

JO LEE

The Roots and Wings Magazine

A woman with long brown hair, wearing a red beanie and a floral dress, is sitting on a stone ledge in front of a large fountain. The background shows trees and a park setting.

SUE K. WALLINGFORD
One of America's East Coast darlings and **THE HOUSE**

GOOD MANNERS
Nothing is more important

MOMMIE DEAREST:
And our American Lexicon

EXCLUSIVE
UNDERSTANDING EVIL
Canada's Gail Regan – Vice-Chair, CARA speaks out on dysfunctional ideas / misplaced ambitions

CONTENTS

- 03 MARVELOUS MAVERICK »**
Another degree? At the expense of your present career? Let's do the math!
- 05 THE PROVOCATIVE & CHALLENGING WORLD OF ARCERI »**
'Mommie Dearest' has become dreaded words in our American lexicon. How this originated has never before been revealed. Until now.
- 07 BIOGRAPHY OF THE MONTH »**
From Hong Kong to Canada – a rivoting rarity of professional esteem. I've set my goals high and not stopping 'til I'm there.
- 09 STETHOSCOPE 911 »**
The quest for immortality. Understanding your risk for cardiovascular disease.
- 11 YES, VIRGINIA! { TRAVEL } COME – EXPLORE WITH ME! »**
Ecotourism – life's great expression – has been born. Belize, a country at the cutting edge of this phenomena.
- 13 FEATURES Exclusive to JO LEE »**
Ever feel that your life is becoming more complex? That it's been too long since you understood the exhilaration of how to conquer? CARA'S GAIL REGAN invites you to overcome.
We are all born charming, fresh, spontaneous and must be civilized before we participate in society. It's not difficult. Here's how.
SUE K. WALLINGFORD and THE HOUSE. The landscape of realism. Here today – tomorrow, who knows? She does. She's one of America's darlings.
- 22 HALF TIME { SPORTS } »**
The fun? of stimulants. Will athletes become more dependant on pharmaceuticals than sex! ED BURKE, former Special Olympics Chairman speaks out.
- 24 THRU THE EYES OF JO LEE – CELEBRATING BEAUTY »**
On the terrace, overlooking the private fairway of Bob Hope's Palm Springs home, Jo Lee shares secrets of a Golfer's lunch for two.
- 26 THIN'K'ERS CORNER »**
You've never seen four Thin'K'ers hanging around on top of a monument? Quick – take that picture.
- 27 POLITICALLY RED »**
Mustafa, a Palestinian, in a synagogue, with his two sons. Why was he there? Hatred, love, what?
- 29 CRAZZY ABOUT R&D »**
Dysfunctional Families – An epidemic in our societies.
Power of a Dream – Believe in it, do it, make it happen.

The Hottest New E-Zine!

Coming in September – Broadway, no feet!
New York, California's undeniable
DAVID CONNOLLY.

Presenting **Dr. Rose A. Dyson** on Violence In Entertainment – Do we really need it ?

- 31 KUDOS »**
What does love mean when you're 4 through 7 years old?
- 32 CELEBRATIONS »**
Sneak Zucchini Night / The King Week / Ride the Wind and Kiss and Make Up Days – go have a great adventure.
- 33 WEIRD AND WACKY FACTS »**
US \$16.55 million / \$9.8 million / \$7.5 million for a single piece of jewelry? Oh, and it gets better!
- 34 MESSAGE FROM R&D EDITOR AT LARGE »**
USA Women's Equality Day - honors the quest of all women.

