscle tone. Of these, Korean Red Ginseng seems to provide the greatest help for ED.

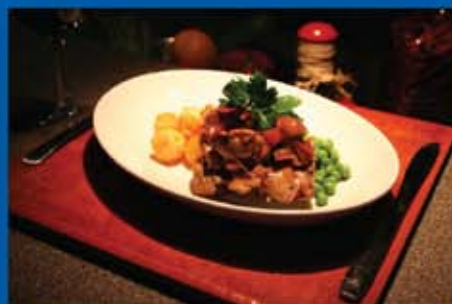
Q: I have a friend who soaks her nuts. She tells me it makes them more nutritious. Is this true. Kelo – Oahu, Hawaii

A.B: While nuts are extremely healthy as a source of essential fatty acids, quality carbohydrates and protein, they also contain enzyme inhibitors. These enzyme inhibitors make it difficult for your body to break down nuts into their digestible parts. Soaking the nuts (in good water) deactivates and releases these enzyme inhibitors. Kelo, do this by soaking

nuts overnight and then draining and rinsing them. If you are not going to use them right away, either place in the refrigerator (which will require you to rinse them daily to deter mold build up) or you can dehydrate them.

Q: What is an Acai berry? Noirin – Kilkenny, Ireland

A.B: Noirin, acai berries are harvested from Amazonian Palm trees in South America. Touted as a super-food, acai berries are full of antioxidants that protect the body from free radical damage. Free radicals are created in the body – it is our body’s response to toxins, stress and simply breathing. Consuming high anti-oxidant foods like the acai berry gives the human body an army of protection against these free radicals which ultimately are responsible for aging and many disease processes. JL



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opposite: Church of the Holy Sepulchre/ Tomb of Christ

Sacred Places

BY RAY SCOTTY MORRIS
SAN FRANCISCO – CALIFORNIA

Israel is the country of milk and honey, tiny in size but a giant in history and world opinion. The capital is Jerusalem - the jewel in the crown. Situated almost in the center of the country, the whole nation is less than 30,000 square kilometers.

Jerusalem dates back to over 3,000 years and is sacred to three major religions. Christianity, Islam and Judaism. Within a few hundred yards you can visit the holiest of the holiest of these three faiths: the Church of the Sepulchre, the Western Wall and the Dome of the Rock.

There are very few places in Israel that you can go to that are not steeped in the Bible and history. It is a country of diversity from its people - population of around 8 million, 6 million being Jewish.

From the plush green of the Hula Valley to the sun-seared Negev Desert to Mt. Hermon with snow-capped peaks

during winter time; to the Dead Sea, the lowest place on earth, 400 meters below sea level and famous for its healing black mud; to Masada the historical Jewish fortress that held out for two years against the Romans and then the 1,000 zealots chose suicide instead of slavery. In the Garden of Gethsemene, there are eight old olive trees that date back to being one to two thousand years old. This is the site of Jesus' arrest and betrayal. The Church of the Holy Sepulchre is the holiest Christian site in the world where Christ was crucified and the (sepulchre) where he was buried. The Dome of the Rock built over the sacred stone is where the prophet Mohammed ascended into heaven. The Western Wall is the holiest shrine in Judaism.

Each step you take in Israel is a step back in time as is the greeting of Israel "Shalom", the Hebrew word for Peace, for hello and goodbye. If only it could be true.

JL

Soldiers at the Wailing Wall

opposite: Dome of the Rock









opposite: Young Couple strolling in a Jerusalem Park

Tourist at Ruins of Masada





opposite: Locals bathing in the Dead Sea.

Church of the Holy Sepulchre/Stone of Unction: Jesus' anointment before burial.





opposite: Gethsemene Garden

Mount of Olives Cemetery



THE NEXT 100 YEARS: ONE CHILD'S JOURNEY HOW SHE/HE WILL LIVE, LOVE AND NEVER REALLY DIE

Forest Kids Conserving The Future

BY KELECHI ELEANYA
THE NIGER DELTA – NIGERIA

Forests continually play a vital role in human wellbeing; it provides goods and services needed for human survival. A forest is a collection of vegetation which gives rise to various goods and services (tangible and intangible).

Over 75 percent of the population of the developing world depends on forests for their primary health and nutrition needs. Out of this teeming population, millions of children are represented who daily battle with the struggle for survival. Amidst this is the growing loss of these vital resources due to increased forest degradation and depletion of biodiversity.

