



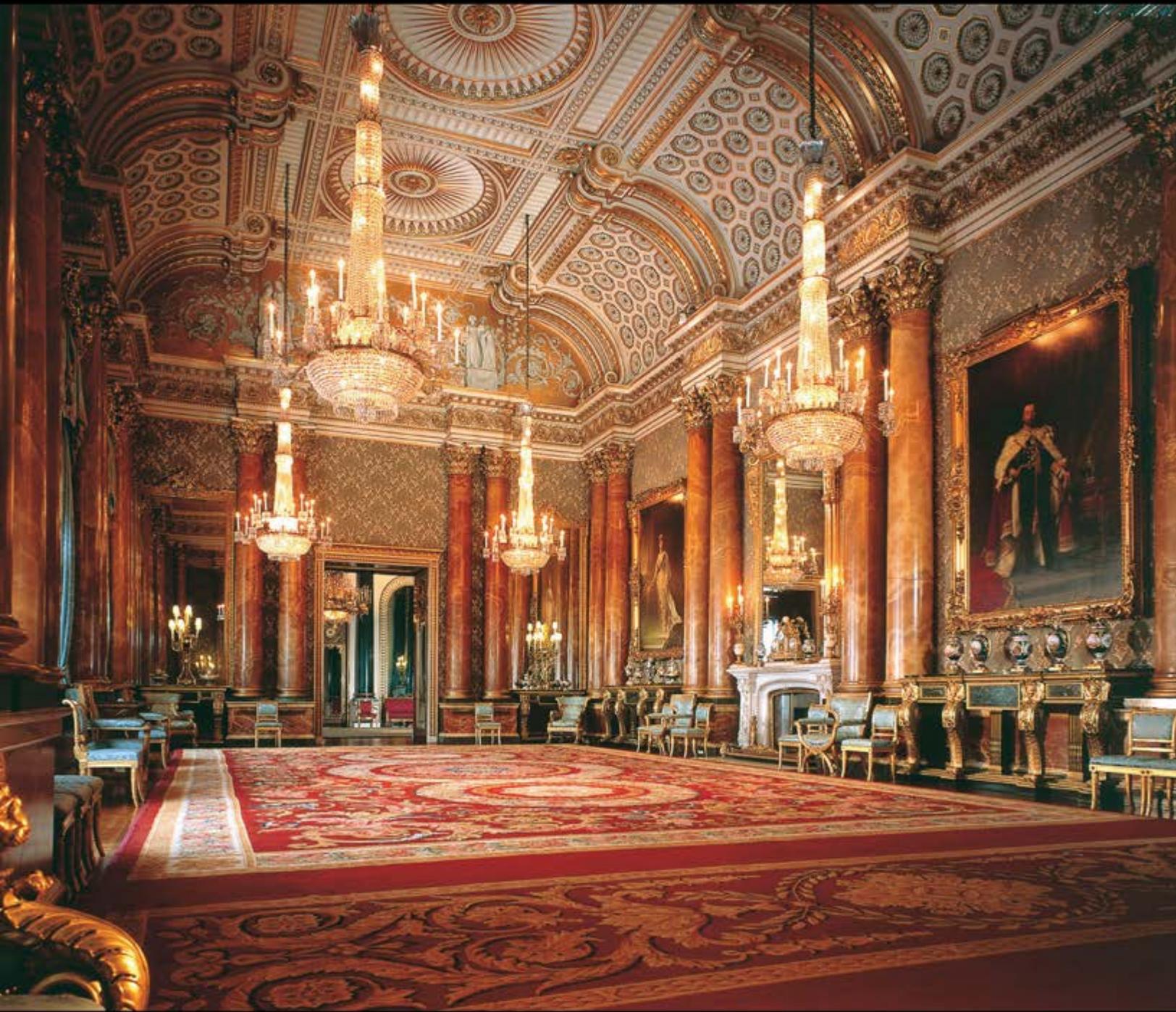
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THRU THE EYES OF JO LEE

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My Celebratory Evening For Six

BY JO LEE FOR JO LEE MAGAZINE
NEW YORK/SAN FRANCISCO/HONG KONG/LONDON/TOKYO/ROME/TORONTO

Hello dear friends!

Within my life spread amongst the world, I revel within the beauty of the old and the new. This is a dream that I, many days of my life, make come true.

So, do come with me as I entice you to dine in sumptuous elegance and delicious simplicity with marvelous colleagues, friends and my family.

I begin with one of my “Celebratory Evenings for Six” within the most wonderful setting for a conversation filled with convivial chatter. What better way to grow in mind and in the richness of beauty within your guests – than to be surrounded in coziness from which you never want to get up.

It can rightly be said that when we set the table, we set the stage for a social performance; to bring to the art of

table setting all the talents that make the performance a smash hit. Artist, actress, author, designer of textiles, clothing, interiors, greeting cards and stationery – a happy combination of great style, quiet drama, invention and yes, fun, to everything you undertake.

In this setting, a graceful room defines the limits of an intimate dining spot. Ornate colors act as supporting actors in the evening’s drama. The table setting is discreet and very simply titled “My Evening”, giving a fanciful, demure feeling.

Of course, the title of “My Evening” is unmistakably “My Evening” but how it turns out is anyone’s guess until the end of the fifth course.

To create an atmosphere that captures and titillates all our senses is like the art

of painting, especially when the beauty of those around my table are seen reflected in the shimmering crystal.

And so, from my Italian home to yours — Saluti e buon appetito. You too, can capture this in your very own inimitable way.

“A thing of beauty is a joy forever”
John Keats

JL

On The Cover: Jo Lee at The Plaza Hotel, New York City.
Original cover photography and Digital Imaging by Alexandra Egan.

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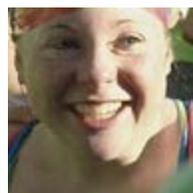
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G



Goya Move

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





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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.



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THE MARVELOUS MAVERICK

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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.



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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.



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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.



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THE MARVELOUS MAVERICK

LE MERVEILLEUX MAVERICK | LA MARAVILLOSA MAVERICK | DIE WUNDERBARE MAVERICK |

MARVELOUS 的心跳撩撥到連

In Memorium For My Husband Tim Regan, July 12, 1938 – December 12, 2017

BY H. GAIL REGAN
TORONTO – CANADA

My husband believed that individual people do evil, but his pet peeve was not a clear case like Hitler or Stalin. General McLellan of the U.S. Civil War was the worst ever. Convinced at first he was a traitor, Tim came to the conclusion that the general was just the wrong man for the job, talented at raising armies but not deploying them. My husband held him responsible for extending the war between the states for an extra two years.

In contrast to misguided men like McLellan, Tim admired the effectiveness of women in leading beneficial social action. He chose as his example the biblical Eve from the Garden of Eden.

Tim believed that Adam and Eve were fully human but he thought that there were also proto-humans in the Garden. Adam was a wonderful man – handsome, energetic and empathic to women. The proto-women preferred him to the proto-men. Consequently,

Adam had a disproportionate number of offspring and genetic drift toward talented humanity set in.

When Eve ate the fruit of the tree of knowledge of good and evil, she saw that the proto-humans, now with Adam's giftedness, would overrun the garden. Ruin it. So she tempted Adam to eat the fruit and they shared the same vision.

Then they left, now modestly dressed and married. They had learned that the enormous human reproductive burden has to be shared and that very hard work is necessary to provide for offspring. Adam and Eve devoted themselves to domesticating plants and animals, and enlisted their children in the enterprise. When the Garden of Eden was overrun and the exodus began, there was plenty of food for the emigrants and everyone went on to build cities.

I am sure bible scholars and anthropologists will take issue with

Tim's theory. When I first read it, I thought he was joking. Then I wondered, "Suppose the Garden of Eden actually was in modern-day Uganda." The Winter 2018 Harvard Business Review has an article titled "Inclusive Growth" on the development of this country. In 2010, household income averaged 87 cents per day. Millions were undernourished and almost half the children were stunted from eating contaminated food. Then large-scale businesses, social catalysts and investors entered the scene. Better crops. More markets. Special, clean food for children. Crop yields are up and household income has doubled. Where there is Adam and Eve energy, there shall prosperity be.

While Tim may have been theoretically wrong about the Garden of Eden, practically I think he was right. The misguided mess things up and do evil. Those who work productively in partnership together do good.

JL



Russia

BY STANLEY J. DORST
SAN FRANCISCO – CALIFORNIA

Over a period of four to five years, before the take-over of the Russian government by Mr. Putin, I prepared, in cooperation with the Capital Cities of the Russian Republics, economic models and investment brochures for new urban city centers; and found American and Canadian investors to carry out programs in cooperation with the city governments.

None of the programs were carried out after Mr. Putin returned the country to Socialism. And to this day the prosperity that would have been developed has not.

This, along with current Russian activity on the world scene leads me to speculate as to what Russia's (Putin's) plan is for Russian Prosperity. Why kill programs leading to prosperity and instead invest in espionage and aggression?

The classic explanation of a dictator's turning to aggression is a failure of their economy, leading to poverty of the population. A war gets everyone working and stops movements for revolution.

The Russian people are poorer than 20 other European countries and 47

countries in the world. Not a good showing compared to the U.S. which is #11 ahead of all European countries except Norway. (Per capita yearly income for the U.S. is \$60,000; Russia is \$28,000.)

This is the long way to get to the question of the day – which is: Why is Russia so interested in affecting our elections. I am beginning to believe that they are not trying just to affect an election but rather to convert the U.S. to a friendly Socialist Republic. If they can't be better they can perhaps make us weaker, so we stop interfering in their attempts to build a new empire.

The inroads of Socialist theory into our society has not happened either by chance or by being a more successful system.

Consider what has happened during the last American Administration:

- Reduction of our military
- Reduction of our ability to produce armaments; (vis. Steel capacity)
- Reduction of private business ability
- Extensive increase in regulations
- Increased social payments
- Increased protests
- Turning of university education

from teaching capitalism to teaching socialism.

Would we be better off changing to be like other countries that are socialist? Why the Russian economy suffers? The basic problem is a lack of an effective court system which has been replaced by the Mafia.

- Putin did not want non-government people to get rich from his country
- The government did not want to grant title to the land, making only leases.
- The Mafia (supported by Mr. Putin) demanded a share of all income, with the share determined from time-to-time by them.

All these matters had been excluded from the contracts I prepared and were signed by the cities and the developers.



The Poet's Corner

BY JOAN CHISHOLM, VERA RESNIK & SALLY ANNE REISNER

PHOTOGRAPH BY PETER SOLMSEN
SAN FRANCISCO – CALIFORNIA

Ah!

The journey of life
The feel of life
This is the journey to AH

I have journeyed to the land of AH

I have felt my way through life
Through this wondrous and miraculous
gift of design

The most powerful journey is my
creation journey
Which holds a sub-journey of
overcoming the fear of creating
But I am made in the image and
substance of God
And I could create myself
A God given right to expression

I do not follow the dreams of others
My own creation dreams are within me
I must expose them to the sunlight, to
the gentle rains and thunderstorms

Living has a hard core and without fear
It is a bittersweet and beautiful journey.

© Joan Chisholm

Reboot

I am a little old grandma
mired in confusion, helpless as can be.
I've been hacked
one, two three a bad dream because
someone's mean scheme
wicked, malefic, scouring minds
had some fun.

I am mad as Attila the Hun.
A wiz struck the blow
my identity evaporated, misplaced
ethics
security breached, evaporated safety
what to do?

Enjoy bit of a fit, sit down, sob
No, not me – no, no
Return to my protected cave
a simplistic, secure, less threatening
place.

A mouse ran to and fro
no one was unfriended
clouds stored water, apples were eaten
backing up meant hitting a wall
freeze my memory, hibernate,
stare at hieroglyphics not emojis
avoid viruses, worms, trojan horses
refresh.

Reboot.

© Vera Resnik

The Old House

The old house looks abandoned.
The moss-covered roof sags with age
and
scaffolding litters the lawn.

I park the car and retrace my steps,
tripping over gutters
collapsed and left to ruin.
I peek in windows and see wooden
columns
between the dining room and living
room, like
divisions of my past and present.

Could that room filled with dusty
unfinished furniture
be the same room where we had
Thanksgiving dinners?
Could that living room filled with
stacks of magazines
be where Christmas trees stood year
after year?

Laundry hangs from beams in the old
kitchen
where dried flowers once hung. The
bake oven is filled
with rusty coffee cans where fresh
bread once baked.
An old wood stove stands where fires
once
blazed and children's winter jackets
were left to dry.

© Sally Anne Reisner



Preparing For The Extraordinary An Essential Practice

TEXT & PHOTOGRAPHY BY ALAN BRISKIN
SAN FRANCISCO – CALIFORNIA

Preparing for the extraordinary is one of the five essential practices of collective wisdom. It requires clear intention and mindful preparation for achieving a greater sense of connection with others and spiritual forces.

Illustrating this idea with a story may be useful. The great sage, Reb Zalman Schachter Shalomi, told me once of an experience he had with his friend and colleague, Howard Thurman. Howard Thurman was Dean of Marsh Chapel at Boston University. He was a distinguished African American philosopher, theologian and mentor to Martin Luther King.

On this occasion, Reb Zalman had invited Thurman to Manitoba, Canada where Reb Zalman was living. Together, they went to the local Christian abbey where Thurman met with the novice master. Thurman asked him to tell him the most common complaint he heard from his

students. The novice master said it was that they had to awaken for 3 a.m. prayers, requiring them to get out of bed and enter the cold chapel. “Why do this?” they said when they already experienced great satisfaction with the 9 a.m. service.

In response, the novice master forbade them from coming to the 3 a.m. services. Two weeks later, they complained that they no longer felt the joy and sense of mystery that they had felt previously during the 9 a.m. gathering. The students were invited back to the 3 a.m. services with a new respect for how the preparation that occurs in the pre-dawn of attentiveness can influence what happens during the light of day. Thurman, Reb Zalman recalled with a laugh, was delighted with this tale.

Preparing for the extraordinary is that effort we make, the rituals we create, the inner psychological work we do,

that sharpens our intention and paves the way for something wonderful to happen. Sometimes it is in rigorous conceptual preparation, other times in silent prayer. Sometimes it is in learning to tolerate discomfort, other times in preparing oneself for bold action.

