

JO LEE

The Roots and Wings Magazine

Pawns in the
Global Economic Forces.
Canada's best selling author

Dr. Rose A. Dyson

Did you know that certain people
get described as the **opposite**
of what they actually are.

America's Lani Silver

The Deputy Director, Retired

LOCKHEED – CREAGHE H. GORDON

talks about the intricacies of 'measuring success'!

April 2002

CONTENTS

- 03 **MARVELOUS MAVERICK –**
GRADUATION! Then the challenges - the 'real world'!
- 05 **THE PROVOCATIVE & CHALLENGING
WORLD OF GOLDSWORTHY**
I'm sipping a gin and tonics in Air Canada's sumptuous lounge and ...
- 07 **BIOGRAPHY OF THE MONTH**
Sacrifices? THEN – Robotics – at the university In Brasov.
- 09 **STETHOSCOPE 911**
One of American's outstanding pioneers in cardiovascular disease and health care change, comes to JO LEE! The renowned Dr. John J. Bagshaw.
- 11 **YES, VIRGINIA! (TRAVEL)**
Travel to the most romantic island on earth – BALI... With Americas leading travel expert – Audrey Lisette Hess-Eberle
- 13 **FEATURES**
The Deputy Director, Retired, LOCKHEED – CREAGHE H. GORDON, talks about the intricacies of 'measuring success'! Brilliant depictions are drawn. Are you a success?

Did you know that certain people get described as the opposite of what they actually are. A tumultuous read is LANI SILVER.

PAWNS IN THE GLOBAL ECONOMIC FORCES. Dr. Rose A. Dyson, Best Selling Author, spills it all! The biggest issue facing the world today."
- 23 **THIN'K'ERS CORNER**
My turn to shine. What paves the way?
- 24 **POLITICALLY RED**
JO LEE rolls out the red carpet to one of the world's most recognized political scientists. California's LANI SILVER.
- 26 **CRAZY ABOUT R&D**
RELIGIOUS INDEPENDENCE? Is the choice really yours?
HEALTHY FOOD for a Healthy Life. Are we really what we eat?
FIRST AID! Not Sure What to Do in An Emergency? Be prepared?

Coming in May's Issue – Exclusive. Air Canada's Chairman Emeritus CLAUDE I. TAYLOR, O.C., talks to JO LEE after years of fighting off interviews. The now legendary Chief talks about his charge to lead, gaining control, and his own struggle to overcome almost impossible odds against a background of 50 years in the trenches.

- 28 **KUDOS**
Now who said being a kid is easy! Well, read on – it's a tough life.
- 29 **CELEBRATIONS**
The New Year in April????!!!! Yes!
- 30 **WEIRD AND WACKY FACTS**
How many bones do you suppose you're born with? How far does a sneeze travel? The HUMAN facts.
- 31 **MESSAGE FROM R&D EDITOR AT LARGE**
APRIL FOOD'S DAY – is the day we remember what we are the other 364 days of the year." But APRIL FISH DAY? Find out.

EDITORIAL

The Roots and Wings Magazine

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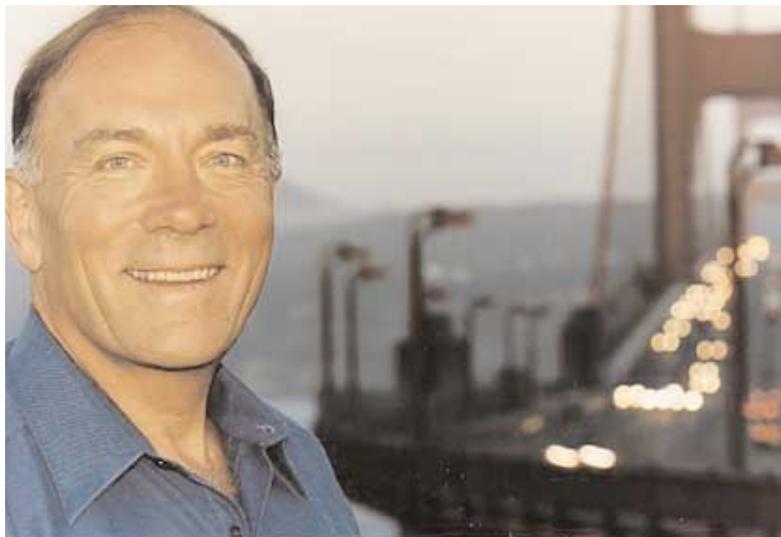
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On the Cover
JoLee overlooking West Germany.

Exclusive.
The Deputy Director, Retired,
LOCKHEED – CREAGHE H.
GORDON, talks about the intricacies
of 'measuring success'!

The Marvelous Maverick



Happy Spring! - OK, Happy Fall if you're south of the Equator!

Spring is my favorite season because it is the time of reawakening, of new growth, of freshness and of the promise of hot summer days ahead. And just as it is the passage from winter into summer, every year it is the 'spring' of life for thousands who pass from being a student into the big wide world – it's an exciting, and quite scary, time in our life that we call GRADUATION!

So this is the focus of the month...

Graduation

In the past few weeks, I've thought a lot about the challenges that face us at graduation - challenges which are greater than ever in today's world of high-speed change.

While I was thinking about all this, one of the many great questions I've recently had from so many wonderful "JO LEE" readers triggered what I want to share with you this month.

Jason R., 27, from San Diego, CA asks:

"I graduated in 1999 and have had two amazing years traveling Asia and Africa since then. Now it's time to get on with my career and get a job. But everything I read and hear is that my generation have been forced to become 24/7 workaholics who don't get much joy out of their lives or their jobs..."

Jason, you may have been away for a couple of years, but you sure haven't lost touch! What you say about people's lives being 'out of balance' is true. But I say it doesn't have to be that way.

We all get to make personal choices. Nobody says you have to work 85 hours a week. Nobody forces you to sacrifice everything else in your life to your work. For one thing, it's very unhealthy. For another, it's literally how NOT to have a life. And you have an absolute right to enjoy your work.

I challenge you
to be the
generation that
eliminates the
concept of
face time

Here's something I want you to read from someone who graduated last year. This is what Catherine Ward said in her valedictorian speech at the graduation of her University of Toronto MBA class, of which my son-in-law was a member:

"There is a tremendous opportunity for us as the next generation to determine the shape of the workplace... The hectic, frenetic pace of the '90's continues, but there is a notable push-back in many parts of the workplace, as people fight this pace and push for change.

As we enter this world where the hours of the day spent at the workplace far outweigh those spent outside, our opportunity exists in being able to return perspective to this frenetic pace and focus on what is important.

I challenge you to help develop a sense of responsibility

continued...

I challenge you to be the generation that eliminates the concept of face time, that learns to manage client expectations in such a way that you and your team are not scrambling until 2:00 in the morning to get a deliverable done for an unrealistic timeline. Break the cycle of making those who come in at junior levels work 18 hours a day simply because you had to. As Gandhi said, "You must be the change you wish to see in the world."

I challenge you to foster an environment where people want to go to work because they have friends there who they enjoy spending time with. I challenge you to help develop a sense of responsibility beyond oneself, providing the vital perspective that there is a world beyond the workplace and our own homes that needs looking after.

In a nutshell, here's this month's message:

1. "You must be the change you wish to see in the world" (Gandhi)
2. Work because you enjoy your work
3. Keep your work and your life in balance

And remember... your life is what you make of it!

Until next month...

The Maverick

Write to me: [Click Here](#)

JO LEE invites you the people, to let us know anything you'd like The Maverick to write about. Your professional / work / career concerns, how to act, how to respond to challenges and pressures, how to deal with our fast-changing world, how to deal with conflicts at work... your success in reaching the pinnacle of life will be flipped 180 degrees around!

beyond oneself

I challenge you to not be the person who punches the clock and hates their job. Take the risk of actually going after something you love to do, not choosing the easy route because it will make you a lot of money. If you hold out for a job you love, you will be that much better at it and that much better to work with or for.

I challenge you to decide how you are going to leave your mark on this world and act accordingly.

Well said, Catherine! I can say it no better than she did, and I applaud her both for her insight and for the challenges she put in front of her classmates – and in front of everyone who is just starting out on their careers.

Make the right choices for YOU, Jason, and best wishes!

Good luck!

The Maverick

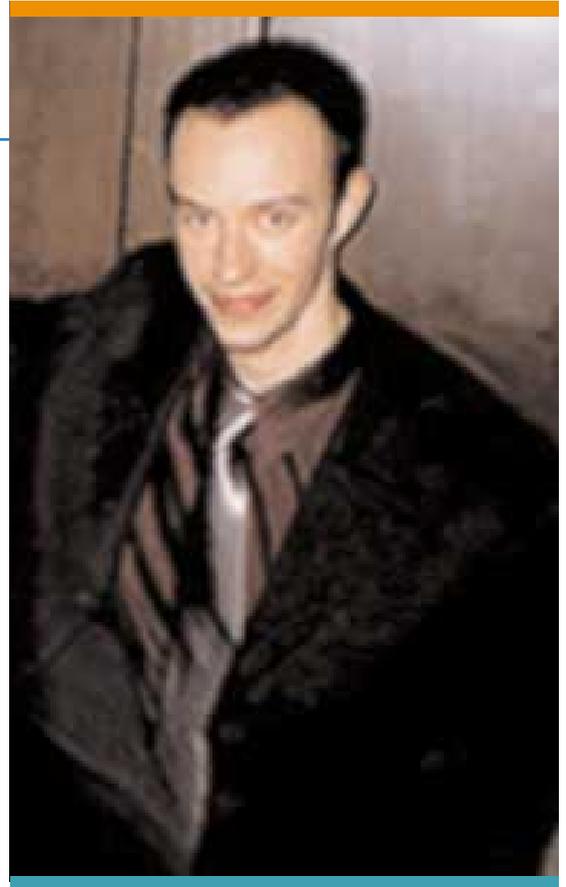
Hugh Coppen, The Marvelous Maverick,

is a man who understands that the only way a company succeeds, is when the employees from top to bottom are motivated by shared goals and are given skills, opportunities and the conviction that what they contribute, is really important. People, people, people have always been Hugh's focus!