Biological diversity is the variety of life on earth. This includes all the different plants, animals and micro-organisms, the genes they contain and the ecosystems of which they form a part, on land and in water.

Biological diversity is constantly changing. It is increased by a new genetic variation and reduced by extinction and habitat degradation.

The concept of biological diversity emphasizes the interconnections in

the living world. Biological diversity is often considered at three levels: genetic diversity is the variety of genetic information contained in all the plants, animals and micro-organisms on earth; species diversity is the variety of living organisms on earth; ecosystems diversity relates to the variety of habitats, communities and ecological processes on earth.

Biological diversity provides us with all of our food and many medicines and industrial products.

Biological diversity has great potential for developing new and improved products for the future. Biological diversity provides and maintains a wide array of ecological “services”. These include provision of clean air and water, soil, food and shelter. The quality of our life and our economy is dependent on these “services”. Conservation of biological diversity contributes to spiritual, ethical, recreational and aesthetic values.

Improving quality of life is a priority to all people and governments, however this goal must be integrated with the very base for human survival. It must be reflected in our drive and passions and

policies at all levels, most of all it must reflect in our future heroes. The kids must have a place as co-owners of the resources of the earth! Kids need to be integrated into the conservation efforts!

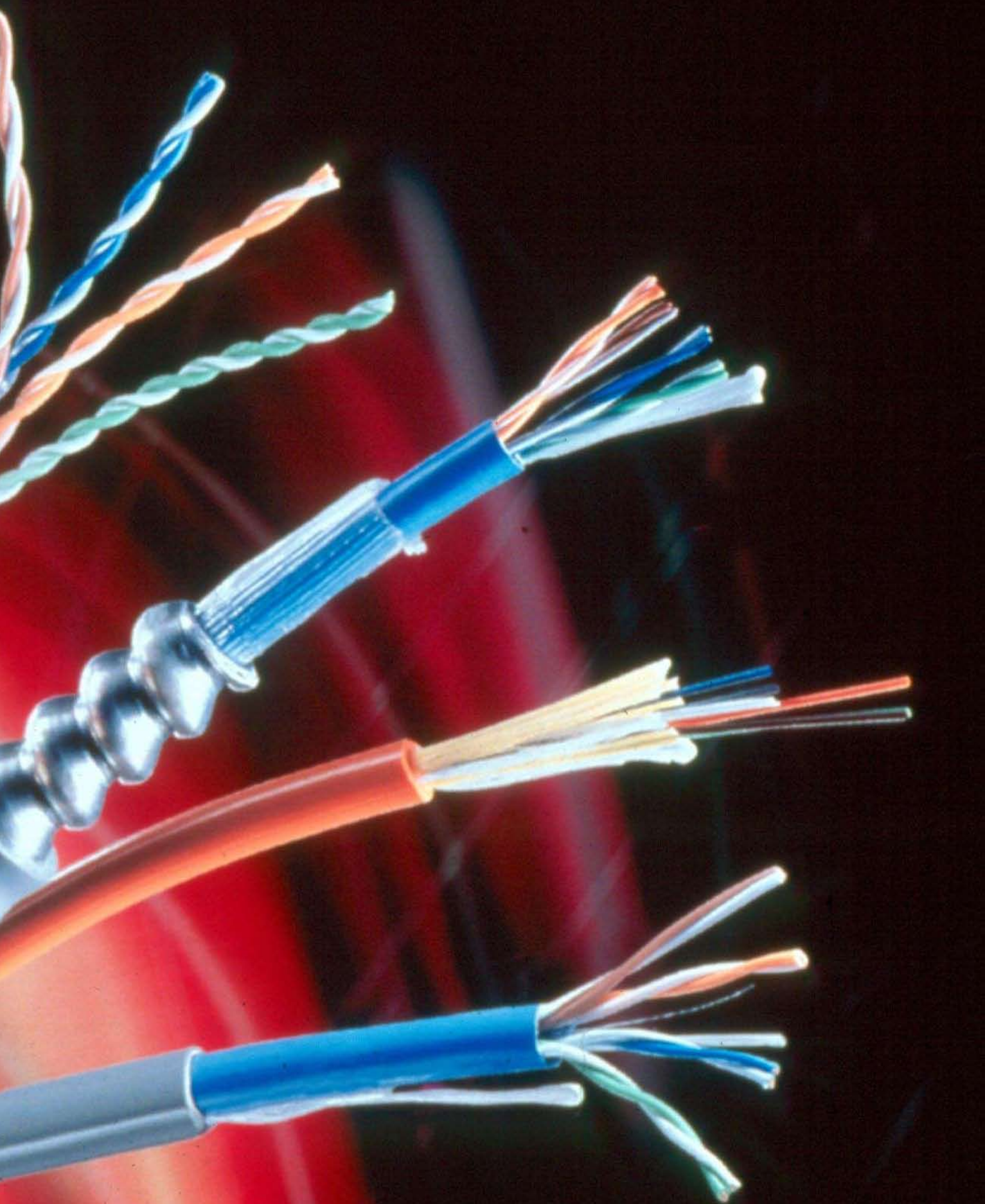
Our tomorrow belongs to the kids and their decision is vital!