However, it is accomplished, it is rarely due to an individual alone, but to a larger social field in which individuals collaborate together, perform their roles, contribute their unique talents, and feel seen and heard by others. A central principle of collective wisdom is that we each participate in creating the experience of the group and that the group has distinctive qualities that impact the individual. We are co-creators of the group experience, composers of the group field and part of the composition.

JL

EXCLUSIVE —
EXCLUSIVITÉ | EXCLUSIVO | EXKLUSIVE | 專屬





Argentina

GASTRONOMIC DESTINATIONS

BY SUSAN BERGER
NEW YORK / SAN FRANCISCO / HONG KONG /
LONDON / TOKYO / ROME / TORONTO

Beef is considered to be the national dish of Argentina. With huge cattle ranches, the country is a major producer of meat, and Argentinians are the biggest consumers of red meat in the world. As the cattle are grass-fed, the beef tastes better than beef from grain-fed cattle, and is easier to digest. The Argentinian cowboy, or gaucho, is a world-recognized symbol of Argentine individualism.

Beef is prepared in numerous ways. A parrillada is a mixed grill of many cuts of beef. Grilled steak is called a churrasco, beef that is dipped in eggs and crumbs, then fried is a milanesa; carbonada is a stew consisting of meat, potatoes, sweet potatoes and chunks of corn on the cob. Other national dishes include empanadas, a turnover stuffed with a variety of such items as spinach, cheese, mushrooms, beef, chicken or seafood; and tartas, similar to quiches, made of tomatoes, mozzarella, ham, pumpkin or zucchini.

Argentine asado, or barbecue, is a traditional ritual that is central to gatherings of families and friends. In addition to beef, an asado can include sausages, mollejas (thymus glands), pork and chicken. While grilling in other countries can be done over a gas grill or with store-bought charcoal, in Argentina grilling is done over an open flame. Fire is considered to be an important part of national identity, based on gaucho, indigenous and immigrant cooking. The return to wood-fired cooking has been led by Argentina's most famous chef, Francis Mallman. While Argentinian cooking has encompassed food from Italy, Spain and France, through his restaurants Mallman has encouraged a return to the traditional way of Argentinian cooking.

Opposite: Francis Mallman is an Argentinian international celebrity chef, author, and restaurateur.

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China

GASTRONOMIC DESTINATIONS

BY SUSAN BERGER
NEW YORK / SAN FRANCISCO / HONG KONG /
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Chinese cooking has developed over thousands of years, influenced by Chinese philosophy. Confucian doctrine related food to the enjoyment of life, teaching that proper cooking relies on the blending of various ingredients to create harmony. A perfect meal should be in balance by including the Four Natures (hot, warm, cool and cold) as well as the Five Tastes (pungent, sweet, bitter, sour and salty). The Taoist religion focused on the desire for longevity, exploring plants, roots and herbs to find life-giving elements.

There are four main types of Chinese cooking: Cantonese stir-fries from the south, Mandarin dishes from the north which use wheat flour to make noodles, dumplings and pancakes, Shanghai cooking from the east coast focusing on seafood and strong-flavored sauces, and the hot and spicy food of Szechuan from the interior, relying on hot peppers, garlic and onions. In a typical Chinese meal, each person is given their own bowl of rice, with the accompanying dishes serviced on communal plates, from which each diner picks out food on a bite-by-bite basis with their chopsticks. As human manure was used throughout China's history for fertilizer due to the shortage of farm animals, raw food has not been part of the typical Chinese diet. Desserts are rarely given at the end of a meal – if sweet foods are desired, they are served during the meal. Believing that cold drinks are harmful to digestion of hot food, tea and hot water are served instead.

An old Chinese proverb, “The common people regard food as heaven”, provides some insight into the important role that food has played in the life of Chinese people. “Have you eaten?” is a much-used greeting among older Chinese, dating back to the days of scarce food in China, and acts as an expression of concern for the other person. The greeting is not in fact an invitation to a meal; although you may be invited, you are expected to decline!

Opposite: There are four main types of Chinese cooking: Cantonese, Mandarin, Shanghai, and the spicy food of Szechuan.



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GREAT CHEFS OF FRANCE

Charles Barrier
François Bise • Paul Bocuse
Alain Chapel • Michel Guérard
Paul Haebelin
Louis Outhier • Jacques Pic
Madame Point • Raymond Thuillier
Jean and Pierre Troisgros
Roger Vergé

ANTHONY BLAKE

QUENTIN CREWE



France

GASTRONOMIC DESTINATIONS

BY SUSAN BERGER

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

In recognition of the status to which food has been venerated in France, in 2010 UNESCO added French cuisine to its list of “Intangible Cultural Heritage”. Despite wonderful and varied regional peasant cuisine, for hundreds of years food was defined by the aristocracy. During the reign of Louis XIV, 12-hour feasts were held by the nobility, with more than 10 different dishes served. Presentation ranked in importance with taste and quality of the ingredients. Even today, the way a person eats is an indication of their position in French society; their heritage, region of birth and social status.

When preparing French food, the highest quality ingredients available are always chosen. Fresh fruit, vegetables, herbs, grains and grapes for making wine are a result of the fertile soil. A meal begins with a visit to the local market, which most cities and towns have at least once a week. A typical French dinner follows a consistent pattern: four courses consisting of the appetizer, the main course, cheese and dessert. If there is a salad, it follows the main course. Often an apéritif precedes the meal, and a digestif, high in alcoholic content to aid digestion, is enjoyed at the end.

The food in France varies by region, however the baguette, a long, thin crusty bread, is the most critical part of any meal everywhere. Flaky croissants are also a staple across the country. Other specialties include Boeuf Bourguignon, a stew combining beef, vegetables, garlic and red wine, quiches, coq au vin (chicken with vegetables and garlic braised in red wine), steak frites, escargot (snails) drenched in garlic and butter, and soufflés (a dessert made with beaten egg whites and served directly from the oven).

Opposite: During the reign of Louis XIV 12-hour feasts were held by the nobility with more than 10 different dishes served.

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Greece

GASTRONOMIC DESTINATIONS

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A land of small farmers, for centuries Greece has been producing fruits, vegetables, herbs, oils, cheeses and nuts for use in cooking. The food is simply prepared, without sauces, seasoned with olive oil and herbs. With its long coastline and 20% of the country comprised of islands, fish and seafood are an important part of the diet. The climate and soil are perfect for growing olive and lemon trees, providing two major ingredients in food preparation. Much of the country is covered with vineyards, yielding a wide array of wines, including ouzo, the anise-flavored liqueur that is synonymous with Greece.

Lunch and dinner in Greece can last for hours, and large gatherings are preferred. A meal starts with hors d'oeuvres, called mezedes. They are served on small plates, are meant to be shared, and are designed to whet the appetite. Dips such as tzatziki (yogurt, cucumber and garlic), melitzanosalata (eggplant) and taramasalata (fish roe dip) are always popular. Second course favourites include grilled fish, calamari and octopus, moussaka, consisting of eggplant, minced meat fried with tomato, onion and garlic topped with cheese and béchamel sauce, and dolmades, which are grape leaf-wrapped packages containing rice, meat and herbs.

Charcoal and spit-roasted meats are a specialty of Greece, and come in several forms. To prepare a gyro, the meat is roasted on a spit, then placed in a pita with tzatziki, onions, lettuce and tomatoes. Chicken, beef, lamb or pork grilled on a skewer is called souvlaki, and a kebab is an elongated piece of minced meat. To close the meal, the most popular dessert is baklava, a filo pastry layered with honey and ground nuts.

Opposite: Lunch and dinner in Greece can last for hours.

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India

GASTRONOMIC DESTINATIONS

BY SUSAN BERGER
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The cuisine of India is enormously diverse, influenced by geographic location, religion, and immigration. Hinduism has resulted in vegetarianism, whereas Muslim food incorporates beef but no pork. The diverse climate, ranging from tropical to mountainous, produces a wide array of local ingredients, and as a result Indian cuisine uses vast amounts of spices. In hot weather, spices such as chili peppers and garlic help the body to sweat and cool down, whereas in colder weather spices such as cloves, cinnamon and nutmeg work to keep the body warm.

Although there are four main regions of Indian cooking, most dishes are cooked in a similar fashion, beginning with the frying of an onion, ginger, garlic or other spices. Meat or vegetables and more spices are added, and the food is simmered at a low heat. North Indian food uses a wide array of dairy products: milk, paneer (a type of cheese), ghee (clarified butter) and yogurt. Here flat breads such as roti and paratha are baked on a grill called a tawa, and a tandoor (clay oven) is used to prepare main courses such as chicken and fish. The food of southern India is very spicy, and rice is a staple of the diet. The eastern part of the country specializes in chili curries, and western Indian food emphasizes seafood and coconut. In addition to regional specialties, each Indian city has different kinds of street food!

Indians typically eat several small meals a day. Chai (tea) and a salty snack follow prayers at dawn. A few hours later, breakfast is eaten. Lunch usually consists of one or two vegetable dishes, rice and chapati (flatbread), sometimes brought in containers called tiffins. An afternoon snack tides Indians over until dinner, which is served late. Often a cup of hot milk, flavoured with sugar and cardamom, is consumed before bed time.

Opposite: Michelin-starred celebrity chef Vikas Khanna.



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Italy

GASTRONOMIC DESTINATIONS

BY SUSAN BERGER

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Nestled between the glistening Adriatic and Ionean seas in the “heel of the boot” of southern Italy, the region of Puglia sits within 500 miles of coastline and has soil so fertile that it is one of the most productive agricultural areas in the country. Pasta and bread, both made from local durum wheat, are the staples of Puglian cuisine. In remote villages, families still bake their own bread in communal wood-burning ovens. A special treat is focaccia, topped with roasted cherry tomatoes, olives and olive oil. The pasta is made without eggs, which were once considered a luxury. With 60 million olive trees, Puglia produces 40% of Italy’s olive oil. Due to its high quality, olive oil is used to marinate vegetables and is drizzled over just about everything.

Historically a poor region, the Puglian diet has always focused on vegetables, beans, pasta and fish. With a rocky interior perfect for farming sheep, lamb is also a specialty. A typical meal begins with an antipasto, a variety of small dishes such as eggplant, zucchini, cheese and olives. The most well-known pasta of the region is orecchiette (translated as “little ears”), which is still made daily in most of the small villages and on the streets of the city of Bari, and is generally eaten with a rich veal ragu or vegetables such as broccoli, mushrooms or turnips. In seafront towns such as Gallipoli and Brindisi, restaurants serve fish caught locally that day and fish is an important ingredient in soups, sauces and stews.

Puglia is the source of many renowned cheeses, with burrata topping the list. An outer layer of mozzarella is filled with a creamy mixture of mozzarella and cream, forming a ball that oozes when cut. Eaten with crusty bread, prosciutto, tomatoes and olives, burrata is best eaten within 24 hours of production.

Opposite: Burrata with Panna & Stracciatella.

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Japan

GASTRONOMIC DESTINATIONS

BY SUSAN BERGER
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As Japan consists of 3,000 islands, seafood constitutes a large part of the local diet; in fact Japan is responsible for eight percent of the fish caught in the world. Two thirds of the islands are mountainous, however some areas have been terraced and used to grow rice.

In the 700's A.D., Buddhism became popular in Japan, and with it came a ban on eating meat. This led to the development of sushi, raw fish placed on vinegared rice, and sashimi, raw seafood eaten with soy sauce. Chopsticks were introduced from China around 300 B.C. Tempura is fish, prawns or vegetables coated with egg, water and flour and then deep-fried. Yakitori is skewers of chicken, meat and vegetables placed on skewers and grilled over hot coals. Cooked at the table, sukiyaki combines thinly sliced beef, noodles, vegetables and tofu. Noodles and rice are two staples of Japanese cuisine. Among the many forms of noodles, the most popular are soba, thin brown noodles made from buckwheat flour, udon, thick white noodles made from wheat flour, and ramen, thin curly noodles also made from wheat flour. Rice is eaten with every meal, as are tsukemono, Japanese pickles. Common to many dishes are daikon, a large white radish, ginger, seaweed and products made from sesame seeds. Green tea is the national beverage of Japan, and rice wine, called sake, is a popular drink.

Japanese food is beautifully and artistically arranged. Only fresh ingredients are used, and food is generally purchased the same day it will be cooked. As a result of their healthy eating habits, Japanese people live long lives and have relatively low rates of heart disease.

Opposite: Japanese food is beautifully and artistically arranged.

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Korea

GASTRONOMIC DESTINATIONS

BY SUSAN BERGER
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Until the arrival of the 20th century, Korea was a rural country filled with small farms. Owing to its high population density, a multitude of villages were formed outside the main cities. Growing, preparing and eating food has always been considered a social event, with tradition dictating that elders, superiors and guests eat first.

With mountains covering 70% of the country and the ocean on three sides, seafood is plentiful and moisture from the water results in the fertile soil required to grow rice and grains. Dried cuttlefish is the most popular snack food, and seaweed is also a local favorite. Long winters have necessitated the preserving of food, and all traditional households have earthenware pots filled with kimchee, or pickled vegetables such as cabbage, radish or cucumber, soybean and chile pastes. No other country in the world has as many fermented dishes as Korea.

A typical Korean meal consists of several large dishes accompanied by as many as twenty side dishes, called banchan. Food is generally cut into small pieces, which are easy to pick up and cook fast, reducing the use of fuel. Only rice and soup are to be eaten individually; all other dishes are shared, with each person using their spoons and chopsticks to select their choices. The most common dishes are made with rice, noodles, vegetables, chicken, seafood and tofu. Rice is eaten with almost every meal, and serves to offset the strong spice from red pepper paste, green onion, bean paste, garlic and ginger. Unlike other Asian countries, Koreans do not drink much tea, instead opting for water with their meals.

Opposite: A typical Korean meal consists of several large dishes accompanied by as many as 20 side dishes called banchan.