* Hugh Coppen resides in California
www.winningleadership.com

THE PROVOCATIVE & CHALLENGING WORLD OF GOLDSWORTHY

As I begin to collect my thoughts for this month's column, I am sipping a gin and tonic in Air Canada's sumptuous "Maple Leaf" lounge, waiting to board yet another flight. I am thinking about the last time I was here, relaxing prior to embarking on a two-week trip to London, England. I love London; it is another one of my touchstones for inspiration, creativity and energy. Actually, by the time you are reading this article, I will be back in jolly old England. I am flying to the British capital on April 4th for an eight day shopping trip for my clients. Hey babe, it's a hard job, I know... but someone has to do it!



FOR THE LOVE OF LONDON

By Robert Goldsworthy
Toronto, Canada

What is the secret to London's eternal youth and international appeal?

London was recently branded "the coolest city on earth" and is still the most visited capital in the world. Each year over 28 million visitors are drawn into this hip city's centrifugal force, injecting a staggering eight billion pounds per year into the local economy. I feel that this "je ne sais quoi" has a great deal to do with the delicious tension between old and new, which exists in London in seemingly perfect balance.

This city has something to satisfy every interest, every appetite and every age.

The British pub
could quite
possibly be
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friendliest places
on earth.

Within a few mile radius you can visit the imposing "White Tower" at the Tower of London, completed for William The Conqueror in 1097 AD, or view the magnificent hand painted ceilings in St. Paul's Cathedral, completed by Sir Christopher Wren in the late 1600's. Take a walk across the Thames on the new Millennium footbridge and then view some of the world's most thought provoking and cutting edge artwork at the Tate Modern gallery. While on the south bank, take a spin on the British Airways London Eye, the world's largest Observation wheel which boasts spectacular views of the city, or have a pint at the George Inn, a historic Road House circa 1676.

The British pub could quite possibly be one of the friendliest places on earth. Everyone

What is the secret to London's eternal youth and international appeal?

seems to have a story to tell, or is interested in hearing yours. This outgoing nature often extends itself to include most interactions, from a bohemian artist selling his work on the street to an usher at a West End theater.

A fine example of this theory is the darling who was my chauffeur during my last visit, a slightly disheveled yet elegant older lady. After knowing me for less than ten minutes she began affectionately referring to me as "Old Love". Between my hotel the Waldorf Meridian and Paddington station, she brought me up to speed on everything from the maintenance fee on her Chelsea flat, to her last trip to Canada when she fell asleep in the rear of the aircraft and was forgotten about during deplaning. Hmm, perhaps one too many gin and tonics were on the way?

Whether I am in London on business or pleasure, I always discover something that I have overlooked the time before. In many ways this is an incredibly complex and intriguing city, with many social and physical layers. I find London's magnetism for me is due largely to the fact that it is a city that is ever changing, in a constant state of rebirth while still clinging to the best from its past...like myself!

The word gentrification could have been made just for London. Since World War II much of the city has been redeveloped, partly out of necessity and partly out of the sheer desire to boldly move

the city, nation and its people forward. After the devastation of the "Blitz" many areas were forced to rebuild from scratch. In the East End, entire streets had been wiped out and an effort to maximize this new found raw land resulted in the first mass construction of residential towers to help house the area's swelling population. St. Dunstan- In-The-East was gutted during an air raid and this beautiful church attributed to Sir Christopher Wren was never rebuilt, but the unscathed bell tower was preserved and incorporated into the new landscape as a symbol of remembrance and history.

After knowing me for less than ten minutes she began affectionately referring to me as "Old Love".

Soho has once again become the chic

place to see and be seen, and the historic Royal Exchange has undergone a magnificent seven million-pound face-lift, and will now join London's long line of grand shopping arcades.

Like a fine wine, London just keeps on getting better with age!

From its origins as a distant outpost of the mighty Roman Empire, to its glorious days as the capital city during the imperial age of British rule, to its ultimate rebirth as one of the worlds most cosmopolitan centers, London has captured our imaginations and hearts like few other places on earth. This city's most recent renaissance just further attests to its ingenuity and enduring strength of character.

Like a fine wine, London just keeps on getting better with age!

For next month's column I will ponder something really hot! How about provocative thoughts about finding my "G" spot! Goldsworthy that is!

* I live my life guided by one simple mantra, which I first began to ponder while reading *The Alchemist*: one's only true obligation is to fulfill their "personal legend", or dream.

Apropos of this advice, I currently enjoy running my Interior Design firm, Goldsworthy Design Associates out of Toronto, Canada and divide my time between Toronto, New York and London, England. I hope you find these crazy vignettes from my own fabulous journey as enjoyable as I have.

BIOGRAPHY OF THE MONTH

I came into the world in a big storm. A storm, that was brewing like no other storm, on that evening in August, in Medias, Romania. My parents had already begun to rear two sons and with a long row of cousins – all boys – everybody wanted a girl. That was me.

LAURA TRIFAN

ASSOCIATE DIRECTOR – RESEARCH & DEVELOPMENT YES! INTERNATIONAL

My childhood was a normal one – I guess. I didn't have too much and I didn't miss many things. Like everybody around me. I had lots of friends in my neighborhood and what a wonderful time: playing games almost all day long. That was the universe at that time – sharing, laughing, fighting ...

My Universe expanded once I began school: more friends, books, homework ... and a new kind of furniture in my room : a piano. Well, I didn't tell you that my two bigger brothers were already students at the Conservatory of Music, studying violin, at the time. As for me, well, my parents were leaning toward another horizon... "anything else BUT NOT MUSIC AGAIN" they would say. To accomplish what my brothers had already achieved at such a high level - would be too many more sacrifices and much too much work in striving for perfectionism. I, had a whole different take on this! My soul was aching to have the only girl-child in the entire family, become a pianist. I began taking lessons. It was so much fun. Everything I breathed and dreamt about was music. My friends – playing, me – studying ... Who said something about sacrifices ?? This part, was hard.

IN the meantime my brothers got married, to musicians, of course: One to a pianist – and the other – to a composer. And I? I practiced and practiced! And everyone realized my talent. The High School of Music was where I should go.. is what all the family said, almost.. in a continuous echo. But trying to convince my parents was another thing. "No, No, No, Not Again" was what they would say!!

It was my sister-in-law, the pianist, that had a goal of her very own. Through endless hours, she worked with me. We began preparing for my country's biggest Music Festival.



I won the honor of second place in the National Competition. It was a big success for us because I competed with professional people, and not amateurs, like me. I was only in grade 8 and all the work and all of our sacrifices, were rewarded.

Today, I really understand what MUSIC means and how so much pleasure can be found in working so hard.

MY four years in a traditional, theoretical high school in my city would follow - and leave me with wonderful memories of nice people, nice places, nice events ...

THEN – came Robotics: Are you surprised? – at the university in a large and superb city, Brasov. It wasn't music, but it was modern and interesting. And there I met someone even more interesting. His name was Adrian. We married after graduation and it's been a never-ending fairytale!

WE – what a lovely word – spent the following year obtaining our Masters degree in Robotics. While Adrian found a very good

position in his field... I said – piano? robotics? It's time for another turn around, for me.

I found a job in Advertising and again – everything had to begin from scratch. It was probably a combination of my artistic and technical skills from the past, that assisted me tremendously. Within a few months, I became Technical Manager and

On September the 4th, 1999 – on Labor Day (could this be a sign ??) – we arrived in Canada, our new home.

A new beginning, in a new country. It was hard? It wasn't easy, for sure, but we always do our best. We believe that we are happy. That's the important thing. And we hope that later in our lives we can say –

Continent in every Country around the world.

Through great friends of ours, from Romania too, we were introduced to the YES! INTERNATIONAL E-Help CampUS success story of helping the '30 something and under' people with their terrible problems and needs and... convinced that 'we' could make YES! an even greater success story – we became Analysts with their R&D Department and somehow, I quickly rose to become the Associate Director.

Together, doing good things for others. This is what I like: From my heart to their heart. Our Roots... Fix Broken People and Our Wings... Build Bridges to Optimism! Would YOU like to become a part of YES!?

Roots and Wings

**Biographies of the month are the lives of exciting Volunteers - who have contributed time, energy and enthusiasm to YES! INTERNATIONAL.*

Together, doing good things for others. This is what I like: From my heart to their heart. Our Roots... Fix Broken People and Our Wings... Build Bridges to Optimism! Would YOU like to become a part of YES!

the company grew, grew... I was so happy there!!

BUT I had an idea: "Let's go to Canada!" Well, Adrian was undecided. It's not an easy decision you know: leaving family, friends, places...

In January of 1998, Adrian went to Germany. In one week he came back with fresh ideas : "Let's go to Canada !"

looking back – as I'm looking today: "Yes! We've won this... and that... and every battle... with life." We know the past, and our drive will somehow map out the roads to our future!

OUR future! In 2000 after being in Windsor, Canada for only ten months, Adrian and I began with one of our roads that would twist and turn into every



HOBBIES: Music, Traveling, Reading

NATIONALITY: Romanian

5 YEAR CAREER GOAL:

To bring more and more of the brightest International R&D Analysts on board so as to continue building the largest and strongest YES! E-Help CampUS for the entire world. Transforming unwanted Negatives into a YES! in the lives of those in need.

Stethoscope 911

It is a privilege for JOLEE to bring on board as a Featured Columnist, a dear friend, her medical mentor and one of the greatest minds in the field of preventive medicine. She presents to you with pride – One of American's pioneers in his field: The renowned Dr. John J. Bagshaw.

From San Francisco – the city by the Bay.. Welcome.