EDITORIAL

The Roots and Wings Magazine

Founder and Editorial Director
JOSEPHINA LEA MASCIOLI-MANSELL

R&D Editor At Large
CARLA DRAGNEA

Managing Editor
NAHIDAH MALIK

Coordinating Editor
JOANNE GIANCOLA

Director to the Offices of JO LEE
PEGGY EGAN

Online Producer / Director
EDWARD T.M. AYOUB

Design + Layout
SITE 85 DESIGN

Published By
JO LEE - YESINTL.COM

Powered By
IITI

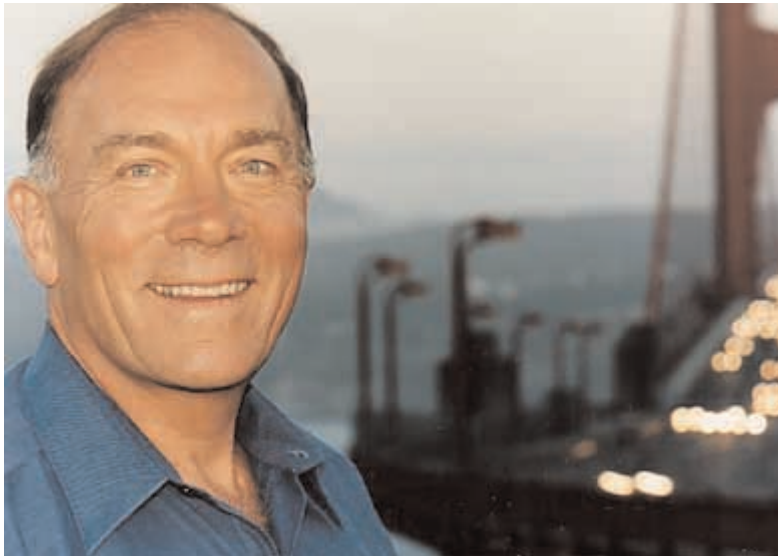


ON THE COVER
Jo Lee in the center of Moscow

EXCLUSIVE

Understanding Evil. Canada's
GAIL REGAN – Vice-Chair CARA,
speaks out on dysfunctional ideas
and misplaced ambitions.

The Marvelous Maverick



How's your summer been so far?!

Here we are in August and suddenly there are "Back to School" sales everywhere you look. Have you ever noticed how many different stores who sell 'nothing to do with school' – find a reason to advertise "Back to School" sales? Check out your newspaper and count the car dealerships who even climb on the bandwagon! But it is back-to-school mindset which is why this month's question is so appropriate.

So this is the focus of the month... Q & A

Q: "Dear Mav: I'm 29 and have an undergraduate degree in public health administration. I've been thinking that I need to go back to university to get an MBA or maybe even a doctorate. What do you think?" – Shannon D., Portland, Oregon.

A: Shannon, I hear this question often, and it's a huge issue for many people at any stage in their careers. First, let's agree that there's no one answer that's going to be good for everyone. So what I share here is my best advice for you to consider in your own special circumstance.

You can never underestimate the value of great education. The value is not so much in the application of exactly what we learn in college as it is in the training of our minds to think. (My own undergraduate degree was in law, and yet I spent my career in marketing and management!)

And sometimes it makes sense to get another degree because you need it as

an essential requirement for a career choice. For example, I recently met a young man who has a Ph.D. in biology (of bugs of all things!) and he just completed his MBA because he wants to be in management and not stuck in a lab as a scientist forever.

So the very first question you have to ask yourself is "How essential is another degree to my career?" If, like my 'bug doctor' friend, you believe that you absolutely have to have another degree for a specific career path decision that you've made, then go for it. But ask yourself also if you could achieve the needed qualifications by just taking certain evening or weekend courses or attending intensive seminars, rather than interrupting your entire career?

Several people have said to me: "If I just had another degree, I'd be sure to get a better job and more money!" And I reply: "Watch out! It's possible that you could be right and that the extra degree would open career opportunities that you couldn't possibly have had without it. But you need to be quite sure that this is the case in your chosen career."

Several people have said to me: "If I just had another degree, I'd be sure to get a better job and more money!" And I reply: "Watch out!"

You can never underestimate the value of great education

continued...

Before you decide to put your career on hold while you get another degree, I urge you to do the math! I have no idea of what you currently earn, Shannon, but take a look at this typical example:

Jane earns \$50,000 a year and decides to take two years out of her career to obtain a Masters. Assume that she gets really good performance reviews and would expect raises of averagely 10% a year. If you calculate her lost income for the two years she's in school and add to it typical education fees and cost of living of, say, another \$50,000 a year – her two year degree costs her over \$200,000! Even if, as soon as she graduates, she were to get a job which pays her 50% more than she is getting today, it will be 8 years from now before she breaks even financially. {And if, in the two years that she was back in school, she might have been

promoted or moved to a higher paying job, it will be a lot longer than 8 years.}

Don't get me wrong – I'm not saying: "Don't do it!" But I am suggesting very strongly that you go through a thorough analysis of the costs and benefits of this very important decision before committing yourself to it. If it all adds up 'for you,' then go for it – and good luck!

Remember ... your life is what you make of it!

Until next month...

The Maverick

Here are the key steps:

1. Develop a very clear career plan and know exactly what you want to do.
2. Decide if the degree is absolutely essential to success in your chosen career.
3. Consider all the possible ways other than full-time university in which to get the qualifications you want.
4. Do the cost/benefit math based on your own present salary level and what salary you're sure you can get with your degree.