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Malaysia

GASTRONOMIC DESTINATIONS

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Influenced by a variety of cultures, Malaysian cuisine encompasses a full range of styles and flavors. Originally a nation of fishermen, the Malay diet includes an abundance of seafood, and squid, prawns and crabs feature heavily in their diet. South Indian cuisine was introduced to the country when British colonialists brought in Indian laborers to work in the rubber plantations of Malaysia. The cuisine has also been influenced by Chinese, Thai and Indonesian styles of cooking. Rice is the staple of the diet, eaten with meat, fish, chicken, vegetables, curries and condiments such as sambal (hot chile) sauce. The food is spicy, utilizing local herbs such as lemongrass, cardamom, shallots, kaffir lime leaves, ginger, coriander and cumin. With an abundance of coconut trees, coconut milk is widely used in curries. A typical Malay lunch or dinner will see numerous dishes set in the center of the table for all to share.

One of Malaysia's most popular and well-known foods is the satay, a skewer of beef or chicken served with spicy peanut sauce, onions, cucumber and rice, which can be seen grilling over hot charcoal on street corners everywhere. Another favorite is Nasi Lemak, rice cooked with coconut milk and served with fried anchovies, sambal, cucumber, egg and nuts, then formed into a pyramid shape by wrapping it in a banana leaf. Bak Kut Teh are pork ribs combined with mushrooms, garlic, tofu and herbs, then simmered for several hours, and eaten with rice or noodles.

Malaysians consider food preparation a communal activity, and during major festivals villagers can be seen gathered around a large pot, preparing slow-cooked beef rendang or chicken curry.

Opposite: Chefs of Le Cordon Bleu Malaysia.

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Moroccan Ksra With A Sourdough Start



Morocco

GASTRONOMIC DESTINATIONS

BY SUSAN BERGER

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Outside the cities, Moroccans generally do not have clocks, and so meals occur around the five calls to prayer each day. Breakfast is eaten early in the day, followed by a second breakfast mid-morning. Lunch is served in the mid-day, and in the late afternoon time is taken for tea and bread. Dinner occurs late in the evening.

The Berber tribes, the original inhabitants of the country, developed dishes based on local ingredients such as lamb or chicken, vegetables, oranges, lemons, almonds, dates and figs. Cooked together as a stew, these were known as tajines, still a popular dish. Diners will share a tajine from a single pot, scooping up the food with bread rather than using utensils. Couscous is another Berber dish, generally topped with meat and vegetables. When the Arabs conquered the country in the 7th century, they brought new ingredients to the cuisine, introducing foods made from grains and nuts, and new spices such as turmeric, cumin and cinnamon. In the 15th century, the Moors arrived, driven out of Spain, bringing with them techniques for preserving fruit. The 16th century brought the arrival of the Ottomans, who introduced kebabs to the country. Today the cuisine is an amalgamation of foods from over the centuries.

Bread is an important part of every meal, and is so valued that if it falls on the ground, you are to pick it up and kiss it. As very few households have their own ovens, most neighbourhoods have community ovens where people take their bread dough to be baked. Moroccan mint tea is considered the national symbol of hospitality. When a visitor arrives, he or she is offered tea immediately. When the tea is poured, the teapot is held high above the glasses in order to create a little foam in each glass.

Opposite: Bread is an important part of every meal, and is so valued that if it falls on the ground, you are to pick it up and kiss it.

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Mexico

GASTRONOMIC DESTINATIONS

BY SUSAN BERGER
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Many of the Mexican foods eaten today had their origins in the Aztec culture. With an ideal climate for growing cacao, chocolate was introduced by the Aztecs, and salsa, or sauce combining tomatoes, chipotle and avocado, was sold in the Aztec marketplaces. Corn and beans are the two main foods of the indigenous Mexicans, and form the staples of their cuisine.

Corn tortillas are used in an abundance of Mexican dishes, either filled or served with a meal. Quesadillas are tortillas stuffed with cheese, then folded and grilled, and are a favorite of Mexico's street stalls. Enchiladas are tortillas stuffed with chicken, pork or vegetables and coated in a tomato and chili sauce, then baked. Fried, filled tortillas are known as tacos.

Avocado is widely used in Mexican cuisine, and when combined with onions, chilies and coriander to make guacamole, is served as a dip or garnish. A favourite dish is chilies rellenos, large poblano chilies stuffed with cheese or spicy meat. One of the most popular dishes is frijoles y arroz, or rice and beans. Mole sauce, served over chicken or turkey, is made with chocolate, chilies and spices. Chiles feature extensively in the food, and a general rule of thumb is that the larger the chili, the milder the flavor. Cerveza, or beer, is widely consumed and the perfect accompaniment to a spicy meal. If beer isn't to your taste, there is always mezcal, of which there are various types, including tequila. Made from the agave plant, some mezcals contain a worm in the bottle – and the worm is to be eaten when the bottle is finished!

Opposite: Some of the most celebrated Mexican dishes leave you wanting more.

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Peru

GASTRONOMIC DESTINATIONS

BY SUSAN BERGER
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With 30 kinds of microclimates found in Peru, from the Andes Mountain Range to the desert, seashore and Amazonian rainforest, it is no surprise that a wide array of local cuisine is found. In addition to the diversity of the climate, Peruvian cuisine has been influenced by external forces, from the Spanish Conquistador to the arrival of Asian immigrants in the 19th century.

As the originator of the potato, it is estimated that there are over 3,000 varieties locally grown. Papa a la Huancaína, boiled yellow potatoes served in a creamy and spicy sauce, is one of the most popular dishes in the country. There are also many varieties of corn, which are eaten as snacks or in a meal. The large kernels from choclo corn are toasted in oil to make the crispy snack cancha, and corn juice is used to make chicha, the national beverage.

From the coastal part of the country, ceviche is created by curing raw fish in citrus juices and adding chili for spice; it is then served with corn, potatoes and onion. Pachamanca is a dish created in the mountains whereby heated stones are placed in a hole and meat, potatoes, vegetables or beans are placed on top, covered and left to cook for several hours. Because it is so time-consuming to prepare, it is usually only eaten during celebrations. Quinoa, known to the Incas as “the mother of all grains”, has been popular in Peru for hundreds of years, and in the Andes it is mixed with other local ingredients to make a thick soup. For those who live in the jungle, piranha has always been a common food, although it is known to have a strong fishy smell.

Opposite: Ceviche - Best food in Peru.

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Spain

GASTRONOMIC DESTINATIONS

BY SUSAN BERGER
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As a result of constant invasions, Spanish food has continually evolved over the centuries, with each conquest introducing new foods to the country. The Romans contributed olives, olive oil and wine, the Moors brought honey, almonds, fruit and spices such as cumin and saffron, and explorers returned from the New World starting in the late 1400's with tomatoes, potatoes, beans, corn, peppers and chocolate.

The diversity of the cuisine led to the creation of tapas, or small plates of different dishes served cold or warm, which are meant to be shared and provide diners with the opportunity to enjoy many dishes in one meal. Each town may have its own specialty tapa, but certain dishes like olives, ham and chorizo are eaten throughout the country. Paella is made with rice, flavored with saffron which gives it a yellow color, to which meat, fish, seafood or vegetables are added. The heat of southern Spain gave rise to gazpacho, a tomato-based cold soup made with peppers, garlic, bread and olive oil.

Jamón, or cured ham, was historically made by salting legs of ham and hanging them up to dry for use in the winter months. Today it is one of the most notable foods of Spain. Also eaten throughout the country is chorizo sausage, made from chopped pork marinated in spices including paprika, giving it its red color. Another popular food is tortilla española, or Spanish omelette, a dish made of potatoes fried in olive oil, served hot or cold, as a meal or as a tapa. And for those with a sweet tooth, churros are prepared from fried dough and covered with sugar, then typically dipped in hot melted chocolate, and are eaten as a snack or for breakfast.

Opposite: A smorgasbord of Jamón (or cured ham), finger-friendly food art.

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Turkey

GASTRONOMIC DESTINATIONS

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Turkish cuisine has its roots in antiquity; 3,000 years ago the Hittites of Anatolia were the first humans to grow figs, apricots, cherries, almonds and pistachios, all important ingredients in the local food. Its endurance over the years can be attributed to Turkey's position between the Far East and the Mediterranean Sea, which enabled them to control major trade routes, and a favorable climate for plants and animals. The Ottoman Empire, which stretched from Austria to northern Africa and lasted for 600 years, used its land and water routes to import ingredients from all over the world. Royalty perpetuated the emphasis on food and passed laws regulating its freshness. By the 17th century, 1300 cooks lived in the Palace.

Meals often begin with mezes, or appetizers such as fried eggplant with yogurt, meant to whet the appetite before the rest of the meal, and are accompanied by raki, an alcoholic beverage made from grapes and anise and known as the "lion's drink", because you have to be as strong as a lion to drink it. Bread called pide is served warm with dips or stuffed with meat and cheese. In restaurants, the pide often expands with hot air when the fire flares, resulting in "balloon bread". Dolma are vegetables such as peppers, grape leaves or tomatoes stuffed with rice and meat.

The most popular national dish is the kebab, or grilled meat on a skewer. As cattle is generally raised for milk products and pork is prohibited in the Islamic religion, meat usually consists of lamb. Köfte is meat that has been minced, seasoned and made into patties. Another local delight is borek, a pastry that has been rolled, stuffed or layered with feta, spinach or lamb. The meal concludes with baklava, filo pastry layered with pistachios and soaked in syrup.

Opposite: Alinazik kebab is a scrumptious Gaziantep specialty.

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Thailand

GASTRONOMIC DESTINATIONS

BY SUSAN BERGER

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Two thousand years ago, the land we now call Thailand was populated by people from Southern China, who brought with them the spicy cooking of their homeland. They also introduced rice to the region, and it became a staple of the Thai diet. Ancient migration from India resulted in the introduction of additional spicy seasonings such as cumin, cardamom, coriander and curry. The only Southeast Asian country never colonized by the West, Thailand has been able to preserve its cuisine without outside influence.

Rice is eaten in two forms, standard white rice or sticky rice, which is glutinous and rolled into a ball. Eaten with every meal, rice is also ground into flour for noodles, dumplings and desserts. Coconut milk and shredded coconut are commonly used in both main dishes and desserts. Curry dishes are a staple of Thai cuisine. Green Curry consists of chicken, eggplant, bamboo shoots, coriander and basil, whereas Red Curry is made with meat, red curry paste and coconut milk. Hot chilies are used extensively, resulting in very spicy food.

Soup is eaten with most meals. Tom Yum Goong, or Spicy Shrimp Soup, is made with lemongrass, chili, lime and fish sauce. Green Papaya Salad is prepared by shredding raw papaya and adding garlic, chilies, green beans and cherry tomatoes. Pad Thai, noodles fried with meat, chicken, seafood or vegetables and beansprouts, onion and egg, is given an added kick with the addition of chili powder and peanuts. Tropical fruit such as mangoes, papayas and jackfruit are typical desserts. In addition to the care taken to make fresh and flavorful food, Thai food is beautifully presented, often including intricately carved fruit and vegetables.

Opposite: Cooking for The People.

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Vietname

GASTRONOMIC DESTINATIONS

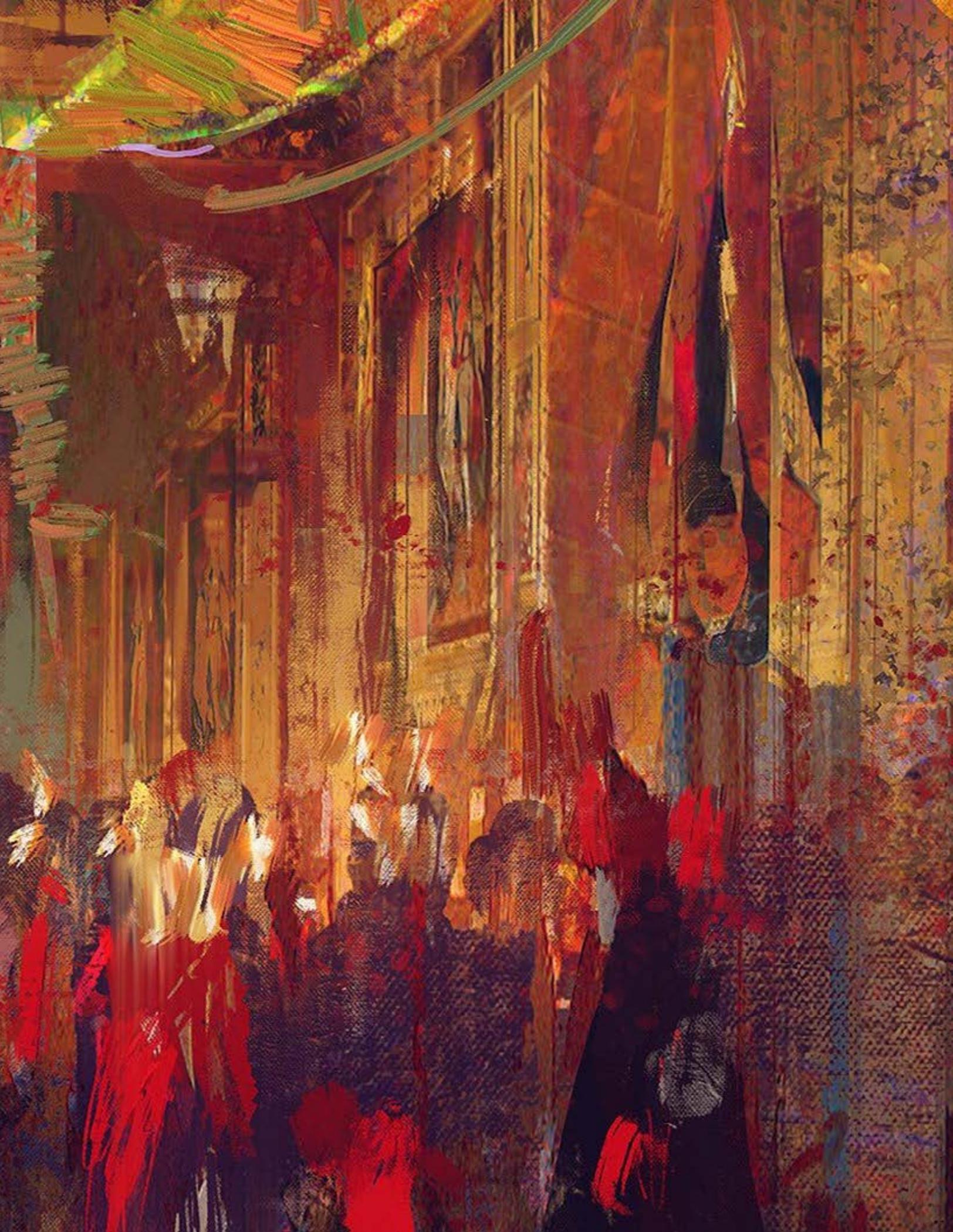
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With rice cultivated throughout the country, it forms the core of the Vietnamese diet and is eaten with almost every meal. It is also made into other items such as rice wine, rice vinegar, rice noodles, rice paper wrappers, rice porridge, sticky rice, and puffed rice. Grown most heavily in the Red River delta in the north and the Mekong River delta in the south, the Vietnamese people say that their country looks like a bamboo pole with a basket of rice at each end.