What a pleasure for me to have the opportunity to encompass and bring your world into mine. I'll surely respond to as many of your questions as I can. And I will probably gravitate toward answering those questions that reflect most - the core issues helpful to us all being healthier... twelve months from now. I too, will address issues about our health care system.

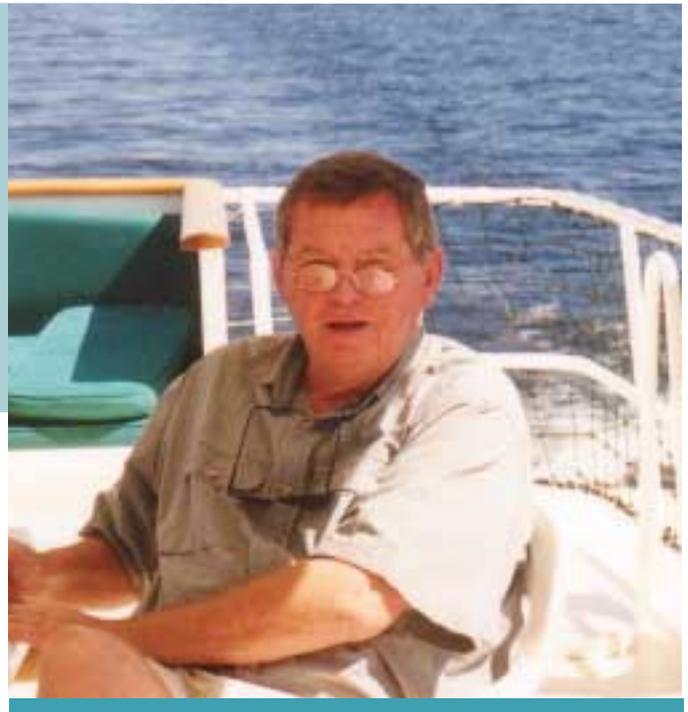
I have a strong bend toward prevention but can't decide whether the major risk to modern man's health is too much of the wrong food, stress and the excessive biochemical response that is so often present or ... inactivity. I do know that a modest effort in each of these areas works better than just focusing in one direction.

SO, my goal is to see how many of you will be at low risk for cardiovascular disease, fit, more knowledgeable in twelve months AND committed to much necessary change in the Health care industry.

Joanna T. From Stamford, Connecticut, USA writes:

"Dear Dr. B : I am worried about my health. I am a woman 52 years of age. I am under high stress in my job and a divorce six years ago was difficult. I have been taking medication for high blood pressure for about three years. My father, who is 78 years old, had a heart attack four years ago and an operation on the artery in his neck around the same time. He has Alzheimer's disease for which he was hospitalized two years ago. The diagnosis of Alzheimer's was made some five years ago. He always had problems with his cholesterol.

I recently saw my gynecologist for a PAP smear and a breast exam. I am fearful about breast cancer. I have several friends with it and my mother's sister has had surgery and remains on chemotherapy. I am scheduled for a mammogram. I told her about my worries and she told me to see my primary care physician



for a physical and a cholesterol check. I see my primary care doctor monthly for a blood pressure check. I feel even more confused now. What should I do?"

You are not alone Joanna! Most Americans worry about their health and our health care system is, too often, not easy to work with. Your question is a very good one and I have decided to have it take up this month's column.

There are your worries and what drives them. There are also a number of other important issues regarding the care you are receiving.

You have the bases covered in so far as the appropriate steps to a thorough exam of your breasts. I encourage women to lower their intake of saturated and trans fats in their diets while increasing their intake of omega-3 fats, to lower their intake of sugar, to up their intake of fiber {nothing beats Irish oatmeal} and to exercise regularly. I am a believer in supplements, especially antioxidants, which I will come back to. Prevention beats treatment every time!

There is a major point to be made here. Women worry most about breast cancer. The major threat to a woman's health is heart disease – more than twice the incidence of all the cancer, not just breast, that women can experience.

We probably would agree that most people don't eat particularly well, get little or no exercise and are under more stress than they wish. Not good and most of us know it! Almost everyone talks about changing these patterns but, more often than not, don't! In these areas rest the possibilities to prevent both cancer and cardiovascular disease. Reflect on where you are and go from there! Alzheimer's disease is another story though there may be a relation to heart disease in its causes.

A large number of us experience frequent fatigue or just don't feel well. This creates more thinking in us as to whether something is really wrong. We consider going to see a doctor but often don't. The worry just increases or people just decide to ignore it. It won't be me. Not much help!

To boot, we are surrounded by the "hum of medicine". It is hard to go a day without someone telling you about their problem or about someone else. Hearing about other people's problems increases the worries. It gets worse as we get older. It gets particularly worse when we hear about someone dying! All too often we wonder why there are no more doctors who seem capable and interested in taking care of "all" of us as individuals.

I had a patient who was convinced he was going to die of a heart attack. He was thirty-six years old, a vegetarian, ran marathons and was meticulous, in all ways, about his health. He wanted me to do "everything" on him, no matter what the cost. His belief rested with losing both of his parents in their forties with heart attacks and, obviously, he had to have their genes. They didn't eat every well, worked long hours, lived daily with significant financial pressures and had risk factors that received little attention. His cholesterol was excellent, his blood pressure low, his maximum exercise treadmill study showed no evidence of heart disease with him in great shape. I told him that his parents had acquired their problems. He had not received bad genes from them. His own numbers were not just good. They were exceptional!

My experience with many patients over the years convinces me that most illness is acquired; not genetic. This may fly in the face of those who would have us believe that disease is almost always determined by our genes. In your case, your dad first experienced a heart problem at age 74 so I think that you need not worry that way.

That said, let's talk more specifically about you Joanna.

How would you feel if you knew that you were at low risk for cardiovascular disease and that you were fully embracing a health program for yourself that you were proud of and made you feel good? How do we get there?

When you see your internist next tell her/him that you would like to have your cholesterol checked and would like to know exactly what it was in the past. You want to have included your total cholesterol (TC), your bad cholesterol (LDL) and your good cholesterol (HDL). These are studies you may already know though I am surprised to find so many people who don't. In the panel you have done, be sure that your triglycerides (another fat), blood sugar (diabetes) and uric acid (gout) are done. These are all risk factors for cardiovascular disease and provide other useful information. Also ask her/him to include liver function studies. You are on a drug and it doesn't hurt, once in a while, to check the liver as it is so important to your body's success and how you feel. Don't be afraid to ask for a copy of the

lab work done. It's yours and you're paying for it. Tell the Dr. that you would also like to have a max exercise treadmill study. The Dr. may resist because she/he doesn't do them and will have to refer you, because of not believing in them or because you are a woman. Under any scenario, you still want to have it done.

Review with the Dr. your blood pressure levels and the drug or drugs that you have been on, now and over the past three years that she/he has treated you for the problem. If your blood pressure has been up and down, I would encourage you to get

your own blood pressure cuff. There has for sometime been some especially accurate cuffs available at most drug stores. You can take it into your doctor's office and have the Dr.'s nurse check it against theirs for accuracy and teach you how to use it properly. It's easy and you will feel more in control.

I believe knowing your important numbers, your risk factors, and having your doctor listen carefully and fully understand your worries is more important than what we have called the annual physical.

In so far as your cholesterol is concerned, our first goals are as follows: TC less than 200, LDL less than 130, HDL above 50. Ideally, we would set those numbers as follows respectively: 180 or less, 100 or less and above 60.

As I have said, I am a strong believer in supplements. The following are those that I feel just about everybody should take:

Low dose aspirin 81 mgm each day

Vitamin C 1000 mgm twice per day

Vitamin E 400 IU each day

Selenium 200 mcgm each day

Folic acid 400mcgm each day

Zinc 50 mgm each day

Multivitamin mineral each day

Note: Don't take the C with the E and take the selenium with the E.

It is hard to go a day without someone telling you about their problem or about someone else.

Doctors will often go immediately to drugs. Resist this until you have given it your best effort and keep it up no matter what. Drugs lull everyone into a false security!

I am concerned Joanna, that your blood pressure is not well controlled as you are seeing your doctor monthly. Most doctors think 'just drugs' and they, all too often, accept blood pressures that are still too high. I have patients take their blood pressure several days per week when they first wake up, several hours after they take their medication, after exercise and with very stressful events in some random fashion. I aim for a blood pressure of 130 (systolic-when the heart is beating) over 80 (diastolic-heart at rest) or less. I truly believe that most blood pressure increases are due to lifestyle choices. Daily activity of at least a half hour, three hours straight if possible on weekends – a good hike or walk; weight loss, if your overweight, can be remarkably helpful; daily attention to stress – what's really going on, breathing exercises and getting out of the war zone as much as possible. When you have your treadmill, be sure you are also told how aerobically fit you are.

Your dad's heart attack occurred at age 74. I would suspect that it was a result of his cholesterol and other lifestyle choices. Unless a history of heart attack occurs in the forties or earlier, I generally discount such a history.

I assume that you don't smoke. I always say "if you smoke, don't bother to buckle up!"

My final comment goes in another direction. I wonder why the internist you are seeing isn't on top of worry and your problems and, I suspect, your blood pressure? Think about this. I use to completely avoid such a comment but it doesn't sound like your Dr. is meeting your needs. I also believe all doctors, including gynecologists, need to get into prevention.

Okay! A START. Hope this helps you in several different ways. Perhaps, sooner than later, we will have some better answers about Alzheimer's disease. I have no doubts that this illness with your dad has taken its toll on everyone.

Be well!

Dr. B.