Write The Mav: [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!

Hugh Coppén, 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 Coppén resides in California
www.winningleadership.com

THE PROVOCATIVE & CHALLENGING WORLD OF ARCERI



MOMMIE DEAREST: And our American Lexicon

By Gene Arceri New York – San Francisco

M

ommie Dearest' have become dreaded words in our American Lexicon. How this originated has never before been revealed until now. It will be news to Christina Crawford who used it as her book title after she was dropped from Joan's will.

Cristina Crawford has dipped her poison pen into the well of cupidity to tome yet another book about life with mother. Again, to exhume the ghost of the legendary star; with coffers dwindling and some need for attention. Joan Crawford's espoused child claims her benefactor, and rescuer, demanded she be called 'Mommie Dearest' out of some psychotic quirk. Sorry, Christina but Joan heard

the name on the movie set of Little Lord Fauntleroy (1936) while she was making The Gorgeous Hussy (1936). The movie was based on the novel by Frances Hodgson Burnett, written over 100 years ago, in 1886.

Mommie's name, in the book and film, was Dearest, played by the beautiful actress Dolores Costello. Crawford admired Costello for her lady-like gentility, and her blond, blue eyed sweetness. The scenes between mother and devoted child brought tears to Joan's eyes.

Impressionable Joan always played whatever role she happened to see herself in, at the time. So a seed was sown which reaped its harvest when she adopted her ideal: blond, blue-

Cristina Crawford has
dipped her poison pen
into the well of cupidity
to tome yet another
book about life
with mother.

eyed children. Like the ethereal dearest, with her child, Joan hoped to emulate that relationship. Joan also gave her adopted children names that began with the letter C – Christopher, Christina, the twins Cathy and Cindy ... because her given name was changed to Crawford, which she believed brought her luck and her children luck.

An Aries, Joan, worked her way out of a tough childhood; laundress, waitress, shop-girl, contest dancer. It taught her very strict discipline. Self improvement was one of her commandments.

When she was taken on at the M-G-M Studios it was not a convent, but literally a lion's den. In those days it was a man's world and the big stars that survived became masculinized too. When

Crawford is undeniably riveting and a great actress. Turner classic movies agrees.

director Michael Curtiz heard Bette Davis dropped out of *Mildred Pierce* and Joan Crawford would replace her, he raged: "me direct that temperamental bitch! Not on your goddamn life!" He ended up adoring her. She ended up with an oscar!

Joan was an obsessive house keeper, fanatical about cleanliness. She demanded perfection. She was tough. Had to be. Also insecure. To illustrate: I saw her host a charity fashion show in New York. High turban and high heels could not disguise her height of 5'. On the podium was a bottle of water {100 proof vodka} which she poured for herself throughout the event.

Joan lived in a Fifth Avenue penthouse apartment in Manhattan, where she kept her white furniture in plastic covers. While working at the Sherry-Netherland Hotel, the phone rang at my desk. When I answered ... there was silence until I heard this very cultured 'control to voice' say - This - is - Joan - Crawford. She waited until it sunk in then inquired if Mr. Alrich was in. "You know, tonight is the opening of my movie 'Whatever Happened




to Baby Jane?" We spoke a few minutes. I too would be at the premiere. "Bless you" she said. Even on the phone she was a star.

Joan a big fan herself loved her fans. San Francisco's great Helen Miller recalls that her aunt and uncle always saw all Crawford movies, whom they called Boce Larga - Big Lips.

Her fans that wrote - always got a return note. When her last husband died and condolence cards came in - 15 minutes later it seemed, there were notes in return. I thought: what did she do? Write

thank you notes to her thousands of postal fans during the burial service. Joan found jobs for fans, gave financial aid and hearing someone was sick became a nurse who demanded you get well. She really should have adopted her fans!

Crawford is undeniably riveting and a great actress. Turner classic movies agrees. They are devoting the month of August to a retrospective of Joan's movies. Robert Osborne, TCM Host {who looks like Nelson Eddy} will tell viewers fascinating yet valid stories about Joan Crawford. As Joan would say: Watch It! And Bless You. 

Gene Arceri,

has gained attention in no small measure as a writer, critic, award winning PBS reviewer and publicist. A native New Yorker, Gene resides in San Francisco and spends considerable time in London, England. Among his best selling books are 'Elizabeth Taylor: Her Life. Her Loves. Her Future.' and Susan Hayward's 'RED'. Gene can be seen on E! Entertainment.