Let our schools and communities establish groups to help with conservation, let their voice be heard from the forest reserves and forest dependent communities. The truth is,

NOW IS THE TIME TO CONSERVE
OUR FUTURE.

LET THE KIDS BE FIRST!

JL



Why America Is In Trouble And How It Can Be Fixed

BY CRAIG RICKER
MOSCOW – RUSSIA

More than 2,000 years ago Plato coined the term misologist. It is defined as a hatred of reason and debate, particularly when it contradicts myths or legends that are useful to a power group.

In my opinion, the American media, politic and academia are dominated by misologists who control debate on subjects important to themselves. My life in Russia has provided me with a glaring example of global misology. Two events, the 1998 Russian financial crises and the collapse of communism expose misology and its dangers.

Inside Russia, the 1998 financial crises were fully exposed as a criminal conspiracy while western misologists created the illusion that it was an economic event.

On a much larger scale, the story that communism collapsed due to social and economic pressure inside the Soviet Union has no credibility in Russia. The

concept that the collapse of communism was planned and carried out by the KGB for the benefit of the communist elite at the expense of common Russians, is not a controversial idea inside Russia.

Amazingly, the English language media in Russia has succeeded in supporting these myths in the foreign community inside Russia. Imagine how bizarre it is for Russians to talk to highly educated, wealthy westerners who still believe in things that Russian teenagers understand to be false.

I have a friend, Dean, who exemplifies this situation. He is a million dollar a year American banker, spent fifteen years on Wall Street, has an MBA and works for a large Russian bank. Remember, there are two kinds of misologists, those who dupe others and those who have been duped. Dean is the latter.

I went to a party at Dean's place of business and his colleagues were

surprised that I understood these issues. They were teasing Dean and to my surprise he was able to describe the Russian financial crises in criminal terms quite well and even agreed that the KGB still rules because they have an official observer in his office.

Later, we went to a gathering of westerners and I brought up the situation and Dean transformed back to the misologist and attacked both those subjects and declared anyone who contradicted the western misologist versions to be insane. As in Orwell's 1984, Winston had to understand that $2+2=4$ but sometimes it also $=5$.

There are many ideas about how to stop America's demise, some extreme some too frail. I believe true open debate is all that is needed to stop the criminals. At this moment in history the Internet provides a free forum, we must use it while it is still free.

JL



THE PROVOCATIVE & CHALLENGING WORLD OF ARCERI

opposite: Gene Arceri and Irene Manning, opening night of the new Tennessee Williams play in San Francisco. The Showcase Theatre, 1976. Co-Produced by Gene Arceri.

Warner Bros. Invitation To Dreamland Hollywood Usa

BY GENE ARCERI

NEW YORK – SAN FRANCISCO – LONDON

Warner Bros. Studio turned 85 last year.

But the “this” you must remember is that the birthday film “You Must Remember This: The Warner Bros. Story,” written and directed by Richard Schickel, is essentially a birthday present from Warner Brothers to itself. An endless, perfectly fine toast.

Did you see it?

Some years ago, Ronald Reagan (among others) and I were invited to the same party! I couldn’t believe it! My dear friend Irene Manning, who was a Warner ‘40s star, got an invitation to attend A Celebration of Tradition at her old studio and on June 2, 1990, I was to be her escort for the Celebration. Imagine 20 years ago. A Diamond Jubilee 1925-1985. All of the familiar Warner contract players still living were invited. I had a tuxedo not used since Abe Lincoln’s funeral, so I dusted it off and packed a bag. Irene got out her glitziest gown, packed it and off we went to Hollywood. They put us up at the Four

Seasons Hotel in Beverly Hills and from that moment on it was star treatment all the way.