P R O F I L E

Dr. Bagshaw is a graduate of Georgetown University Medical School having grown up and having been educated on the East Coast. He took his graduate training at Georgetown and then at UC Medical Center in San Francisco after serving in the US Navy with a tour of duty in Viet Nam. He practiced Cardiology, Critical Care and Internal Medicine in Marin County, California where he served for seven years as Director of the Coronary Care Unit (CCU) during which time he developed a new 18 bed CCU. He actively taught at UC Medical Center in San Francisco where he became an Assistant Professor of Medicine. He then founded PHYSIS, a Preventive Medicine Company in San Francisco, with the mission to see preventive technology become part of the healthcare system. Some 10,000 people went through the programs offered; most major corporations in the San Francisco Bay area participated; the results presented earlier in this article reflect part of that experience; two major facilities were designed and developed – a Lifestyle Center and an upscale Fitness Center with an emphasis on prevention and redefining fitness. Dr. Bagshaw has a large and unique experience with and in

[Click Here: For Dr. B.](#)

YES, VIRGINIA!

Come - Explore with Me

TRAVEL

By **Audrey Lisette Hess-Eberle**
Chicago, Illinois, USA

DISCOVER THE UNIMAGINABLE

MYSTICAL, MAGICAL... **BALI**

By **Audrey Lisette Hess-Eberle**
Chicago, Illinois, USA

Straddled more than 5000 km across the equator, among 17,508 islands, the single island of Bali, lures the traveler to come. Mystical, enchanting, tantalizing, allowing you to slip into a slower pace. The trick is to find the heart beat of Bali – what makes it special.

Access to Bali's Ngurah Rai International Airport is easy with connections through Tokyo, Hong Kong, Bangkok, Singapore or Denpasar.

Denpasar, the oldest, resort village of Sanur Beach offers a blend of hotels and resorts from modest to deluxe accommodations amongst lush tropical gardens, quiet side streets, and white sandy beaches. Kuta Beach is different and world famous for its vibrancy of live entertainment, discotheques, pubs, cafes, markets, galleries, surfing and relaxation – a mecca for the mind, spirit, and that fun loving part of your nature. For secluded separation from the hustle and bustle, the peninsula of Nusa Dua, where mega resorts on pristine beaches await you.

Having settled in, it is time to explore Bali. Laced with intricate and diverse cultural beliefs in a sophisticated society, the Balinese people maintain their lives in harmony amongst themselves, their gods and ancestors. Acknowledging this, will open your entire understanding of everything that you see and hear during your stay.

Bali-Hinduism regulates and dominates the lifestyle and everything is created and expressed towards finding a cosmologically



balanced consistency between nature and their gods. From the daily placement of flower and food offerings on the steps of a shop, to the multitude of shrines that are for ancestor worship, to black and white checked poleng cloth draped over shrines to represent the constant balance of good and evil, yin and yang, of life, this balance is sought after.

Travel can consist
of a visit to the
next town for the
day, or a journey
that would place
your feet clear on
the other side of
the world.

Lets explore the villages in the north. Tours can take you to different parts of the island, or hire transportation with your private guide, or rent a car, bicycle and explore on your own. Towards the town of Ubud, there are a few musts.

Religious dance of various Bali-Hindu epics is important to the Balinese. At the village of Batubulan, the Barong and Keris dance epics are in full mythological costumes. Legong Dance is my favorite, the Kecak or Monkey Dance in which about a hundred men perform, some in real trance. Accompanied by a Gamelan Orchestra, each village having its own, specifically tuned and whose spirit is "kept alive" with offerings.

North of Batubulan, visit Celuk for its gold and silver work centers. Then comes Mas, world renowned for its woodcarving center. Besides the many stores of master carvers, walk around to watch young and old apprentices, as they develop their skills and styles at learning the handed down craft.

Ubud, center for artists, particularly paintings. The Dutch introduced ink and drawing to the Balinese long ago. The Balinese rendered it into an art form different from any place on earth. Be sure to visit the Puri Lukasan Museum with its samples of Balinese art and a gallery where you can buy a treasure to take home with you.

Ubud offers lodging, from budget to true Paradise eg, Puku Puku Barong overlooking the Ayung River, Amandari or Banyan Tree resorts of the exotic where one stays reclusive in private compound hideaway bungalows. Perched high in the hills terraced with rice paddies, tropical gardens and pathways, the bungalow offers a tranquil paradise of intricate wood carvings, stone sculptures, fountains, private plunge pools, artwork, sunken marble bathtubs and my favorite, a private outdoor garden shower. There are very moderate home-stays and hotels which offer the full experience of Ubud and the surrounding area.

Bali teaches us that life is to be embraced however you interpret it

From here, one can go trekking, white water rafting, mountain cycling, birding, motor bike or tour further north, past tiers of rice paddies, banana, coconut or salak fruit plantations, to the sacred volcanoes of Mt. Batur and Mt. Gunung Agung where the gods abide.

Further east to intriguing "Bali Aga" or pre Hindu villages. The archaic village of Tenganan nestled in the hills has remained reclusive, but allows you to visit during a certain period each day before the gates are locked to outsiders each night. Known for their cultural tenacity, they practice the arts of an old Bali that is kept alive through their sacred and complex beliefs. Their famous and very rare geringsing cloth is woven with a difficult double Ikat knot technique which is found no place else.

Bali teaches us that life is to be embraced however you interpret it. When you travel, become enmeshed with the country and her people,. Bali is a living art, vibrant, hypnotic, simple and complex. She will teach you, to learn once more the art of appreciation, from the nature of the land, to the nature of the Balinese and their beliefs. For after all, isn't that why we travel? 



Bali is a living art,
vibrant, hypnotic, simple and
complex.



[Click Here: To write to Audrey:](#)

Each month as we venture out into our world, your travel can consist of a visit to the next town for the day, or a journey that would place your feet clear on the other side of the world. It is all about discovery and your relationship to the world which is everywhere you walk. We will travel to some pretty fabulous, well known or off the beaten track places.

So, sensitize yourself, flex your muscles of awareness, open your mind for all possibilities and ... COME - EXPLORE WITH ME.

By
CREAGHE H. GORDON, P.E.
President, GES
Deputy Director Lockheed,
Retired
Los Gatos – California



ARE YOU A

SUCCESS?

Do you ever wonder if you're a **SUCCESS** or if you'll ever be **successful**? If you do, you are not **unique**.

Unfortunately, our present day society draws a parallel between money, social position, power, and success. The media promotes this idea and makes instant successes out of many people who are prominent but not a good model of success. There is an important distinction between success and prominence. Merriam Webster's dictionary defines success as the attainment of favorable or desired outcome and defines prominent as "widely and popularly known." Prominence does not necessarily equal success.

Aren't these the really successful people?



Our society's misinterpreted view of success causes many to strive for goals that may be destructive to themselves and to others. There is near idolization of people that are prominent and are therefore labeled successful by our media and society. This sets the wrong example for society as a whole.

Let us examine some of those who are prominent and see if we should use them as a measure of success. People throughout the world, including many in America, idolized Stalin and Hitler. They both attained great wealth and power; but were they really successful? Stalin was responsible for 30,000,000 deaths; Hitler for 10,000,000. Their notoriety continues but they should not be a measure of success!

More recently, thousands of stockholders and employees of Enron suffered huge losses because they were lead to believe by Enron executives that the company was healthy. The executives were all incorrectly considered successful because they were powerful, wealthy, and provided advice to the heads of government. However, no matter how much wealth or power you accumulate, causing grief to others is not a measure of success.

It is important that we recognize how successful each and every one of us can be just by realizing our own potential and not trying to emulate these misinterpreted definitions. There many ways to be successful without being prominent!

What about the young people who join the Peace Corps, the firemen and policemen who gave their lives to save others on 9/11, the mothers and fathers who successfully raise children, and the thousands who quietly volunteer their time and energy to help make this a better world? Aren't these the really successful people? I am sure you know many of these truly successful people.

Let us examine how learned people define success and then determine why they are successful. One thing to remember, you can be successful without it being recognized. Maybe only you will know that you are a success but that is what is important.



Stalin was responsible for 30,000,000 deaths; **Hitler** for 10,000,000...

Their notoriety continues but they **should not be a measure of success!**

Ralph Waldo Emerson had the following definition. He also said:

"What is success?"

To laugh often and much;
 To win the respect of intelligent people
 and the affection of children;
 To earn the appreciation of honest critics
 and endure the betrayal of false friends;
 To appreciate beauty;
 To find the best in others;
 To leave the world a bit better, whether by
 a healthy child, a garden patch
 or a redeemed social condition;
 To know even one life has breathed
 easier because you have lived;
 This is to have succeeded."

"A man of genius is privileged only as far as he is genius. His dullness is as insupportable as any other dullness."

"For every minute you are angry you lose sixty seconds of happiness."

"Make the most of yourself, for that is all there is of you."

"Many might go to Heaven. With half the labor they go to hell".

"Nothing astonishes people so much as common sense and plain dealing."

If everyone would use this insight into the definition of success, this would be a world full of happy, contented people. I can best illustrate this through several examples. Some are prominent, others are not.

success:

To win the respect of
 intelligent people and
 the affection of children



Consider the following success stories.

(60 Minutes II on Thursday 03 January 2002)

Life magazine quoted First Vice-President Ali Osman Taha of the Sudan saying on October 4, 2001. "The jihad is our way and we will not abandon it and will keep its banner high." As a result, according, "predominantly Christian villages in southern Sudan were attacked by Islamic forces from the north. When the invaders struck, many boys were tending their herds. When they saw their villages burning, they started walking. Within days, streams of boys became

rivers. It was an exodus of biblical proportions. Most were 7 or 8 when their troubles began in 1987." "Two million (2,000,000) people died. Their parents were killed; many of their sisters were sold into slavery. "Twelve thousand boys made it to Ethiopia for four years. Amazingly, many had carried their bibles with them. Somehow they knew that what they needed to survive was an education. When chased out of Ethiopia, many were shot. Many drowned. Many were



They wanted to learn.
This is an incredible story of success.

eaten by crocodiles. "They ate wet mud." However, "these young boys taught each other to read and write with no adult supervision and learned several languages. They knew that education would speak on behalf of them where their parents can't." They helped each other, carried their bibles thousands of miles while barefoot and starving because they wanted to be successful. They wanted to learn. This is an incredible story of success.