Vietnamese cuisine was highly influenced by French colonization from the 18th to the 20th century. The French baguette has been turned into a local delicacy called Banh Mi, filled with cilantro, chili-spiked, pickled carrot, and protein such as pork or sardines.

A staple of the Vietnamese diet is Nuoc Mam, a salty fish sauce that is added to most food. Pho stands can be found throughout the country, offering a soup consisting of broth, rice noodles, herbs and chicken or beef. A popular appetizer is the spring roll, a rice paper wrap filled with vegetables, noodles and shrimp or pork, served with peanut sauce. In the southern part of the country, which has a more tropical climate and a longer growing season, fruit, vegetables and sugar are a common part of the diet. Cha Tom, shrimp wrapped in sugarcane, is a popular dish. During the cold winters in the north, it is common for families to gather around a big bowl of broth cooking vegetables and meat over a charcoal brazier, which also serves to keep the family warm. Unripe fruit, such as green papaya or banana flower, is often the base for salads instead of greens, along with fish sauce, chili, garlic, dried shrimp and peanuts.

Opposite: The spring roll - a rice paper wrap filled with vegetables, noodles and shrimp or pork, served with peanut sauce.



Democratic Freedoms In A Digital Age

BY DR. ROSE A. DYSON
TORONTO – CANADA

In November, 2017, The Globe and Mail, Canada's national newspaper, joined other major media in The Trust Project, an international initiative that authenticates stories from project members through such web platforms as Google, Twitter and Facebook. Its purpose is to provide a correction policy and written standards, and to determine whether an article is news, opinion or advertising.

This initiative is an outgrowth of widespread concern over the rise of populism and increasing popularity of autocratic political leadership which has taken on a new and unsettling appeal not anticipated in the early days of the World Wide Web and the Arab Spring. Social upheaval in democracies unsettled by new media flooded with misinformation deliberately created for political purposes is forcing a re-examination of what it means to live in a healthy, free and democratic society. Rapid change, automation, migration and information overload have given rise to anxiety, fear, and uncertainty.

Critics say our love affair with digital is over. Promises to engage the disaffected haven't worked out

as anticipated. Social media haven't delivered on "democratization" where power is shared equally. Instead we have gotten screen rage and recklessness. Manipulation has been intensified, whether it involves tech companies monetizing us for advertisers or political saboteurs spinning us for their own ends.

Some argue that new media was never expected to assume the responsibilities of print media. Laws supervising mainstream media have been established over the years to protect society from those who would spout libel, slander, hate, racism, misogyny and disinformation. So far, social media have managed to avoid such constraints by arguing that they are not publishers but merely carriers of content. This position is increasingly untenable as evidence unfolds of how Facebook managed to overlook foreign meddling in recent election campaigns. Millions had their personal data stolen while, at the same time, generating billions of dollars for shareholders.

Another dimension to the cacophony is the issue of sexual harassment. As sectors of society ranging from

government and the film industry to migrant farm workers yield reports of abuse and misconduct, calls for change multiply. The power of media has never been sufficiently acknowledged. Sexual harassment is not the disease but a symptom. To counter this seeming epidemic we need stories on our screens that stop celebrating and glorifying power differentials between men and women under the guise of art. Only when we start connecting the dots between the disparate threads of our unraveling cultural environment and demand appropriate policies will we begin to move toward positive social change.

JL



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As you venture out into our world, your travel can consist of a day visit to the closest towns or a journey that will place your feet clear on the other side of the world. It is all about discovery and about everywhere you walk.
So, COME – EXPLORE WITH ME.

My Favorite Place

BY LOIS M. GORDON
SILICON VALLEY – CALIFORNIA

Wherever I have been, no matter how delightful the people, how beautiful the beaches, the sunsets, the mountains, how fascinating the history – when I return home, my heart is filled with love, and laughter bursts forth and spirits soar, for this is my secure place, the place where roots are deep, where tradition is steeped in longevity with those we love around.

“I am clumsy, drop glasses and get silly on Monday afternoons. I read Seneca and can recite Shakespeare by heart, but I mess up the laundry, don’t answer my phone and blame the world when something goes wrong. I think I have a dream, but most of the days I’m still

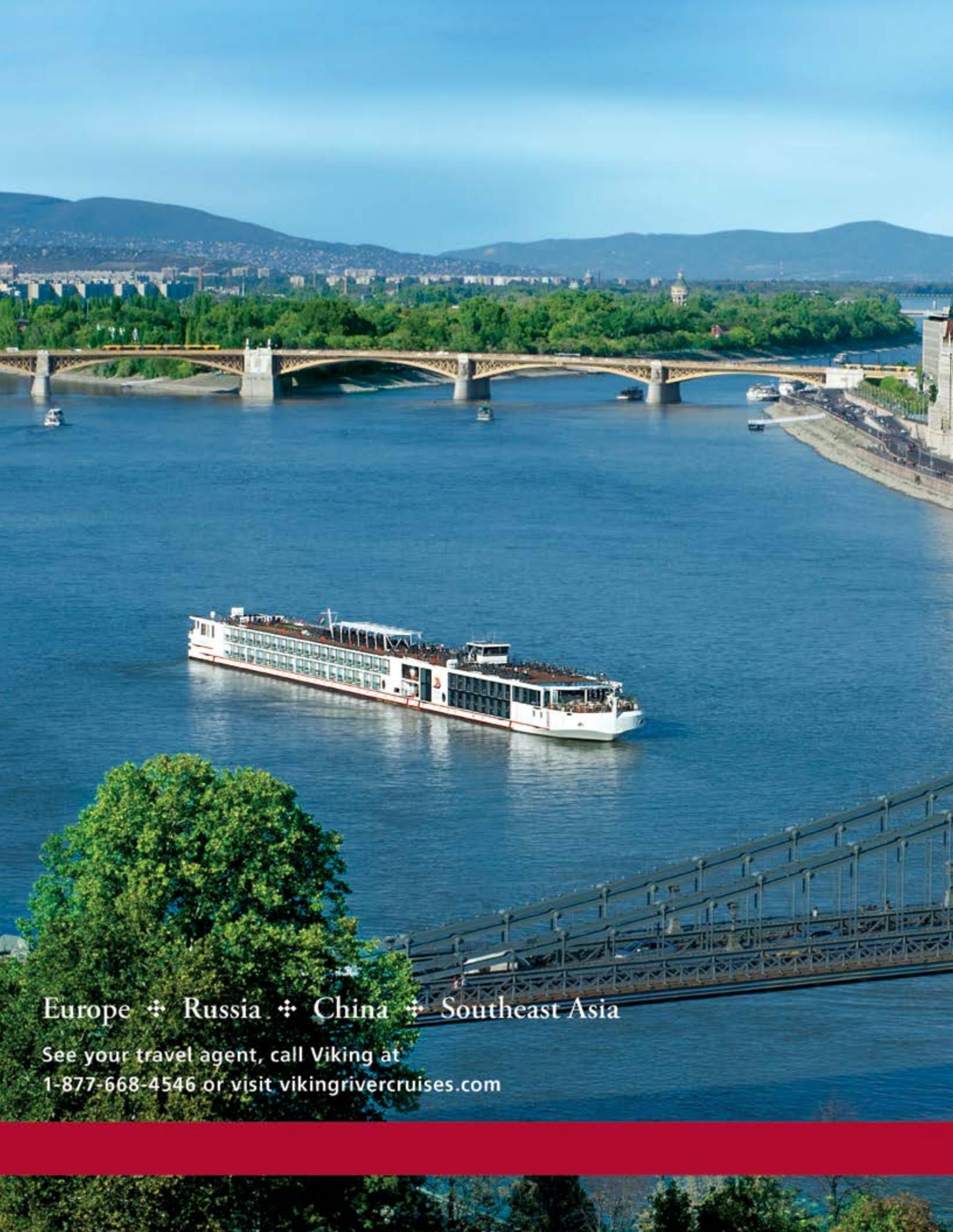
sleeping. The grass is cut. It smells like strawberries. Today I finished four books and cleaned my drawers.

I want to make coming home your favorite part of the day. I want to leave tiny little words lingering in your mind, on nights when you’re far away and can’t sleep. I want to make everything around us beautiful; make small things mean a little more. Make you feel a little more. A little better, a little lighter. The coffee is warm, this cup is yours. I want to be someone you can’t live without.”

Charlotte Eriksson

Yes, my favorite place.

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Navigating The World Of Fake Wine

BY WARREN PORTER
TORONTO – CANADA

Here's why fine wine is one of the better luxury items to counterfeit. You buy the wine and chances are you don't open it for a number of years. When you do open it, you may never have had it so you're not really sure what it should taste like, even if you know that there's always bottle variation on older wines. Then your guests think it's great because of the placebo effect. You likely don't recall who you bought it from years ago and if you do, by the time you bring them the remaining contents, it's already spoiled. That's a lot easier than fine art.

The rise of notoriety of fake wine has come to us via movies like *Sour Grapes* and coverage of the trial and conviction of infamous fraudster Rudy Kurniawan. So how prevalent is the issue and what can you do to protect yourself?

The extent of the problem depends on who you talk to and how wide a net you cast when considering

"fake" wine. For example, the recent discovery of 15% of Cotes du Rhone being falsely labeled could fall into the category of fake, and yet what we're talking about is high-end, small batch. Some have said up to 20%, but there are arguments on both sides.

At the upper end of the scale are wines that sell for thousands per bottle including Petrus, DRC, Mouton, etc. from great vintages. A tremendous resource for authentication data is "winefraud.com" run by Maureen Downey.

Once a user is approved there is a lot of data on how to spot fakes from these iconic bottles. There are tell-tale signs (some quite obvious) which can include glass type and color, capsules, incorrect cork markings, label issues and even sediment inconsistent with that varietal at that age. While these can be hard to spot, I've seen things as simple as spelling mistakes of the producer. The reality however is that a thorough

authentication from a trained individual can take an hour plus per bottle and cost in the hundreds of dollars.

The trend more recently seems to be in wines that are unlikely to be the target of a professional authenticator. Spending a couple hundred on a bottle worth \$5000 seems reasonable, but who would even look sideways at a \$100 bottle? With fake wine gaining notoriety, I suspect that this is where the bulk will be found in the future.

So, unless you want to train to become an authenticator (yes, Maureen trains!) then we suggest you work only with a merchant committed to the problem with the talent to spot and the integrity to refund in the event of issue. And yes, "www.irongate.wine" is one of those merchants, if I can shamelessly self-promote.

JL



SOLMSSEN
1977

“Little Things Mean A Lot”

BY KATHLEEN MAILLIARD SOLMSEN
SAN FRANCISCO – CALIFORNIA

PHOTOGRAPHY & PAINTING BY PETER SOLMSEN
SAN FRANCISCO – CALIFORNIA

Over 65 years ago, this song was on everyone’s lips and radios. Even today, Willie Nelson croons out the lyrics to “Little Things Mean A Lot”.

Quite often, we are so impressed when we receive an expensive present and so proud to give big-ticket luxury gifts. At the end of the day, it’s the day-to-day little things that mean a lot and that have staying power. A caring gesture, a kind word, a generous offer always touch the heart as much as a big-ticket item or a well-known label or name present. Like the simplicity of Tibetan bowls and Buddhist harmony bells, thoughtfulness resonates within the heart as much as a ginormous surprise tied up with ribbons and bows.

For some of us, going to a specialty shop or shopping online for a statement kind of gift can be an easy “got that out of the way” obligation.

On the other hand, thoughtfulness comes from a more vulnerable place. Indeed, thoughtfulness takes thought. We are so busy making our mark and money, we don’t always give much thought to what would make someone really happy.

For years, happiness has been relegated to our back burners. With all of today’s time-saving devices, no one seems to have limitless time for simple pleasures. There is even a course called The Science of Happiness from the Wellness Center at the University of California in Berkeley that makes a lot of sense. Because we are all so busy, they have so thoughtfully created this course on line...for college credit or to audit... for curious people who feel they could fold a bit more joy into their lives.

Ever since I was a small child and even into adulthood, I have had

a treasure trove drawer. When I discover something unique and wonderful that I love, I buy it on the spot and into the drawer it goes. Whether last minute or well-planned, shopping in my treasure trove drawer is nearly magical. By no means am I putting down “over the top” gifts! I’m just suggesting and reminding myself that “Little Thing Mean A Lot”.

Final thought: from a simple yet perfect green leaf to the exquisite beauty of a single egg, it’s lovely for our hearts to remember the unending gifts from Mother Nature that nurture our senses every day.

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Opposite: Michael Jackson And Bubbles By Jeff Koons

The Broad

BY JULIE REKAI RICKERD
TORONTO – CANADA

Philanthropists and long-time contemporary art collectors Eli and Edythe Broad have joined the ranks of the Private Museum founders in a very big way. Their museum, The Broad, is a U.S.\$140 million, 120,000 square-foot building designed by Diller Scofidio + Renfro in collaboration with Gensler in downtown Los Angeles. Its two floors of gallery space and collection storage vault are the to the almost 2,000-piece Broad collection of postwar and contemporary art. The storage vault has special viewing windows through which the works in the collection not on display or out on loan to other museums can be seen.

Apart from the rotation of its permanent collection, The Broad also showcases special exhibitions of the works of artists such as Jasper Johns, adding additional examples of his works to those that are in its collection. Among the countless “greats” in the permanent collection are Joseph Beuys, Alexander Calder, Keith Haring, Jenny Holzer, Donald

Judd, Jeff Koons, Yayoi Kusama, Julie Mehretu, Takashi Murakami, Robert Rauschenberg, Ed Ruscha, Cindy Sherman, Frank Stella, Christopher Wool, and Cy Twombly to name just a very few.