The Warner Bros. Studio, dating to 1923, was home to the first talking movies and legendary films such as *The Maltese Falcon*, *Rebel Without A Cause* and all the best of Bette Davis, Bogart, Cagney and the “stock-company”. The Warner Bros. shield is emblematic of a wide spectrum of styles from the action packed gangster and prison reform films to the pioneering musicals apotheosized in the Busby Berkley extravaganzas; from the film noir classics of Bogart and the swashbucklers of Flynn to the polished melodramas elevated to high art by Bette Davis.

The night of the festivities in Burbank, Warner set up its biggest sound stage and turned it into Rick’s Cafe Americana - from *Casablanca*, of course. It was dazzling. I just couldn’t begin to list all the stars that were there and I was right in the middle of it. When The Great Warner Bros. Films segment was

introduced by Steven Spielberg and hosted by then President Ronald Reagan as part of the program - the stars that had passed on came back to life again. And joined the party. Visiting the old sets, touring the lot in little caravans was especially interesting. But nothing could compare with the stars, all gathered under one temporary rooftop. It was over 65 years ago that Al Jolson, in *The Jazz Singer*, broke the silence of the motion picture screen and enabled four brothers to create a studio. Fortunately, we can still see these movies on the Turner Classic Movies channel.

En route back home, Irene talked about the making of *Yankee Doodle Dandy* in 1942 and the song and dance genius George M. Cohan, a role for which the actor had been picked by Cohan himself. When we landed at San Francisco International Airport - my head was still in the clouds. I had been to a super Hollywood party - and one I would never forget.

JL



The Final

BY JOHN PAUL JARVIS
TORONTO – CANADA

My daughter was a member of the Acton High Swim Team from Grade 9 to Grade 13.

She was blessed with athletic skill as well as a dedicated coach that facilitated a small rural school's qualification for the Provincial Championships several years running. Ontario, Canada had a population of 11.5 million.

Kirsten was a spectacular student deeply contrasting her father's flawed scholastic record. To clarify what some may misconstrue as patronage, she went into high school at 12 and into university at 16. She was an equivalent scholar to swimmer.

My daughter was a giggling teenager, like all the rest, but with a honed quirky sense of humor and a personal drive that was laser-like in focus. Kirsten's emerging character coupled with her work ethic was quite frankly anticipated from one this talented, and never did she disappoint.

Her stroke was the butterfly and at 5'2" she was often dwarfed by her aquatic

competitors. Her role on the skilled relay swim team was third leg, turning it over to the freestyler for the finish.

Kirsten's training regime included a diet calculated to peak energy. Initially it was disconcerting seeing my daughter consuming significant quantities of pasta for breakfast. Her conditioning was superb with muscular definition throughout shoulders, arms and legs, amassed on her small frame.

In her final year, her team qualified for the Provincial Championships and Kirsten was the odds-on favorite for the junior butterfly. There were mandatory heats; ultimately she set a new Ontario record, establishing her territory.

Her last race in high school was the Junior 4 x 50 meter medley relay for the Provincial Championship. Breaststroke, backstroke, butterfly then freestyle, in that order.

Strategic center position was established by meet times placing Acton High in lane 4. North Toronto earned lane 5.

I watched silently from the top tier of the crowded bleacher seating. Kirsten and her remaining teammates were shaking out muscles and nerves as the breaststrokers mounted the blocks. Bang. The crowd was loud.

After the first leg, Acton was in second place and 50 meters later, the backstroke's 'touch' launched Kirsten in third place.

What I witnessed then is forever etched in my memory. She passed the second place swimmer just before the wall and then the first place swimmer at the turn. A masterpiece turn and leg thrust off the wall, to leave the water and back in, accelerating with every stroke. She touched in first and the freestyler finished up. I sat silently for several minutes to ensure that what I had seen was real.

The rest remains history as the rural school with 397 students established a Provincial record that stands today.

JL



EDITOR AT LARGE

It's called the "December dilemma" – how to mix different family and cultural traditions around the holidays. Here are some tips to manage the season.

Mix It Up

BY CARLA DRAGNEA
BUCHAREST – ROMANIA

DECIDE WHAT'S IMPORTANT TO YOU

For some people, the religious aspects of a holiday are the most important. For others, having family and friends surround them is more important. In an ideal world, you might have both - but in this one you may have to choose. It will be easier if you think through your bottom line in advance.

CONSIDER A POTLUCK APPROACH

Many families approach the holidays as if it's a potluck dinner - another tradition that can add to the season. But this approach isn't for everyone. Sometimes individuals can find being asked to participate in celebrations disrespectful. And if there are underlying tensions, holding an extra dinner or bringing different foods can become tense rather than joyful.