(See lost boys at:
<http://www.cbsnews.com/how/story/0,1597,322860-412,00.shtml>)

Mother Teresa, an example of extraordinary success, owned nothing, worked 18 hours a day 365 days a year for the poor, and slept only 5 hours a night. Only a very happy (successful) person could do that.

We picked up Mother Teresa in San Francisco for a talk in San Jose, California. While in the car, she taught us the true meaning of success; that is, accomplishing those things to which you are best suited. She gave us a very simple, powerful lesson stated in only seven words. My wife, while sitting in the back seat with Mother Teresa, told her that she could not do what Mother Teresa does. Mother Teresa turned to her, put her hand on my wife's arm and said "My dear, I could not do what you do." With those simple words, she indicated that we all have a God-given talent to be successful, even though the world may not be aware of the success. You see, Mother Teresa knew that my wife had successfully raised 6 very fine children.



Mother Teresa
an example of
extraordinary success

You will probably find that either you are already successful or can readily achieve success

This was my wife's talent, her success, and her happiness. Can we be a Mother Teresa? I doubt if this is the calling of many, but, just because you don't win the Nobel Peace Prize, it does not mean you are not successful.

We have become friends with a young man whose father brought the family to the United States 12 years ago. The father had, as a teenager, run away from home to Mexico City because of problems in his hometown in southern Mexico. He eventually decided to come to the United States. Since arriving he has prospered financially, has a fine home, owns a ranch in the San Joaquin Valley, and has a thriving business. However, his real success is in how he raised his family. His son who is now 27 years old is finishing college, spent four years in the Marine Corps, is extremely well mannered, and grooms himself at all times. You see

his real success has been realized in how he raised his children. That is his legacy.

...his real
success has
been realized
in how he
raised his
children.

My college roommate was always a very ethical, friendly person who had time for everyone while in college. When he entered industry after a few years in the military, he eventually rose to become president of the largest corporation, at that time, in the world. He became quite prominent but he remained true to his

ethics and values. He successfully raised wonderful children and has a very happy marriage. He is still very busy sitting on boards and giving advice but, if you ask him what he does, he simply replies that he is a consultant. He is someone who is prominent, successful, and happy because he has remained true to his values.

Three coaches in three different sports that I have known were nationally and internationally known. They were very prominent. However, their real success was in the lessons that they imparted to everyone who knew them. They taught respect, tolerance, manners, ethical values; by example. They remained true to their values. That was their real success.

What about a Down's syndrome child? Most of them are real successes because they continually meet their day-to-day challenges with a smile.

You will probably find that either you are already successful or can readily achieve success. A happy marriage with decent, moral children is one of the highest forms of success.

Don't fall into the trap of our materialistic society and their definition. Know what success really is and be happy! Be successful! "...find the best in others; leave the world a bit better, whether by a healthy child, a garden patch or a redeemed social condition" 

Don't fall
into the trap
of our
materialistic
society and
their
definition.

ARE YOU A SUCCESS?

"...find the best in others;
leave the world a bit better,
whether by a healthy
child, a garden patch or a
redeemed social condition"

BEST VACATION OF MY LIFE ?

By
Lani Silver
Best Read Author
San Francisco, California



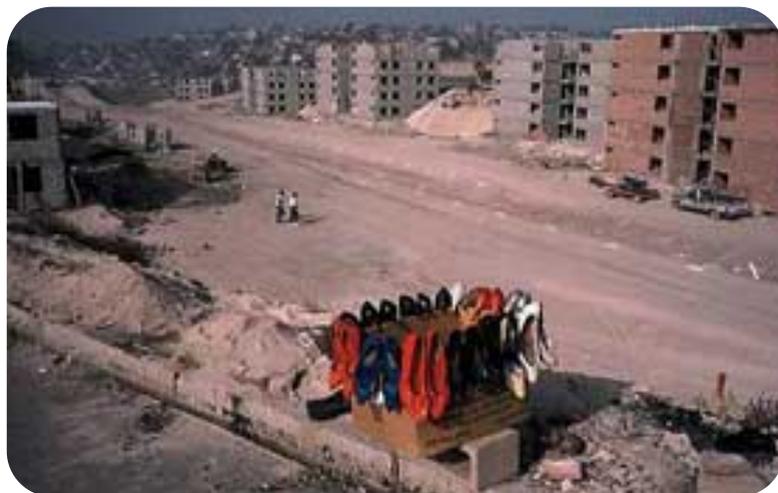
I'm recently back from my first real vacation in years. Write down these two words, Zihuatanejo, Mexico. (You'll thank me later).

I write now to ask if someone can explain to me how it can be that the Mexican people, who are probably the nicest people in the world, are the targets of so much racism in the world, and particularly in the United States? Even in my beloved and liberal city of San Francisco.

I'm stunned with how nice everyone in Mexico is. At the same time, I'm inconsolable that there is so much ugliness directed at them here and everywhere. I sincerely do not understand how we, as a society, got to be so racist, and I especially do not understand how there came to be so much racism directed at Mexicans.

If you know the Mexican people, you will know what I'm saying is true. They are tremendously kind and warm people. They're full of integrity and personality. They are just the kind of people we profess to admire: family centered, hard working and warm-hearted.

It's a wonder that these people could be so sweet, after being slaughtered and colonized by Spain in the 1500's and after being exploited and conquered by the Americans and others for centuries. How could these people be so spirited and generous when they've been treated like garbage by so many people around the world?



Racism is an irrational hatred of a population and a jealousy of the characteristics which one lacks.

We are all affected and infected by racism, everyday. Aren't you just sick of it, yours and others? Don't you think that if everyone tried just a little harder we could end racism in our lifetime?

Everything will indeed be harder now that we've elected a conservative uncaring President. We also can't look to the courts for help, as they're the ones who have moved so vigorously against affirmative action. This leaves things up to you and me.

The people of Mexico have nothing. And we in the United States have everything. What is the problem? Mexico is pathetically poor. The walks I took in this small fishing village could break your heart. Most of the houses I walked past were open to full view. People seem to have a couple of chairs and a table, and that's about it. Some homes have a hammock and a few books. The stationary stores here sell – no kidding – no more than 50 items. They have 'bic' pens, binder paper, paper clips and that's about it. At home, if I don't get my uni-ball pens (micro only) and have a full range of art supplies I'm depressed. I need glitter, for example, not only in every color, but I need it 'fine' or 'coarse'. I have a particular fondness for holographic silver glitter.

Here in San Francisco I hear people muttering racial obscenities all the time. Many people say things under their breath. Some utter vile things out loud. They speak as easily as if they were saying "Pass the salt." I've heard people in my hometown of San Francisco use the expression 'dirty Mexicans'. Yet in Mexico, everyone dresses so nicely. They're beautifully dressed and clean. I don't know what people are talking about.

I've also heard people say that Mexicans are lazy. I've never seen such a hard-working population. Also, when I told people I was going on vacation to Mexico, more than half of them told me to 'be careful'. I'm more frightened in West Portal than I am in Zihuatanejo. Here even the word 'Mexican is derogatory'.

The
Mexicans
have nothing
and manage
to be cheerful
about life.

Racism is, in part about this: people get described as the opposite of what they actually are. Racism is an irrational hatred of a population and a jealousy of the characteristics which one lacks.

Everyone and everything in Mexico is fantastic. Mexican music is divine; the art is colorful and sweet; and we all know about the food! This country is magical. I love the water, the sun, the historic spots, the architecture, Diego and Frida.

But what's really precious to me are the people. Dozens of people greeted everyday as walked down the street.

The Mexicans have nothing and manage to be cheerful about life. The people of Zihuatanejo go out fishing and that's dinner. We have everything and it's not enough. We plunder and pick on people, and poke fun at people with accents. We're such bullies. When does it stop?

The biggest problem we face as a country, besides George W. is our racism. Will everyone please change their thinking immediately? Mexican people have

been living with our opinions of them to the point that it is we who are damaged. Forget about their wounds. They're strong. But we are weak from being so ugly.

I grew mountains, on this vacation. It was the best of my life... 

Lani Silver is a Featured Columnist in JO LEE. POLITICALLY RED.

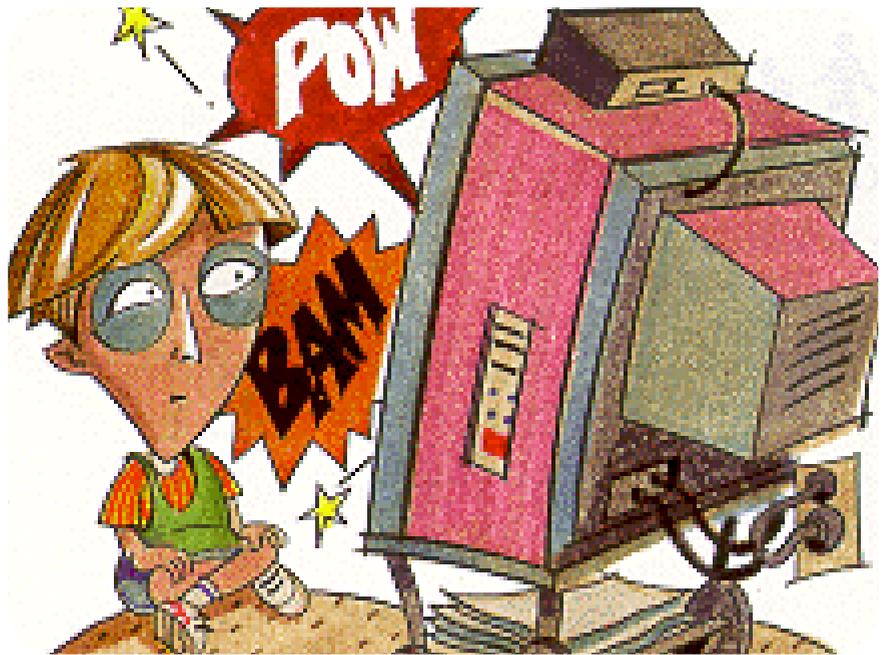


PAWNS IN THE GLOBAL ECONOMIC FORCES



By
 Rose A. Dyson, Ed.D.
 Best Selling Author
 Toronto - Canada

Youth violence is arguably the biggest and most important issue facing the world today.