As Mr. Broad said at the museum’s opening on September 20, 2015, “Edye and I are delighted to welcome everyone to this museum, and we are excited to share the contemporary art in our collection with the public. We are pleased to offer free general admission so that affordability isn’t a criterion to see the art. We have been deeply moved by contemporary art and believe that it inspires creativity and provokes and stimulates lively conversations. We hope visitors from Los Angeles and around the country and the world visit and are similarly enriched by this art”.

In addition to free general admission and advance reservation of timed tickets online free of charge, The Broad offers a free mobile app accessible on Apple and Android smartphones as well as wifi-enabled,

portable electronic devices that can be downloaded from the museum’s website below and from mobile device app stores. It offers information about The Broad and its collection by featuring audio, video and descriptive text about it, the artworks and artists on view, and free self-guided audio tours. It can also be used to reserve, view, and redeem tickets to the museum.

The Broad and its vast collection is a rare gem among both public and private museums.

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Website: www.thebroad.org
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11:00 AM – 5:00 PM
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11:00 AM – 8:00 PM,
Saturdays: 10:00 AM – 8:00 PM
Sundays: 10:00 AM – 6:00 PM

General Admission: Free

JL



Historical marker sign with text and a clock face.

THE RICH AND THE FAMOUS

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

Opposite: On a beautiful Sunday afternoon, a local tour guide provides historical information about Johnson Square, created in 1733 and named after Governor Robert Johnson, the first of many squares created in the heart of Savannah.

A Sunday In Sophisticated Savannah

TEXT & PHOTOGRAPHY BY MARK RAYNES ROBERTS
LONDON/TORONTO

One of the most beautiful cities I have visited in the United States is Savannah, an Atlantic coastal city in the state of Georgia, separated from South Carolina by the Savannah River.

Its historic district is filled with twenty-two stunning cobblestoned squares, most of which are shaded by mature oak trees covered with Spanish moss.

Established in 1733, the city became the British colonial capital and later the first state capital of Georgia, and was a strategic port during the American Revolution and Civil War.

Savannah today is still an industrial center and important Atlantic seaport, which continues to beguile visitors with its colonial charm, culture and architecture.

JL



Savannah is a wonderful city to visit and tour around by on foot, or by taking a guided tour while being pedaled around the historical sites.

Opposite: The beautiful garden squares and moss-laden trees provide a pleasant walking experience as well as respite from visiting the many historical museums and attractions.







One of the many beautifully designed courtyards and gardens found in the heart of old Savannah in Georgia, South Carolina.

Opposite: Chippewa Square is one of the best-known squares in all of Savannah. It commemorates the valor of the American soldiers who fought in the 1813 Battle of Chippewa, Canada. More recently, the Square was used as the location for the film "Forrest Gump," where he was performing the bench scenes.





A classical architectural doorway is a reminder of John Berendt's acclaimed novel "Midnight in the Garden of Good and Evil", published in 1994.

Opposite: The architectural residences of Savannah, with manicured gardens and ornate details typical to South Carolina, are a delight to view.



Located on the Atlantic coast, Savannah historically prospered from its commerce and major port, which is why there are so many magnificent Colonial style homes.

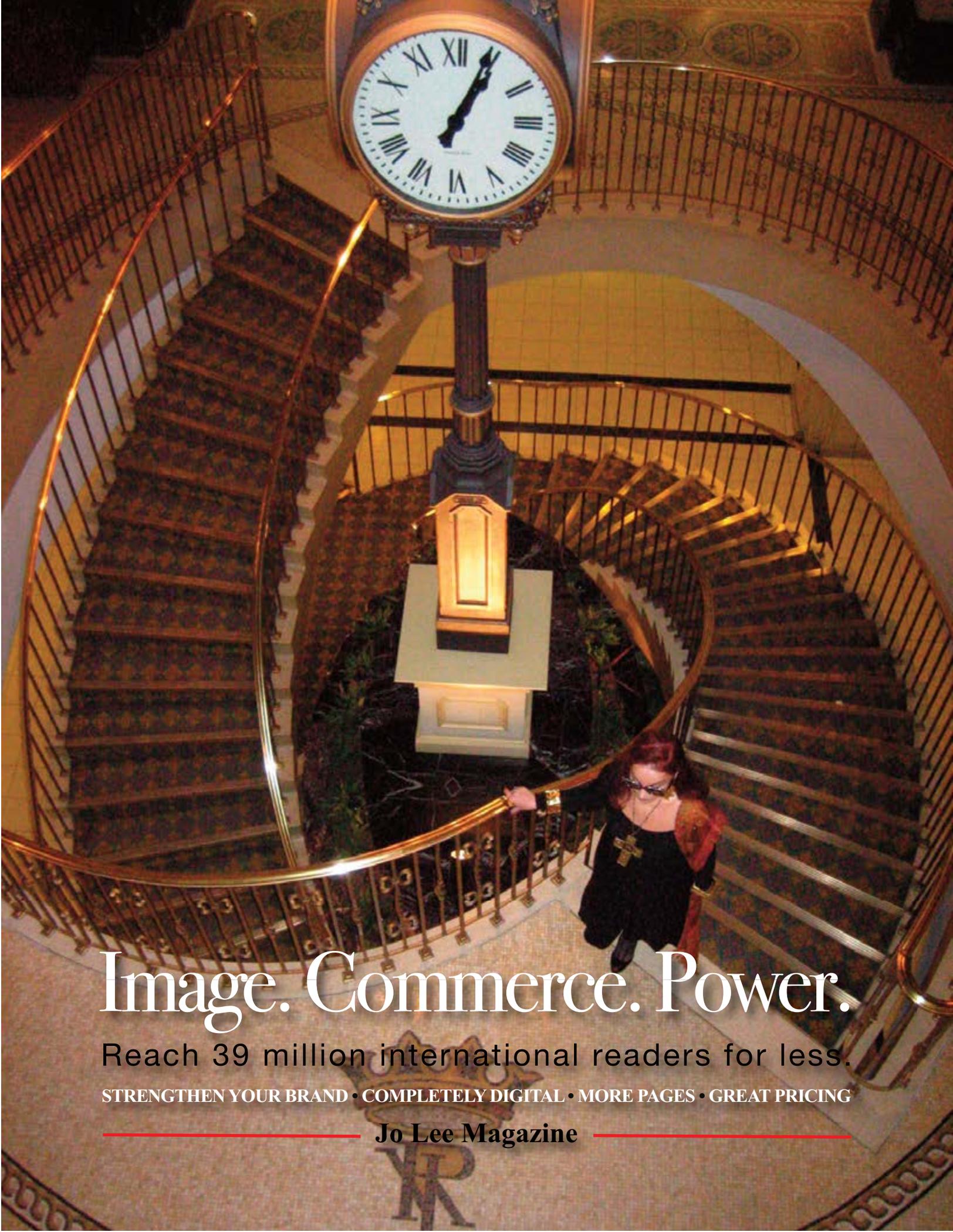


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Jo Lee Magazine



Opposite: Balmoral Castle. 1856 AD. Scotland Highlands.

Balmoral Castle A Love Story

BY VICTORIA FRANCIOSA
TORONTO – CANADA

If ever there was an everlasting love along with a building to contain it, Balmoral Castle would be it.

Nestled amongst the rolling Scottish Highlands, manicured to perfection, Balmoral Castle was built arguably by the most romantic pairing of the royal marriages – Prince Albert for his wife Queen Victoria. The landscape is said to have reminded them both of Prince Albert's homeland, Thuringia, in Germany.

Of all the castles and estates that are owned under the Windsor name, it is widely reputed that Balmoral Castle is the favored vacation residence of H.R.H. Queen Elizabeth II. It is also the location of the highly iconic images of Princess Diana & Prince Charles on their honeymoon.

Although the land was purchased in February 1848, the castle broke ground on September 28, 1853 and was constructed in typical Scottish Baronial style, which borrows its features from

the Medieval and Renaissance eras. Architect John Smith of Aberdeen was brought in to design the castle with input from Prince Albert himself. Interestingly enough, John Smith was also the architect for some of the most recent work on the original Balmoral.

Upon first sight of this sprawling 50,000-acre estate, one cannot help but take note of the towers as they reach for the clouds, imposing pepper pot turrets which were used to provide protection and defense against any imposing armies. This fortified structure was built with battlements of visible throughways and steps lacing the rooftops. Lancel windows, aesthetically pleasing to look upon, served their defense purposes as well. Dormer windows were used purposefully to project what would have been usable space of the tapered roofs and towers.

Conjuring up visions of lavish ballrooms, oversized fireplace hearths with hidden passageways, heavily

draped windows with tapestries that date back to the turn of the 18th century – why should this castle disappoint? After all, Balmoral Castle was built in a time when all of this was at the pinnacle of fashion and function. Imagination is what we are left with as Balmoral Castle is open to the public for only a few months out of the year, with access extremely limited.

As most of the lands and estates belong to the Crown, Balmoral Castle has remained a private estate of the Royal Windsor family and has been handed down in succession for the past 170 years.

It is written that until the day Queen Victoria died, she continued to lay out Albert's clothing daily (he died 40 years before she did). This is the love Balmoral Castle was built on.

If ever there was an everlasting love along with a building to contain it, Balmoral Castle would be it.

JL

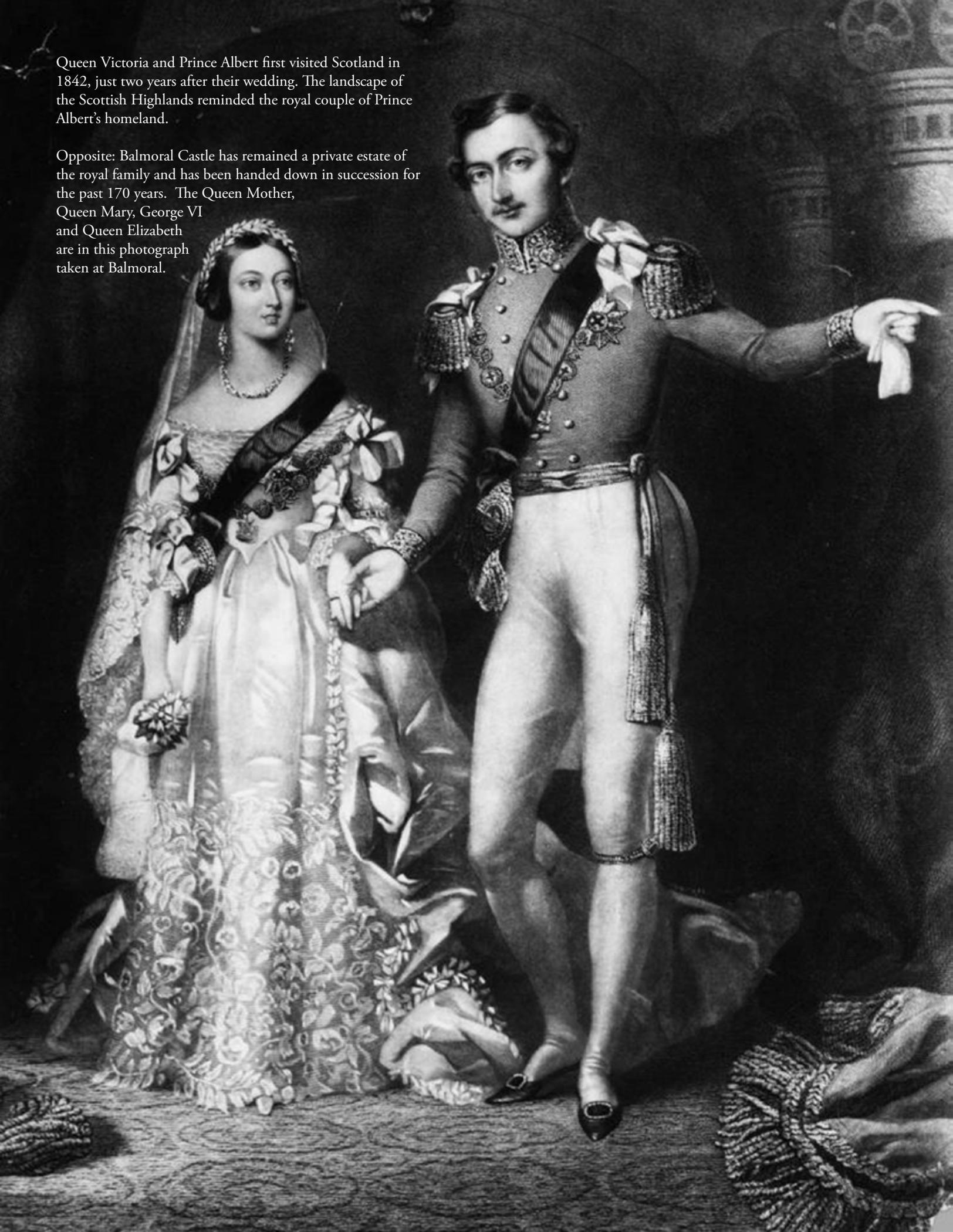


Balmoral Castle aesthetics are derived from Scottish Baronial style, borrowing features from both the Medieval and Renaissance eras.



Queen Victoria and Prince Albert first visited Scotland in 1842, just two years after their wedding. The landscape of the Scottish Highlands reminded the royal couple of Prince Albert's homeland.

Opposite: Balmoral Castle has remained a private estate of the royal family and has been handed down in succession for the past 170 years. The Queen Mother, Queen Mary, George VI and Queen Elizabeth are in this photograph taken at Balmoral.



opposite: Antiquity & contemporary meet... Inspiration is found in every detail.

Tranquility in beauty.



This painting of Queen Victoria and Prince Albert, with five of their nine children, shows the love they shared. Note the delicate reach of Prince Albert's hand as he seeks his wife's. This love and adoration, for one another, is the foundation upon which Balmoral Castle was built.







Balmoral Castle sits on 50,000 acres. There are approximately 150 buildings on the estate.



The bedchamber, adorned with heavy brocade curtains draped on antique bedding, with a secretary used to hold all correspondence and stationery. The sideboards would have held the water basins that were used to freshen up or sponge bathe.