ASK OPENLY AND EARLY

This is particularly important when dealing with extended family. There is a tendency to assume that what's important to us is important to others - but that's not always the case. Bring up the subject of the holidays early, when it's less likely that emotions will be running high, and there's time to choreograph events before a medley of invitations arrive.

For interfaith families, this is especially important. Ask how others would like to celebrate; what they think is comfortable and what is not. For example, individuals may be just fine with attending a holiday dinner, but not all right with singing religion-based carols, or they may be fine with both but want to include something from their own tradition. And asking the question shows a respect for others' beliefs and traditions.

FOCUS ON COMMON THEMES

Most religions celebrate some element of peace and reconciliation. If everyone focuses on the similarities, families may find there is much more to do together than it seems in just considering the trappings of the traditions.

Look for traditions you can agree on. Something fairly universal like preparing cookies together can become a lasting tradition. Other options that families have found both uniting and meaningful: spending time appreciating nature, or giving back to the community through volunteering together.

Here at JO LEE Magazine, we are without doubt a happy example of a multi-faceted family. A mix of cultures, languages, religions, values and traditions – this is what JO LEE Magazine is made of. Its multiculturalism made it stand out throughout a near decade in the competitive environment of online magazines. Even though we pour our hearts and souls into making the magazine more exciting and fresh with each issue, we could not have stood the test of time without YOU – our amazingly faithful readers.

Happy 9th Anniversary, dear JO LEE Magazine ... with many more to come!

JL

From A Stop In Scotland

BY COLLEEN WALKER BROOKS
SAN FRANCISCO – CALIFORNIA



Colleen Walker Brooks is a prolific writer whose brilliance has kept alive the true art of dry humor. In most part, Colleen resides among the beauty of her over-sized boudoir of pale pinks and greens in satins and raw silks.

We find her gracefully intertwined within pillows, scattered hitherto amidst a chaise longue. Colleen's eyes look up and smile. With pen in hand, knee clutching monogrammed pad, she speaks softly, eloquently, her left hand clutching a long, brown cigarillo, the fumes occasionally embracing her lips. Her imagination soars.

Josephina Lea Mascioli-Mansell

HIGHLAND FLIP

Through a bedside stack of periodicals and tourist guides during a stay at Inverness Inn:

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April 10th – 7 O’clock P.M.

HIKERS!

If you are touring Lochivinnie and climb the donkey trail above Pinkie Moor, be sure to visit Dambey Watchtower and Souvenir Shop, an authentic seventeenth century watchtower built of petrified thatch by the Earl of Dambey as a defense against attacking McCormacks of Moy. Keepsake “thatchuary” may be purchased on the landing. All representations, historic or fictional, come generously seeded with buttercups and prairie pimpernels. Any purchase, Sir Walter Scott, Dick Whittington’s Cat, The Glenkieth bridge strangler, 9” Gilpin Horner (hobgoblin once believed to wither potatoes and put hairs in the bath water) enriches PERPETUAL RESTORATION FUND.

LOST & FOUND

Found: I have discovered slipped beneath our pantry wainscoting a cloth which, though admittedly moth disfigured, I believe to be a valuable antique tapestry, either of a Bear Baiting or the Baptism of James VI.

Collectors Contact:

Hon. Thompson Wackett

Cheddar Park

Northfield, Glasgow

LETTERS TO THE EDITOR

Sir – It was with interest that I noted the comments of O. Egglery about a marked distemper occurring in tree owls during mid-spring. We have, in-fact had so much of this sort of trouble here at the sanctuary that I feel compelled to make the following observations:

Churlishness in owls is almost always associated with the “upper-class” owl. Phenomenon first noted, I believe, by the American, J. Audubon. This takes place here late afternoons when one owl, usually the loudest hooter, takes a position under a south facing cave or sometimes a large leaf and is waited upon for several days by the others, who bring him insects and mice and even occasionally hazelnuts. During what we amusedly call the “clubman” period, we have sometimes found the servant owls crossly invading our dining room. We have learned, however, that buttering the window sills until they are slippery will discourage such enterings, and I urge anyone confronted with the same problem to try it. Word of caution: Should a buttered owl manage to get in, it is wiser not to interfere with it.

Maria Leatherburry

Owl Cross

Griggs Valley, Edinburgh

- THE END -

JL

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.





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