At a Conference co-ordinated by Canadians Concerned About Violence In Entertainment {C-CAVE} at the University of Toronto, Canada in 1984, C.Everett Koop, U.S. Surgeon General at the time, called it one of the most serious and urgent mental health problems facing the world.

Since then, of course, things have gotten much worse. In recent decades there has been a worldwide explosion of violent crime. Per capita assaults in Canada alone went up almost fivefold between 1964 and 1993. In September, 2001 it was reported in Canada's The Toronto Star that the city now has over 200 youth gangs. Similar conditions involving youth gangs are now prevalent throughout most large urban centres around the world.

Marginal dips in homicide rates compared to aggravated assaults are meaningless. Although medical advances in the past fifty years have managed to lessen the rate at which violence is successfully killing people, they have failed to reduce the extent to which violence is used to resolve conflict in the first place. In fact, the United States now has the highest rate of imprisonment of any industrialized nation in the world.

[Where is all of this taking us?](#)

Children are our canaries in the coal mines. Escalating youth violence is an indicator of where we are headed as a society if we do not begin to take seriously mounting evidence, empirical and otherwise, that movies, TV and video games, in particular, are conditioning children to be violent, unaware of the consequences and, in actual fact, teaching them the very mechanics of killing. Video

Much more vigilance on the part of society at large is required

games are especially pernicious because arcades, frequented by young people, are more removed from parental vigilance and supervision than, for example, television sets. Also, their interactive nature essentially makes them "murder simulators". They have given rise to the increasing prevalence of what U.S. Army Lieutenant Colonel, David Grossman calls AVIDS {Acquired Violence Immune Deficiency Syndrome}.



Other harmful effects such as desensitization, fear of violence - real and imagined, anxiety and insecurity are intensified and, as a result, further mitigate human progress toward a culture of peace and long term social sustainability. Also, there is the growing problem of obesity and heart disease for young people as a result of too much sedentary activity and not enough exercise.

A blue print for action on the part of all sectors of society is now required which goes considerably beyond the usual emphasis on what parents can do. Consistent viewing rules for children and discussion of the content is, of course, always helpful but a much more effective strategy would be for young people to avoid videogames as entertainment entirely because even more benign ones will eventually help the player to develop an appetite for more violent ones.

Much more vigilance on the part of society at large is required if we are to seriously address

the culture of violence that is now spreading throughout the world, whether it is manifested in high school shootings, "funk balls" in the slums of Brazil where hoards of teenagers meet regularly in "Mortal Kombat, or terrorist attacks on World Trade Centres, fuelled by the 270 or so films on such mayhem produced and distributed by around the world by Hollywood in the last two decades alone.

We must learn to avoid the "pimp logic" that "we only get what we want", promoted by media apologists who claim constitutional protection for endless strategizing in board rooms on how children can be seduced into buying their products, literally from the time they are first born. Instead, zero tolerance is needed for this socially corrosive accommodation of business as usual with no strings attached. The lunacy of relying on "voluntary industry self-regulation" must be compared to how other toxic products are treated on the market - products like cocaine, tobacco and guns which cannot be legally sold to children.

Concerned parents and young people need to support emerging initiatives in all countries whether these are legislative proposals to curb children's access to violent cultural products, tougher penalties for those who market such products to children or the

imposition of higher taxes on violent media such as video games.

In a free market economy, the law is an especially effective teacher because it provides for civil liability as a way of curbing industry recklessness, irresponsibility and lack of accountability. Regular publication of lists of the top 10-20 companies who benefit from selling violence to children would also be a useful guide for anyone wanting to address the problem by making smarter choices in how they spend their leisure time. It would also make an interesting and educational project in media literacy for young people. Not to be overlooked is the golden opportunity we all have during election campaigns to ask candidates what they intend to do about the problem, particularly when they are seeking re-election.

We need more emphasis on the development of industry codes of conduct in countries where they do not yet exist and better adherence

In a free market economy, the law is an especially effective teacher

in places like Canada where they do exist. In other words, the Canadian Broadcast Standards Council www.cbcs.ca/english/codes/violence.htm and all such Councils in the world, should hear from anyone displeased with television programming in any way, shape or form.

Precedents are already established in several countries. But before such codes of conduct can work in any country, whether these apply to violence, sex

role stereotyping, foul language, sexual exploitation or racial profiling, either in advertising or the programs themselves, more vigilance from governments is required to ensure that

COLUMBINE

media industries actually adhere to them. In Canada, the regulatory body responsible for such adherence is the CRTC. In the U.S., it is the FCC. Most developed democracies around the world have similar Commissions set up to regulate on behalf of the public interest.

Much has been said over the years about the need for both government and industry regulation within the media industries. To expect voluntary compliance from councils set up by industry, with out government appointed watchdogs - now the prevailing practice in most cases - is tantamount to insanity, sometimes defined as doing the same thing over and over again and expecting a different result.



TRAGEDY & RECOVERY



On the other hand, there is a great deal that young people, themselves, can do to address the problem of media violence. There is, of course, the need to resist peer pressure to conform to the consumption patterns of violence saturated popular cultural products that aggressive marketers are counting on with their tunnel vision on the bottom line. By, themselves, choosing to indulge in more wholesome, life enhancing and less culturally polluting forms of entertainment – young people can send a clear signal to the corporate captains of the media at large that they refuse to be pawns in the global economic forces that threaten us all with long term environmental unsustainability. **J.L.**

Rose Dyson is an independent media consultant with a doctorate in adult education completed in 1995 at the Ontario Institute for Studies in Education at the University of Toronto. She also has a background in counselling, drama and psychiatric nursing. Since 1986 she has chaired Canadians Concerned About Violence In Entertainment and is an External Research Associate at the LaMarsh Centre on Violence And Conflict Resolution at York University, Toronto, Canada. Her expertise is widely

sought by the mass media and her best selling book, MIND ABUSE: Media Violence In An Information Age published by Black Rose Books in Montreal, Quebec www.web.net/blackrosebooks includes over 55 recommendations on how the problem of media violence can be addressed in all sectors of society. It is available for \$19.95 and can be purchased in any book store or by phoning 1-800-565-9523. rdyson@oise.utoronto.ca



THIN'K'ERS CORNER

LEAD THIN'K'ER – Carolyn Young

Spring is here at long last! It's time, at least for those of us who inhabit the northern hemisphere, to shed those bulky winter clothes and the sullenness from all that dreary weather and perk up! While you're getting hip to what's happening around you – you should be checking out

www.yesintl.com and viewing the Fabulous Thin'K'ers in action. We rev-up the E-Help CampUS at YES! Catch our 30 second spots. They're fun beyond belief. We are Emily Pyfrom, Tarik Joseph, Nelson (Micheal D.) and – Carolyn Young, me.

THIS MONTH

Well, everyone, after introducing you to my cohorts over the last few months, it appears it's my turn to shine. So here it goes ... me in 700 words or less!

The thought of doing my Bio totally threw me for a loop. How does one sum up who they are & where they've been?

I was born Carolyn Elizabeth Young in Toronto, Canada the year they first landed on the moon.

As fate would have it, my first summer job was doing basic office help for the same Obstetrician / Gynecologist that brought me into this world. I attribute much of my work ethic to that summer secretarial gig. At age 14, I learned the value of earning a regular paycheck in exchange for my responsibilities to another individual. Punctuality, an eagerness to learn and a smile can go a long way!

My father was raised a New Yorker and my mother is from a small town in Ontario, Canada. They met in Oakland, California before moving back East so my brother and I could know at least one set of our grandparents. The great differences between my parents' led only to what I can describe here as a unique familial upbringing.

Upbringing? What paves the way? I've always found my father's view of Canadian politics to be some of the most intelligent discourse one could ever encounter on the subject. It paved my way! While never adopting duo-citizenship, I've often toyed with the idea as I feel a deep affinity for the U.S.

I met Jo Lee Mansell through a friend of a friend a few years back. Little did I know then - that my life would become so deeply entrenched in the workings of YES!

The
Department
of Public
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YES! became
step #1 just
under 2
years ago.

The Department of Public Affairs at YES! became step #1 just under 2 years ago. I was responsible for the monthly newsletter. At the same time, Jo Lee recruited me to do a little promoting with the Thin'K'ers on the side. It was very exciting and I soon discovered what I loved was the publicity out there in-your-face aspect of being a Thin'K'er. Before long, Public affairs became a thing-of-the-past and...here

I am. Lead Thin'K'er. Effectuating quick / free / help for young people in today's troublesome times. I've always had this drama bug in my system. If I ever 'create' free time, I plan on doing community theatre which I absolutely adore! Promoting our E-Help

CamPUS allows me an outlet for my acting bug while working with some tremendous people. I remember as a kid, someone gave me the nickname 'Care-free'. While it was annoying at the time, it was also incredibly inaccurate. I care a lot! Too much!

My career path has been none too direct. I studied Psychology at Acadia University, in Nova Scotia, Canada. Man...how I love the Maritimes! Since that time, I've held positions with Canada's mega communications mogul, Rogers AT & T and most recently, I hold fort on the Executive Meeting Floor of the Fairmont Royal York Hotel in Toronto. Through the diversity in roles, I have acquired a pretty amazing skill set having had a lot of fun along the way. When I'm not working... hmmm... I spend as much time as possible with my 13 year-old Samoyed, Molly. And devouring the news – television / print is critical to my being. Can't imagine not knowing what's going on! One of these days – you'll see me as an Anchor on TV.