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

Fishing Out – Forward, Creating A Future For The Child

BY KELECHI ELEANYA
THE NIGER DELTA – NIGERIA

Fishing is an age-old tradition and refers to the activity of catching fish, either for food or as a sport.

The art of fishing goes back thousands of years – a kind of hunting. Actually, we may term fishing as simply the act of finding...to catch means to carefully lay in wait for something. It may also be seen as a sense of finding a way: fishing out the best way forward.

Fisher folks invest a lot of hours both day and night to catch fish for household consumption or for trade and financial gains. This makes fisheries an important livelihood activity across the world. Globally, fish provide about 3 billion people with almost 20 percent of their average per capita intake of animal protein, and 4.3 billion people with about 15 percent of such protein. The FAO suggests that over 100 million tons of fish are eaten worldwide each year.

Today, the world is facing a great challenge. How to feed more than 9 billion people by 2050 in the context

of climate change, economic and financial uncertainty, and growing competition for natural resources.

The fisheries sector is a tremendous contributor to livelihoods across the globe. Fishery products are a valuable source of nutrients for diversified and healthy diets and are particularly important for children as a source of protein. With low saturated fats, cholesterol and carbohydrates, they provide not only high-value protein, but also a wide range of essential micronutrients, including various vitamins (D, A and B) and minerals (including calcium, iodine, zinc, iron and selenium). They also provide essential amino acids, fats and micronutrients that are scarce in vegetable-based diets. The dietary contribution of fish is more significant in terms of animal proteins, as a portion of 150g of fish provides about 50 - 60 percent of the daily protein requirements for an adult.

With massive depletion of global fish stocks and negative impacts on

the ocean system especially due to pollution, it is tricky how fisheries can continue to play this role of sustaining nutrition and diets worldwide. This is particularly worrisome! Why? Because it's become a threat to child growth and survival, as fish is a major source of protein and food for the child in many regions of the world.

We need to fish responsibly! Fish-out the way forward for the child!

Lets do it NOW!!!

JL



I Wish You Were

BY Gary Sweeney

If the universe has ever wished upon its internal stars, the evidence lies in the trees – dandelions to the earth's child-like breath of wind.

When sunlight takes a nap on the leaves, the leaves become a pedestal for simplistic purity.

The branches explode in diamonds, fireworks on a lazy afternoon, and I'm reminded that places are dedicated to their holdings, just as everything has its place.

What is it about here and now that has found here and now?

The evening will let its sun play hide and seek alone, while it prepares the moon to light the stage for Act 2 of our perpetual theatre production.

In my own Shakespearian interpretation, "How do I understand thee? Let me count the ways."

Each of us has top billing in our life story. If I'm here to act out a script, I must have memorized my dialogue and reactions in some twist of yesterday's foresight.

When a situation arises that renders me powerless, have my co-stars forgotten their lines, or have they paused for a re-write? Have I been left out of the script?

I cannot answer with confidence.

However, what remains is this pull-down screen behind me, my grand theatre with pre-set moods.

And while they battle it out, I can choose a mannerism for the day that contradicts both.

There have been breathtaking skies of blue overlooking a battlefield.

It seems as though we are naturally one with the universe; yet, we've distanced ourselves enough to proclaim our importance and engage in a never-ending struggle for attention...that being our total control of what we were never responsible for.

© Gary Sweeney

JL





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DESIGN & PHOTOGRAPHY

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On Being Mindful

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

In the medical profession, we often wear multiple hats: physician, scientist, educator, advocate, committee participant, administrator, parent, sibling, and friend are just a few! Thus it is no wonder that the topic of physician burnout is on the rise in nearly every medical journal, blog or Twitter feed. Physicians spend a significant amount of time caring for others but this should not preclude them from caring for themselves.

Dr. Charles Balch (surgical oncologist, Johns Hopkins) is credited for pioneering research inquiry into surgeon burnout. He categorized burnout as a clinical syndrome which is evidenced by emotional exhaustion, a decreased sense of personal accomplishment, and a detached or negative response to patient care.

Results from subsequent national studies led by the American College of Surgeons suggest that burnout rates among surgeons range from 30 to 38%. The implications

are far-reaching; every one-point increase in burnout is associated with a 5 to 11% increased risk of having made a major medical error within the past three months. Burnout is strongly associated with decreasing job satisfaction; interestingly, career satisfaction is at times specialty specific, and highest among paediatric, orthopaedic, and endocrine surgeons (80-90% satisfaction) and lowest among vascular surgeons (36% satisfaction). 6.4% of physicians report suicide ideation; burnout compromises decision-making and compassion; burnout leads to disruptive behaviours such as alcohol and drug abuse, broken personal relationships, and workplace conflicts. Burnout is largely a systems-level issue, not an individual choice.

Of course, job burnout is common in numerous occupations and professions. It may be caused by having unclear job expectations or not knowing what others expect from you in the workplace. Your job may be a poor fit for your interests

and skills, causing increased stress over time. You may find yourself in the midst of strained workplace dynamics, and may feel undermined by colleagues at every turn. You may find that your work-life balance ratio is out of balance and you are spending less time with your friends or family. To recognize job burnout, you may wish to ask yourself the following questions: Am I impatient with my colleagues at work? Do I find going to work a challenge and a struggle each day? Have my sleeping or eating habits changed while at this job? Or are my achievements at work not important to me anymore?

Juggling multiple interests is part and parcel of the lives we lead, and I daresay that this does enhance our productivity. And yet a great paradox occurs in that the traits that drive many of us to excellence are the same traits that drive us to exhaustion. Though we are used to making certain personal sacrifices for our patients and our careers, our mental wellbeing should not be one of them.

JL

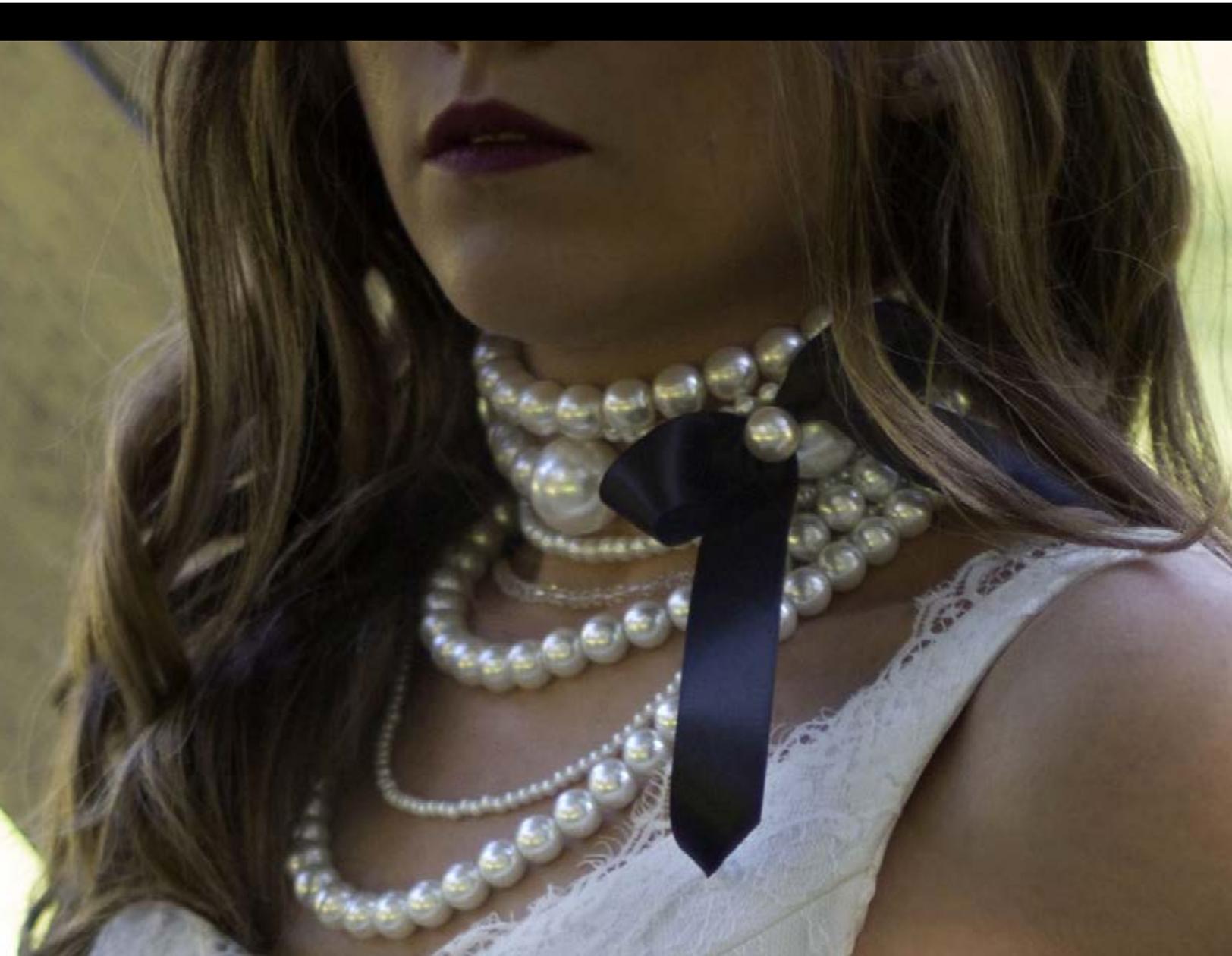


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Being Healthy Equates To Being Wealthy

BY CARLA DRAGNEA
BUCHAREST – ROMANIA

We have everything when we have our health! But how many of us wake up each morning feeling grateful for our health? Most of us continue the rat-race without giving any thought toward what it does to our well-being. We put a lot of focus, determination, time and effort into working hard, making money, saving money, investing money and building retirement in order to create “wealth”. It is very easy to put healthy eating and exercise on the bottom of the list of life’s chores, but what is wealth if you don’t have your health?

Interestingly, the instant we lose our health, there is nothing we wouldn’t do to retrieve it. We will travel distances, spend any amount of time, money and energy if only to have a glimmer of

hope – re-mortgaging our home, going into debt, even bankruptcy, for hope.

When we lose our health, our priorities suddenly change. Caring for our children and nurturing our relationships become challenging when health has slipped away. The things that we may have cherished the most seem to no longer matter. Values and priorities are frequently turned upside down.

So, in the light of this, does it not make sense to make our greatest wealth – health – our priority?

This life-lesson appears difficult to learn because we tend to take health for granted. Still, the day we make health our top priority by honoring

and respecting our body, by trusting the inner power of the body to heal and by understanding that symptoms are part of the language of the innate wisdom of life, we begin to invest in our greatest asset.

Investments can be small as long as they are regular, yet returns are invaluable. Moving our bodies through physical activity, eating healthy, drinking plenty of water, sleeping the required amount per night, embracing mindfulness and meditating are investments we can make every day. Each step taken to nurture and support our well-being is time and energy well invested in creating vibrant vitality: a body that is in harmony with its mind and body and soul.

JL



Why?

BY JO LEE MAGAZINE

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

WHY — do ships and aircraft use “mayday” as their call for help?

BECAUSE — this comes from the French word “m’aidez” meaning “help me” and is pronounced “mayday”.

WHY — are zero scores in tennis called “love”?

BECAUSE — in France, where tennis became popular, the round zero on the scoreboard looked like an egg and was called “l’oeuf”, which is French for “the egg”. When tennis was introduced in the US, Americans (mis)pronounced it “love”.

WHY — do X’s at the end of a letter signify kisses?

BECAUSE — in the Middle Ages, when many people were unable to read or write, documents were often signed using an X. Kissing the X represented an oath to fulfill obligations specified in the document. The X and the kiss eventually became synonymous.

WHY — is shifting responsibility to someone else called “passing the buck”?

BECAUSE — in card games, it was once customary to pass an item, called a buck, from player to player to indicate whose turn it was to deal.

If a player did not wish to assume the responsibility of dealing, he would “pass the buck” to the next player.

WHY — are people in the public eye said to be “in the limelight”?

BECAUSE — invented in 1825, limelight was used in lighthouses and theaters by burning a cylinder of lime which produced a brilliant light. In the theatre, a performer “in the limelight” was the center of attention.

WHY — is someone who is feeling great “on cloud nine”?

BECAUSE — types of clouds are numbered according to the altitudes they attain, with nine being the highest cloud. If someone is said to be on cloud nine, that person is floating well above worldly cares.

WHY — is the term “caddie” universal in the game of golf?

BECAUSE — when Mary Queen of Scots went to France as a young girl, Louis, King of France, learned that she loved the Scottish game, “golf”. He had the first course outside of Scotland built for her enjoyment. The Scots changed cadet into “caddie” after the French pronunciation “ca-day”.



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

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The Claude I. Taylor, O.C. Tribute Award

BY JO LEE MAGAZINE

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

The Claude I. Taylor O.C. Tribute Award has been created by renowned crystal artist and designer, Mark Raynes Roberts, whose sculptures and awards can be found in art collections around the world. The newly designed Crystal Sculpture

Award is made of the purest optical crystal, a material used in the space and aeronautical industry, and reflective of the vision, clarity of thinking and excellence each of the Claude I. Taylor O.C. Tribute Award recipients possess. The Crystal Orb

Sculpture is hand-engraved with a globe and linear lines on the cube symbolic of communication and the technological world we live in today. Markraynesroberts.com

JL



The Claude I. Taylor, O.C. Tribute Award

BY JO LEE MAGAZINE

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

Claude I. Taylor, O.C., the renowned Air Canada Icon had a dream of acknowledging people who embraced a need. He had a deep appreciation and a considerable admiration for his inaugural recipients and their philanthropic works that spanned the essence of his dream.

With profound pride, in this, our World Luxury Issue 2018, it is JO

LEE Magazine's Distinct privilege to announce Claude Taylor's Honored Recipients. John Black, Lois M. Gordon and David Smith, O.C.

Claude Taylor's belief in goodness was all encompassing. To say he was a "White Knight", as he was referred to by international colleagues, humbled him. But he was a "White Knight" and in their own right, so

too are John Black, Lois M. Gordon and David Smith, O.C.!

"Foresight requires a curiosity as deep as it is boundless... The will to dream bigger and beyond."

Claude I. Taylor, O.C.

JL



John Black

John Black is an advisor to CEOs and corporate executive teams. He is Founder-Chairman of VIZOAR, Executive COO, JO LEE Magazine, and a Humanist.