...I'm going to pause here. Can't have this turning into a non-rainbowed psychoanalytic synopsis.

Thanks for reading. This, is a tiny bit of me.

Until next month, be sure to check out the list of topics in our CampUS. If there's something you'd like to see included ... Let us know. SEE YA ! 

[Click Here For Help](#)

Politically Red

Can we end female genital circumcision in our lifetime?

JO LEE rolls out the red carpet to one of the world's most recognized political scientists. California's LANI SILVER! Lani is a writer, Lecturer with the American Program Bureau. {Gorbachev's bureau - Desmond Tutu, Jane Fonda, Oscar Arias} and is currently the Director for the James Byrd Jr. Racism Oral History Project. For 16 years, Lani directed San Francisco's landmark Holocaust Oral History Project, personally conducting 1700 interviews with Holocaust survivors and witnesses. She was Steven Spielberg's first consultant and trainer for his Survivors of the Shoah Visual History Foundation. 53,000 testimonies. Welcome Lani, with applause.



Lani Silver

Female Genital Mutilation, an age old horrific practice involving partial or total removal of the external female genitalia or other injury to the female genital organs, with whatever tool available, a rusty knife, a sharp stone, a blunt razor blade, etc, Two million women undergo this brutal procedure every year, from more than 28 countries. 9 out of 10 women experience FGM. Thousands die every year from this grotesque ritual.

Having a keen interest in FGM, since the mid 70's, my interest was rekindled recently when I met a – A MASAI CHIEF! Kip Tomanka M. Ole Kipepiani – one of five chiefs, of one of five Masai tribes was about to make a major decision as to whether or not his 13 year old daughter would undergo 'The Ritual'. I had NEVER met a Masai Chief.

I wrote a five page memo about how we could end FGM.

I was received by a gorgeous man in traditional dress, complete with, a dozen beaded necklaces around his neck, who introduces himself as Kip.

Kip doesn't need my advice about his daughter – he's already decided not to do it! But he wants to talk about how he can help the Masai come to their senses about this gruesome practice. Kip was determined to make the abolition of FGM one of his most important platforms, the center piece of his reign.

Before I can read my memo, to him, he is speaking virtually every idea I had written down. "It's all about education. We need to educate the girls, bring money into the women's community. We need a poster, a staff, publicity. We need to talk to every woman in our tribe. {We are all born publicists and organizers}

I tell him my best idea: a petition. "What if every Africa leader and mayor signs a statement banning FGM, "Won't it all stop? I ask if it

isn't good enough for Kip to say 'Stop it.' "Won't everyone listen?"

He says, "You don't understand. It's a spiritual practice, not so easily broken". It's the older women who are determined," he explains.

The world weeps for this practice, someone has to stand up against it.

Hoping Kip wouldn't ask for my help, being so busy, he quietly says, "I dreamed about you last night. I saw a woman, all in black, with a big necklace with colored jewels on it, just like the one you are wearing. You are that woman."

We decide to write a business plan and began to outline a book, "A Masai Chief's Efforts at Ending Female Genital Mutilation."

Now I had to gather my emotional and physical resources and try to figure out how we could end FGM.

I feel that with Henry Dakin, San Francisco's most beloved philanthropists, my sister and two others who've signed on, we'll have a nice little team. I don't feel alone. I feel confident. What if we actually end FGM," I say to Kip, "we'll win a Nobel Peace Prize." Kip smiles, "The committee will win the Prize!"

Will you help us? Because a Masai Chief had a dream about me, I have to find energy to take on one more cause. If you join us, it will be easier, we will prevail. So, Come on Board. Get a Nobel Peace Prize. End this unspeakable practice forever.

What ideas and actions could we take to end FGM in the world within three years? We must operate on many levels to bring this project to a successful conclusion. What would you like to do in your community to end FGM?

Two million women undergo this brutal procedure every year, from more than 28 countries.

LET'S EMPLOY!

- ** African leaders to sign a statement ending Female Genital Mutilation
- ** Interface with other similar projects
- ** Develop an excellent web-site
- ** Design a poster with 'The Statement' by African leaders
- ** Recruit a famous artist to design a poster. Tri-lingual
- ** Ask graphic artists / printers to volunteer their skills
- ** Have Museums display
- ** Post them everywhere in Africa
- ** Build an army of people committed to this cause. One by one
- ** With thousands of volunteers, we will be successful
- ** Develop offices in every African country where female genital mutilation takes place
- ** Develop a public relations campaign. The media is VERY receptive to this topic
- ** A slogan is needed: "End Female Genital Mutilation by 2010"
- ** Encourage Kip to write a book
- ** Help Kenya office establish a Speakers Bureau in every African town
- ** Ask celebrities to speak out / make TV spots
- ** Sponsor a songwriting contest
- ** Have UN declare the situation an 'emergency'
- ** Find funding
- ** Create an Advisory Board
- ** Call for a Summit. Bring in the world's experts on the topic
- ** Invite 20 speakers and give them five minutes a piece.
- ** Ask Alice Walker to come. Ask Danny Glover. Have academics, poets, singers, Africa Community leaders
- ** Well known women in Africa to sign a statement
- ** Well known African Americans to sign a statement
- ** African women to sign a petition stating they will stop cooperating in the practice
- ** Have leaders talk individually to each family
- ** Have all religious leaders speak out against female genital mutilation
- ** Have all high school teachers around the world sign a statement
- ** Design a web-site petition. Get one million signatures
- ** Have performing artists make this their theme for a day
- ** Encourage the phrase "Question Authority"
- ** Imagine: how wonderful life would be if young girls weren't suffering
- ** Tell the world to IMAGINE !



** Lani Silver is a historian, artist, free-lance writer, and Lecturer with the American Program Bureau. (Gorbachev's bureau - Desmond Tutu, Jane Fonda, Oscar Arias). For 16 years, Lani directed San Francisco's landmark Holocaust Oral History Project, conducting 1700 oral histories with Holocaust survivors and witnesses. Lani and her partner, historian Eric Saul, discovered the story of Chiune Sugihara, who is called "The Japanese Schindler."

Sugihara was Japan's Consul General to Lithuania. Sugihara woke up one morning in Kaunas and saw several hundred Jews at his door. The Polish refugees, who were fleeing Europe, said they wanted visas to escape the Nazi's'. Against the orders of Japan, Sugihara saved somewhere between 4,000 and 6,000 Jews. After the war he was dismissed from the Foreign Service for "that incident in Lithuania".

Silver has co-edited Mrs. Yukiko Sugihara's English language memoirs, and has published two books in Japan about the Sugihara story.

Lani Silver was Steven Spielberg's first consultant and trainer for his Holocaust project, the Shoah Foundation for Visual History. The Shoah Foundation has completed 53,000 oral histories with Holocaust survivors and witnesses.

Lani is currently the Project Director for the James Byrd Jr. Racism Oral History Project. She asks everyone reading this to pair up with a friend and interview each other about the impact racism has on your life. Send your tape to PO Box 27333, San Francisco 94127. Do it for the family of James Byrd Jr. Show them you care. byrdfound@juno.com 

To write Lani – [Click Here](#)

A...Z z z z zY... Need HELP?

Did you know ? That just by making a few changes in your diet, you can add years to your life, and feel happy? Now that the 'world' has opened up, what better way to understand and explore the thousands of cultures, than through food and drink! We are learning why some cultures, like the mediterranean people are so healthy with their diets of fresh fruit and vegetables and the use of olive oil and nuts. We learn about the Chinese and their fabulous way of cooking and the ingredient so used and known to this culture, called soy. Well, don't take our

word for it! See for yourself. www.yesintl.com The E-Help CampUS will answer, will solve whatever questions or problems your intricate life brings.

CRAZZY ABOUT short stories are based around the multitude of topics in our E - Help CampUS, where millions each month - come to solve their problems. Acclaimed as the meeting place of the new century, the CampUS is driven by those in the know.

MANAGING EDITOR'S COLUMN

By Nahidah Malik

From. Nairobi, Kenya

RELIGIOUS INDEPENDENCE - IS THE CHOICE YOURS?

There are hundreds of religions, Judaism, Christianity, Islam, Jainism, Sikhism, Hinduism, Taoism, B'hai, Shintu and others, that are being practiced every day.

Some of us are born into a religion that our forefathers have believed in for centuries and therefore, we keep on believing, without question, and pass the heritage on to our children.

We may be very fortunate to live in a culture that allows religious freedom, and therefore it does not even cross our minds to change our religion.

But what if the religion of your forefathers, does not satisfy your spiritual craving? It does not answer your needs... and you are searching for some other religion to fill those needs?

Or what if, you live in a country or community where there is no escape and allows no freedom to practice the religion you wish to embrace. China and Iran, for example.

In China, to be caught with a Bible or practicing Christianity automatically leads to



persecution. In Iran, an Islamic state, should a person practice any religion other than Islam, they are persecuted. So, is religious independence really your choice? Should you be living in a country that permits you to be you?

To learn more about all the different religions, their history, what they stand for, the books they follow, what each religion has to offer, please, go to our E-Help CampUS at: www.yesintl.com

HEALTHY FOOD FOR A HEALTHY LIFESTYLE

How often have we heard the expression - you are what you eat? Or better still, we look like what we eat! Well, it may be very true. Think of the research that has gone into what the different foods provide. Nutrients, vitamins, minerals.

Let's think of the human body as a car. We know that if we don't look after it, it's going to break down because with all things in life - it needs to be cared for in order to function properly. The foods we eat and drink are the fuels that run our bodies, and provide the care for repairing it, fueling it, etc.

For example, calcium (from milk and other dairy products) is vital for strong bones, teeth and nails. Iron (from spinach and red meat) is essential for the production of red blood cells which carry oxygen to all our organs. Vitamin C (from citrus fruit) is crucial in fighting infections and keeping our immune system in check. Vitamin, A, B, C and so on, plus the minerals that are absorbed into our bodies from the food we eat and drink, the amino acids etc., each have a vital part to play in leading a healthy and balanced life.



But what would happen if one of these vitamins, minerals, amino acids were not provided for your body? To see what all of this does for our body and a lot on how to maintain a healthy lifestyle, please visit our E-Help CamPUS at. www.yesintl.com

FIRST AID - NOT SURE WHAT TO DO IN AN EMERGENCY?

GUEST WRITER

R&D Analyst – YES! E-Help CamPUS

Camelia Ursu

From... Sibiu, Romania

[To write Laura – Click Here](#)

Should you have to call the emergency medical services to an incident – your actions have automatically begun to switch in a chain of survival mode. You have acted to help someone you may not even know.

But what do you do before the ambulance gets to you or the 911 operator tries to guide you on how to take care of the injured person?

This is known as First Aid.

First aid is helping the injured person in whatever way you can. Keeping them comfortable, safe, repeating positive phrases and looking after their injuries until a medical professional can get to them.

First aid is making that 911 emergency call, putting a band aide on wounds, controlling bleeding, or providing CPR for a person not breathing. First Aid is knowing what to do for the injured should the need arise.

You can help yourself, your loved ones and that stranger whose life depends on you by becoming knowledgeable. It's the smart thing to do!

To learn all about First Aid, what you should have in your First Aid Kit, at home or in the car,

how to care for an injured person and so much more, please visit our E-Help CsmPUS at www.yesintl.com

Research and Development is searching for 'International Minds.

Could this be YOU ?



KUDOS

GREAT TRUTHS ABOUT LIFE... THAT LITTLE CHILDREN HAVE LEARNED

1. No matter how hard you try, you can't baptize cats
2. When your Mom is mad at your Dad, don't let her brush your hair
3. If your sister hits you, don't hit her back. They always catch the second person
4. Never ask your 3-year old brother to hold a tomato
5. You can't trust dogs to watch your food
6. Don't sneeze when someone is cutting your hair
7. Never hold a Dust-Buster and a cat at the same time
8. You can't hide a piece of broccoli in a glass of milk
9. Don't wear polka-dot underwear under white shorts
10. The best place to be when you're sad is Grandpa's lap

GREAT TRUTHS ABOUT LIFE ... THAT ADULTS HAVE LEARNED

1. Raising teenagers is like nailing Jell-O

to a tree

2. Wrinkles don't hurt
3. Families are like fudge ... mostly sweet, with a few nuts
4. Today's mighty oak is just yesterday's nut that held its ground
5. Laughing is good exercise. It's like jogging on the inside
6. Middle age is when you choose your cereal for the fiber, not the joy

GREAT TRUTHS ABOUT... GROWING OLD

1. Growing old is mandatory; growing up is optional
2. Forget the health food. I need all the preservatives I can get
3. When you fall down, you wonder what else you can do while you're down there
4. You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster
5. It's frustrating when you know all the answers, but nobody bothers to ask you the questions
6. Time may be a great healer, but it's a lousy beautician
7. Wisdom comes with age, but sometimes age comes alone

THE FOUR STAGES OF LIFE

1. You believe in Santa Claus
2. You don't believe in Santa Claus
3. You are Santa Claus
4. You look like Santa Claus

SUCCESS

- | | |
|-----------|---|
| At age 4 | success is...making it to the biffy on time |
| At age 12 | success is...having friends |
| At age 16 | success is...having a drivers license |
| At age 20 | success is...having sex |
| At age 35 | success is...having money |
| At age 50 | success is...having money |
| At age 60 | success is...having sex |
| At age 70 | success is...having a drivers license |
| At age 75 | success is...having friends |
| At age 80 | success is...making it to the biffy on time |



Flower of the Month: Sweet Pea

Latin name: Lathyrus Ordoratus

This flower means: I Think Of Thee

From everyone at JO LEE we wish you, the world, the most wonderful of all occasions and the Happiest APRIL this 2002.

CELEBRATIONS

April Fool's Day

~ April 1 ~

A day of fun, playing jokes or fooling someone, so go out and have fun!

Anzac Day

~ April 25 ~

Australia, Cook Islands, New Zealand, Tonga, Western Samoa ~ These delicious cookies are baked on this day and shared with everyone. Traditionally, they were baked for soldiers and children coming home from school. Recipe follows, so bake a batch and enjoy!

Arbor Day

~ April 26 ~ USA.

A Tree Planting tradition that started in the Nebraskan Territory to protect their soil that was fast turning into a desert landscape.

Baisakhi or Vasaikhi

~ April 13 ~

A very important harvest festival, especially important to the Sikh culture. Dances, food, prayers, getting dressed in fine clothes and jewelry, help to lighten the tough harvesting time. This celebration is usually held at river banks.

Bengali New Year

~ April 13 or 14 ~

In Bengali they celebrate New Year on the 13th or 14th of April which is the first day of the month that they call Baisakh.

Chocolate Mousse Day

~ April 3 ~

Whip up this divine dessert and have a little party with loved ones!

Earth Day

~ April 22 ~

A world wide effort to protect the earth, by cleaning, planting trees, learning about re-cycling materials, etc.

Family Day

~ April 8 ~

South Africa celebrates family day, let us celebrate with them!

Greenery Day

~ April 29 ~

Japan ~ Japan plants trees and looks after the earth, lets join them in this beautiful tradition!

Liberation Day

~ April 25 ~

Italy This date is remembered throughout Italy by solemn celebration because it not only represented the end of this devastating war but also the end of 20 years of fascist dictatorship that effected in one way or another all of Italy.

Patriots Day

~ April 15 ~

USA in Lexington Massachusetts, Patriots Day is a very important holiday. It is important to all of Massachusetts but it originated and began in 1775 when the British came to Lexington.

Secretaries Day

~ April 24 ~

USA celebrates this day, so don't forget to get something lovely for your hard working secretary – cards, flowers, chocolates or even a voucher to a favorite restaurant.

Senegal Independence Day

~ April 4 ~

We wish the Senegalese people the happiest independence day ever!

Togo Independence Day

~ April 27 ~

We wish the Togo People the happiest Independence day ever!

Zimbabwe Independence Day

~ April 18 ~

Wishing the Zimbabwe people the happiest independence day ever!



Wierd and Wacky FACTS

The Amazing Human Body...

By Mohammed Malik
11 Years old... Windsor, Canada



- 01 *You are born with 300 bones but when you get to be an adult, you only have 206 bones.
- 02 *Your right lung takes in more air than your left one.
- 03 *You blink over 20,000,000 times a year.
- 04 *Women's hearts beat faster than men's.
- 05 *The average person is about a quarter of an inch taller at night.
- 06 *You can only smell 1/20th as well as a dog.
- 07 *One quarter of the bones in your body, are in your feet.
- 08 *Human teeth are almost as hard as rocks.
- 09 *Human thigh bones are stronger than concrete.
- 10 *Every person has a unique tongue print.
- 11 *Babies are born without knee caps. They don't appear until the child reaches 2-6 years of age.
- 12 *A sneeze travels out of your mouth at over 100 m.p.h.





R&D

EDITOR AT LARGE

"The first of April is the day we remember what we are the other 364 days of the year."

– American humorist Mark Twain

April Fish Day: A True Story

The most widely accepted reason for April Fool's Day is believed to have come from France. Until the 16th century, the New Year was celebrated by the French at the advent of spring, near April 1st. In 1562, when the Gregorian calendar was introduced, King Charles IX of France ruled that New Year's Day be moved to January 1st. Some of Charles' subjects, however, who hadn't heard or didn't believe the change in the date, continued to celebrate New Year's Day on April first. Naturally, these individuals were the butt of many jokes and taunting, and earned the name of "Poisson d'Avril" (April Fish) because at that time of year the sun was in the zodiac sign of Pisces, the fish. Years later, April 1st remained a day of jokes and merriment. The tradition spread from France to England, the U.S. and then worldwide.

April's Fool Day – Around the World

SCOTLAND

The celebration lasts for two days in Scotland. The second day is known as "Taily Day" where pranks involving the rear end are involved. The brunt of the joke is called "hunting the gowk". A gowk is the extinct cuckoo bird.

INDIA

The feast of Huli happens in March, ending on March 31 which is marked with acts of mischief, much like April Fool's Day.

FRANCE

The French call the victim of a practical joke "poisson d'Avril", which means 'fish of April'. In April, the fish have just hatched making them easy to catch. French youth fool friends by taping a paper fish to their friends' backs.

SPAIN/MEXICO

The Spanish hold Dia de los Santos Inocentes (The Feast of the Holy Innocent) on December 28th. It is celebrated like April Fool's Day with jokes and gags. It began, however, as a day for Christians to mourn

Herod's slaughter of innocent children. With time, it changed from a sad day to a fun day.

USA

Like much of the world, the US celebrates this day with follies. Putting salt in the sugar bowl for the next person is not a nice trick to play on a stranger. College students set their clocks an hour behind, so their roommates show up to the wrong class - or not at all. Some practical jokes are kept up the whole day before the victim realizes what day it is. Most April Fool jokes are in good fun and not meant to harm anyone. The most clever April Fool joke is the one where everyone laughs, especially the person upon whom the joke is played.

Have you had a joke played on you?

APRIL FOOL'S ADVICE

1 – Never wait until the last minute to put together your joke

ne prépare pas ta farce au dernier moment

2 – To avoid suspicion, be careful how you express the joke

n'insiste pas trop, cela aurait l'air suspect

3 – Avoid laughing before you actually tell the joke

ne ris pas avant de faire la farce

4 – Don't ever tell the joke twice in a row. Be creative!

ne fais pas deux fois de suite la même farce

5 – The more simplistic the joke, the greater the fun will be

ne fais pas de farces trop compliquées

6 – Think twice before playing a serious joke on someone

réfléchis bien aux conséquences de ta farce.

Happy April Fool's Day !

CARLA DRAGNEA

Bucharest

[Click Here For Carla](#)

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