John has spent his life being a game changer, facilitating corporate challenges and overseeing such committees — with a striking dossier of clients spanning a wide variety of industries. John's passion is indulging in 'the impossible' and this is where Claude Taylor and he came together.

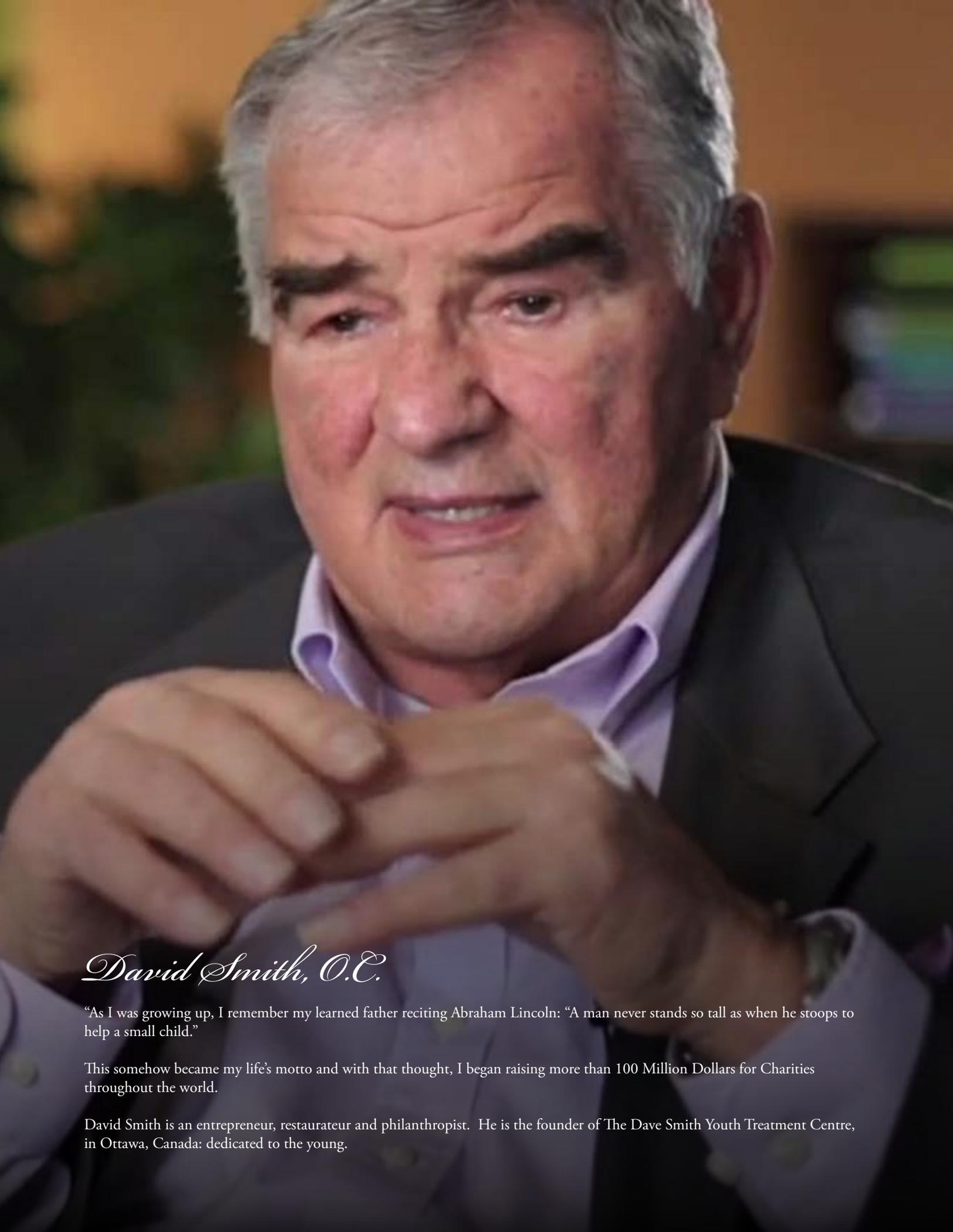
John's hobby? Reconstructing antique church organs.



Lois M. Gordon

Lois has spent her life chairing several committees and indulging in her passion for being a humanist extraordinaire. Her lifetime endeavor and ethical stance emphasizes the value of human beings, individually and collectively, affirming their ability to improve their lives.

Lois resides in California's Silicon Valley where she also embraces her love for politics as a huge Republican fundraiser. Embracing Social Change, she travels the world to see, access and implement.



David Smith, O.C.

“As I was growing up, I remember my learned father reciting Abraham Lincoln: “A man never stands so tall as when he stoops to help a small child.”

This somehow became my life’s motto and with that thought, I began raising more than 100 Million Dollars for Charities throughout the world.

David Smith is an entrepreneur, restaurateur and philanthropist. He is the founder of The Dave Smith Youth Treatment Centre, in Ottawa, Canada: dedicated to the young.

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Opposite: Theatre of Yugen performer Jubilith Moore. Photography by Theatre of Yugen.

San Francisco's Theatre Of Yugen

BY JONATHAN FARRELL
SAN FRANCISCO – CALIFORNIA

PHOTOGRAPHY BY ALEX SINCLAIR

The word “Yugen” in Japanese roughly translates into English as a profound mysterious sense of beauty in the universe. This became the name of one of San Francisco’s most unique and eclectic theatre groups ever – Theatre of Yugen.

This year marks the 40th anniversary of the group establishing its permanent home in San Francisco’s Mission District. “We are a unique experimental theater company that blends Japanese culture/theater with such cultural forms as American, European, Native American and other world cultures,” said founder Yuriko Doi.

Doi came to the Bay Area from Japan 50 years ago with a vision to share Japanese theatrical traditions with Western audiences, officially establishing Theatre of Yugen in 1978.

Most people in America are usually acquainted with only Kabuki or Geisha; yet there are numerous forms of Japanese theatrical expression,

such as the satirical Kyogen. Forms like Kyogen go back centuries. “It is not just like a slapstick comedy,” she said, “but more akin to a human comedy that depicts human weakness and makes fun of it. Kyogen is one of the earliest satirical theatres,” Doi said.

“Kyogen demands dancing and precise physical movements with rhymes of dialogue,” she said. “It is fun to watch a Kyogen play even for audiences unfamiliar with Japanese theater.”

While a stylized form, it is a form of art within theatrical art, requiring the complete focus and commitment of the actors.

Even though Doi has been very dedicated to preserving Japanese traditional theater, she has also recognized the importance of incorporating other cultures into the work done by Theater of Yugen.

“Over the years our audiences have enjoyed original material like

a Kabuki and Flamenco fusion production, a blend of Noh and Native American productions, and many others, just to name a few,” noted Doi.

Understanding the importance of live theatre over the increasing use of digital technology and the Internet, theatre still has a power over an audience like nothing else.

Theatre of Yugen artistic director Nick Ishimaru has said, “My instinct and natural pacing urges me to go faster and faster. But when the more traditional tempo is much slower and controlled than I’m used to, I realize this is a disciplined art form. It is that pacing that I love about the form so much – it has made me appreciate clean and precise movement and controlled tempo as an actor.”

To enjoy more about Theatre Of Yugen – www.theatreofyugen.org

JL

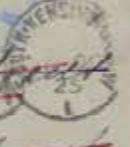


Theatre of Yugen presents a Noh Christmas Carol – Ghost of Christmas Present (Adrian Deane) leads Sukurooji (Shannon Davis).
Photography by Alex Sinclair.

Opposite: Theatre of Yugen {1890}: Adrian Deane as the Ghost of Christmas Past, directed by Nick Ishimaru. Photography by Alex Sinclair.



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Opposite: “Blue”; 16”x12” paper/mixed media; 2016; “Reflects scraps of papers/paint/optimism!”

Jewish Tales Retold And Magical Journeys

BY INEZ STORER
INVERNESS – CALIFORNIA

PHOTOGRAPHY BY TODD
PICKERING – SAN FRANCISCO

Inez Storer was born in Santa Monica, California. She studied at the Art Center in Los Angeles, the San Francisco Art Institute, the University of California at Berkeley and the San Francisco College for Women, ultimately receiving her B.A. from Dominican University, San Rafael, California (1970) and her M.A. from the University of San Francisco (1971).

Inez’s works have been exhibited in solo exhibitions consistently throughout the United States as well as Europe. She’s received the Life Award, (Catalogue), Distinguished Artist Award, the Fresno Museum of Art and the Distinguished Woman Artist of the Year, catalogue Awards.

She’s received numerous grants including a Pollock-Krasner Foundation grant, a Buck Fund

grant, and has twice been an FAAR (Artist-in-Residence) at the American Academy in Rome. Inez’s works are included in the permanent collections of the Fine Arts Museums of San Francisco, the Oakland Museum of Art, the Lannan Museum in Fort Worth, Texas, the San Jose Museum of Art, the de Saisset Museum at Santa Clara University, the Missoula Museum of Art, the De Rosa Foundation in Napa, and the Fresno Museum of Art.

She has taught at the San Francisco Art Institute, Sonoma State University, San Francisco State University, University of Santa Cruz (Visiting Artist), University of California at Davis (Visiting Artist) and the College of Marin.

Inez Storer has two very large murals in the I. M. Pei Tower in Los Angeles

known as the First Interstate World Center. Her work has been critically reviewed in many publications including Artforum International Magazine, Art in America, and Artweek.

Inez resides in Inverness, California with her long-time husband Prince Andrew Romanov, and maintains a studio in Point Reyes Station.

Inezstorer.com

Courtesy of Gail Severn Gallery,
Ketchum, Idaho, USA

JL



“Tresteverly”; 36”x24”; mixed/panel; 2017;” A glance at a wall found in old Rome”

Opposite: “Art Notes”; 36”x24”; mixed/panel; 2017; “Found note, re-called Matisse and the rest is History”!



Handwritten note:
Potted
Soal
Papel
Bijand



“Yellow Cup”; 16”x12”; paper/mixed; 2016; “Reassurance in a morning cup of coffee”

Opposite: “Divan”; Mixed/panel; 2017; 30”x39”; “I grew up a few miles from the Jewish ex-patriots who were writers, composers, filmmakers et.al and they were part of my family’s circle in Santa Monica, California and THEY sometimes sat on a Green Divan!”





“Ocean of Tears”; 24”x36”; mixed/panel;2016; “Re-invention from a Jewish Folk Tale using original little Russian drawings found in the Arbat in Moscow... Greenpeace Ship on right side of painting...a world mix of images.

Opposite: 16”x12”; paper/mixed; 2017; collage inspired by Robert Motherwell’s last collages...art lives on”



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rue Croix de Marbre,
(Alpes Maritimes). NICE





"Excerpts". 18"x12 1/2"x4 1/2". Assemblage; 2016; "My mixed media works are often generated by strange things I find... these are meant to be little objects of optimism and MAGIC!"





“Professor”; 16”x12”; paper/mixed; 2017; collage inspired by Robert Motherwell’s last collages...art lives on”

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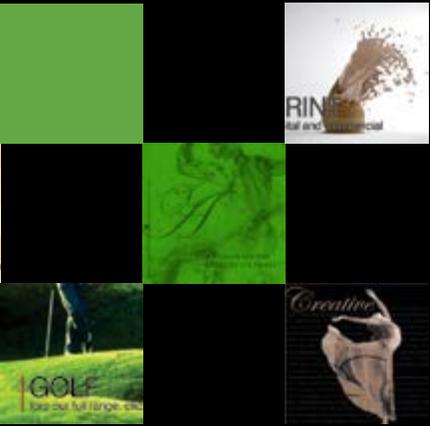
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Carving the Third Joyful Mystery. St. Michael's College studio.
Photography by Sabrina Ramroop.

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Marian Doors Commission St. Michael's Cathedral Basilica

BY MARIAN DOORS COMMISSION FOR SAINT MICHAEL'S CATHEDRAL/BASILICA
TORONTO – CANADA

PHOTOGRAPHY BY FARHAD NARGOL-O'NEILL
TORONTO – CANADA

The Rosary Story told in bas-relief sculpture.

Farhad Nargol-O'Neill, from Unionville, Ontario, grew up in the York Catholic school system, and later attended York University in Toronto, Canada where he studied music.

Though a music major at university when he graduated in 1991, Farhad had spent ample time in the sculpture studio, learning or teaching himself the technique of making sculptural works in metal. Upon graduation, he taught music and made and sold art. In 1995 he moved to his mother's native city of Belfast to open a full-time sculpture studio. His stay lasted ten years, and his work went out as private, public and diplomatic commissions, and exhibitions to many parts of Ireland, Germany, Spain, America, Jordan, Cyprus and Tunisia. He is, in the main, a self-taught artist.

Farhad returned to Canada in 2004 and continued to show his work, a Canadian highlight from this period being the "Corpus et Spiritus" sculpture commission for the York Catholic District School Board, Catholic Education Centre in Aurora, Canada, headed by Director of Education Susan LaRosa, and, supported by Fred DeGasperi. presiding at the opening, was His Grace, Archbishop Thomas Collins, and following the commission, they became friends and stayed in touch.

In January of 2014, at the suggestion of Cardinal Collins, Farhad met with the Rector of St. Michael's Cathedral in Toronto, Fr. Michael Busch. He proposed the creation

of Marian Doors to tell the story of the Rosary. Fr. Michael Busch agreed to the idea in principle and suggested that the north and south transepts is where the "canvas" should be used. It was agreed that the Joyful and Glorious Mysteries be carved for the north transept doors, with that transept remaining as the Chapel to the Blessed Virgin, while the south transept, which would remain the Chapel to the Sacred Heart, would contain within its doors both the Sorrowful and the Luminous Mysteries. It was also suggested that Farhad should attempt to make the images of the rosary specific to the cathedral, which he has subsequently done.

Work began in January of 2014. In September 2016, Farhad was made Artist-in-Residence of St. Michael's College at the University of Toronto and allowed the use of a private studio to continue the design and carving of the bas-reliefs for the Marian Doors. The carving will finally come to an end, four-and-a-half years after beginning, in the summer of 2018. Then the work is off for casting, gilding and installation to complete the rosary story for the north and south transept doors of the beautiful St. Michael's Cathedral Basilica.

Donations to the Marian Doors Commission would be most appreciated. For more information, please contact St. Michael's Cathedral Basilica at (416) 364-0234 xt. 253 or e-mail cathedral@stmichaelscathedral.com

Thank you for your generous support.

www.farhadsculpture.com

JL



Sketchbooks and tools.
Photography by Farhad Nargol-O'Neill.



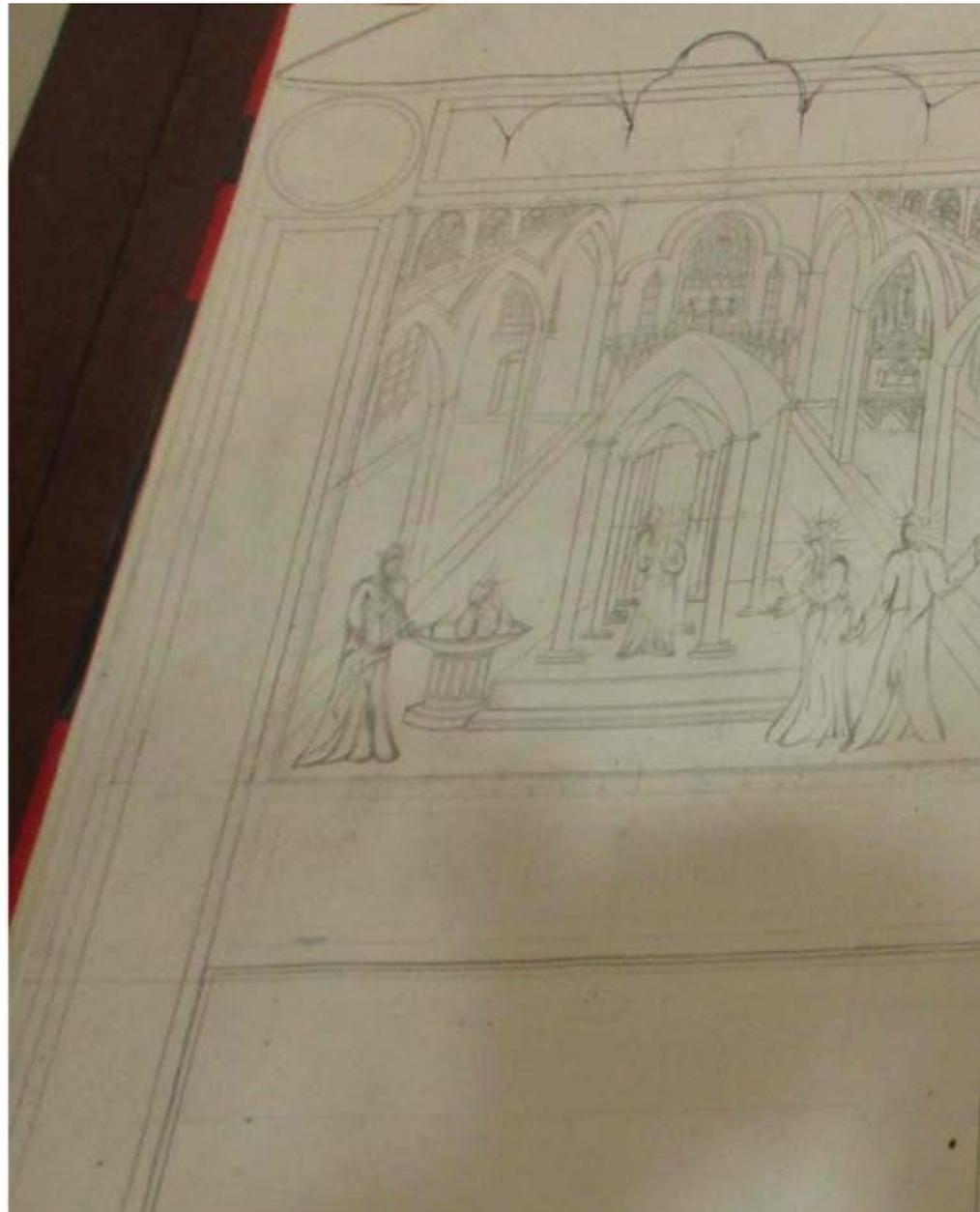


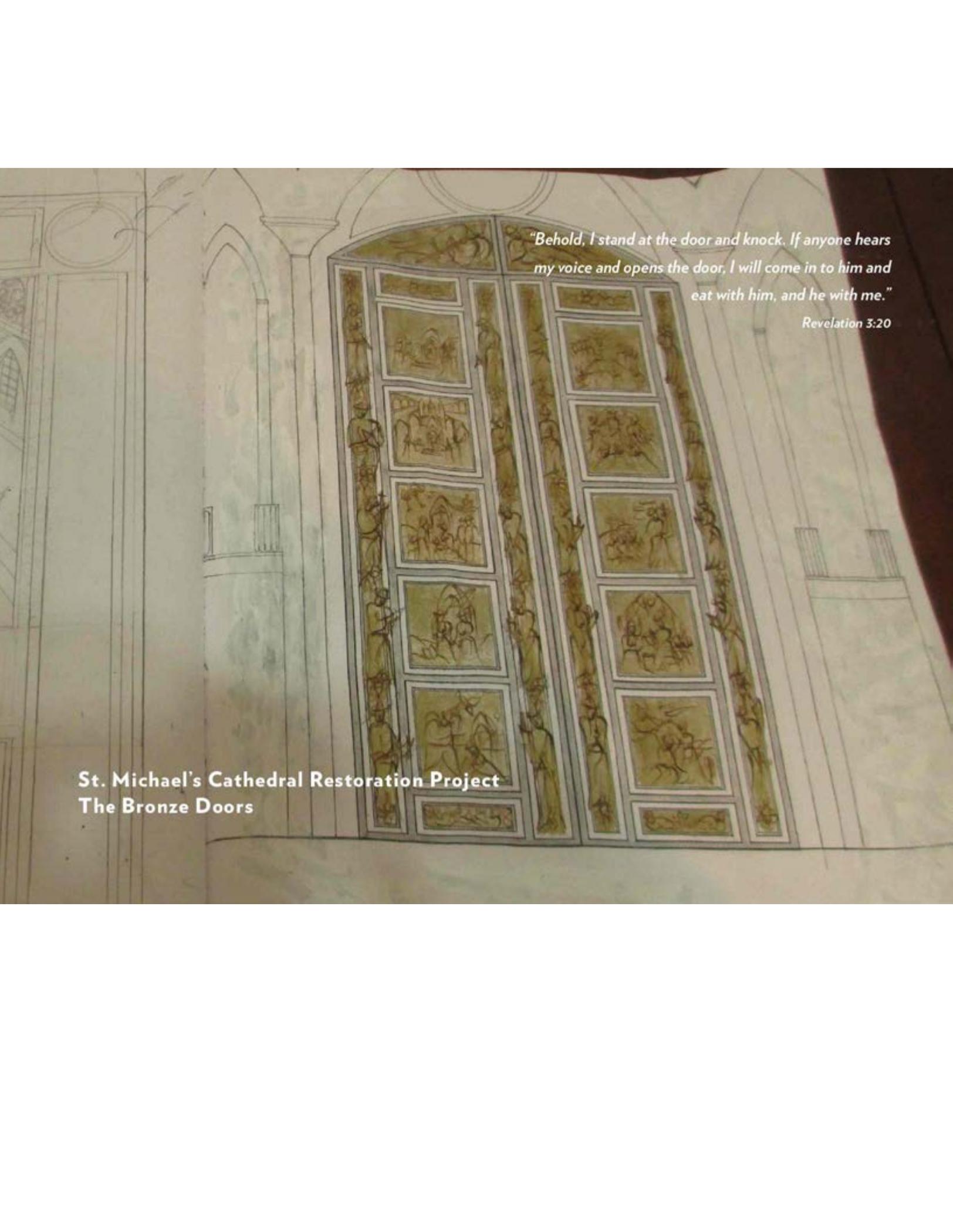
Fourth and Fifth Joyful Mystery carvings.
Photography by Farhad Nargol-O'Neill.



**St. Michael's Cathedral
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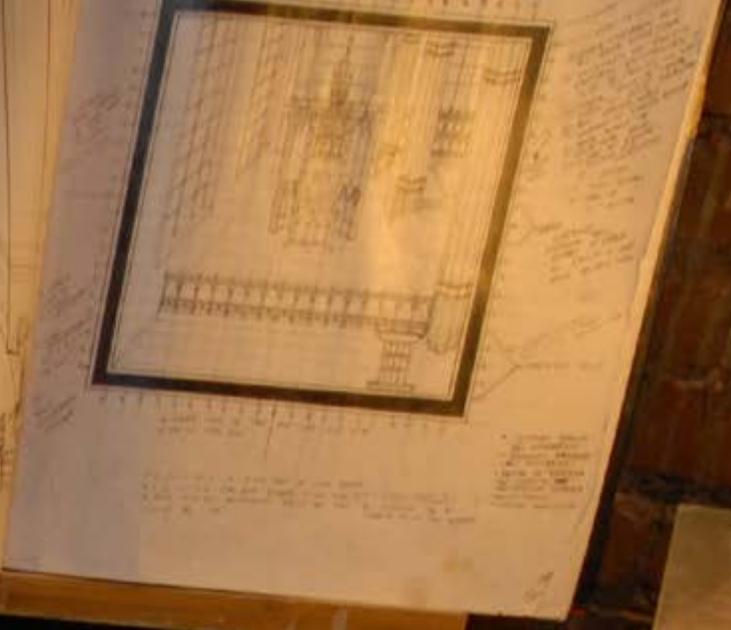
"Behold, I stand at the door and knock. If anyone hears my voice and opens the door, I will come in to him and eat with him, and he with me."

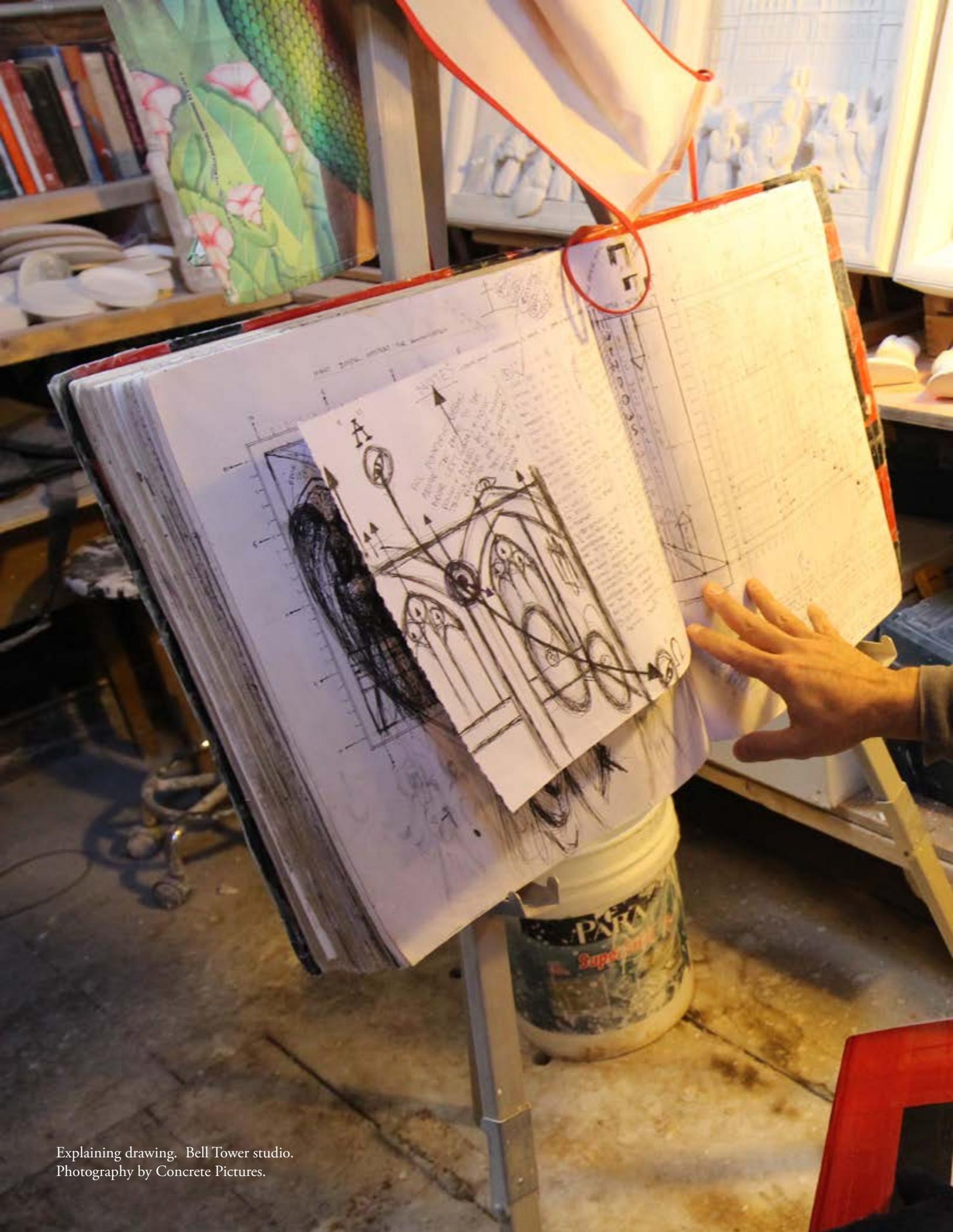
Revelation 3:20

St. Michael's Cathedral Restoration Project
The Bronze Doors



Carving the Fourth Joyful Mystery. Bell Tower studio.
Photography by Farhad Nargol-O'Neill.





Explaining drawing. Bell Tower studio.
Photography by Concrete Pictures.



CANADIAN

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Carving in Bell Tower Studio.
Photography by Concrete Pictures.

Opposite: Architects rendering of Transept.
Photography by VG Architects.





Speaking with Paul Cormac (left) from Concrete Pictures. Bell Tower studio.
Photography by Concrete Pictures









Fifth Joyful Mystery. Gilded Bronze.
Photography by Farhad Nargol-O'Neill.

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that every heart speaks.



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all things in common.

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and a bridge to our future.





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