[TO WRITE GENE: CLICK HERE](#)

BIOGRAPHY OF THE MONTH

THE intrinsic world of science and technology was a phenomenon, an intrigue

BRUCE LO Senior Production Developer YES! INTERNATIONAL

TORONTO – CANADA



THIS is how I try to live my life.

I was born in Hong Kong and spent my earlier years attending elementary school with my 3 brothers and 3 sisters. By the time I was nine, we were moving to North America and Toronto, Canada, became our new home.

IT was 'my love of the change' and 'the piloting of the flow', that was most fascinating to me. In Hong Kong, people work, work, work, eat, and work some more. Toronto, I thought, was certainly a big enough city, but I quickly came to understand that probably 'no' city in the world would 'run' the way those in Hong Kong pace their day-to-day Lives.

THE intrinsic world of science and technology was a phenomenon, an intrigue - from as far back as I can remember! And by the time I received my first personal computer in 1984 my focus was set on the future.

Equipped with the prehistoric peripherals of an acoustic coupler and a tape recorder, I can't begin to explain the exhilarating first Ågrtrue online experienceÅh. Instantly, it mirrored the image of my dreams of today.

AS a teenager, I was an industrious student, achieving top grades in high school _ particularly in courses that involved the sciences. So, through careful consideration, I chose to attend Toronto, Canada's Seneca College to further enhance my technical background and academic knowledge of the virtual world. I graduated with honors in Computer Engineering.

MY very first "grown-up" job came in 1995 with a corporation that has become one of the most powerful media conglomerates in North America. RCI. {ROGERS COMMUNICATIONS INC.}

I was to work at their RSS {Rogers Shared Services} division as

In Hong Kong, people work, work, work, eat, and work some more

a Technical Specialist who dealt with all of the networking and technical support for the company's software. From there, I proceeded to Rogers New Media and in 1999, I was invited to RCI's corporate offices to become their Production Engineer, handling the international client side of E-Business.

IN 1997 – RCI, through its group of YES! Volunteers – introduced me to the Chairman and CEO of YES! INTERNATIONAL's the dynamic Jo Lee Mansell who quickly convinced me that my skills could serve an even greater purpose by "Building Bridges to Optimism" via their Development Team. I enthusiastically came on board and today our team has built the best infrastructure in the world for assisting "The 30 Something and Under Audiences" with their emotional and physical needs.

"I've set my goals high and I'm not stopping 'til I'm there."

SO, what's on the horizon for me? ROGERS is phenomenal. No one could be better employed. I'm growing with the company – constantly upgrading my web development skills. In a field as technology,

where things change rapidly, one must be in a continuous motion so as to be that step ahead of the game. One of these days, I'll write about it ... the tricks that only an ardent advocate of this kind of science, could possibly know.

As for my private life – who knows! When one is young with a focus that envelops the growth of their career ... there's so little time for courting. In Hong Kong, my people first learn to climb financially, so when marriage and family become a part of your world, you can provide with ease. Ease – yes.

PROUDLY: Our E-Help CamPUS:
www.yesintl.com 

Info

HOBBIES:

Badminton and Tennis ... Go-Karting

NATIONALITY:

Chinese

5 YEAR CAREER GOAL:

To make more money.
Work harder. Play more.
Visit Japan, Italy, France.
Get married. Buy a new home.
Enjoy life to the fullest...
Not in any particular order!

Stethoscope 911

From San Francisco, on the Bay, but the gateway to the magnificent wine country of northern California, to the unspoiled splendor that is west Marin and to a Pacific Ocean coastline that rivals the best in the world.

Secret! The best time to visit is September and October. No fog and beautiful weather!

SO WHERE ARE WE ALL with understanding your risk for cardiovascular disease. The following is another segment of the Cardiovascular Risk Profile that will take you closer to a full understanding of your risk for heart disease. It requires only a direct answer. It is your life and only you will get you healthy and keep you there.



Men's Behavioral Cardiovascular Risk Profile
Overview of risk for heart Attack, Stroke, Diabetes and other Diseases

	Age	Personal History of Heart Disease	Smoking Habits	Resting ECG	Exercise ECG
Your Values					
Very Low	under 30	none	none	normal	negative
Low	30-39	over 5 yr ago	stopped	borderline	equivocal
Moderate	40-49	2-5 yr ago	1-10/day	abnormal	positive
High	50-65	1-2 yr ago	11-30/day		Suspected false + _____
Very High	65-80+	0-1 yr ago	30/day +		
	Stress	Family History of Heart Disease			
	very relaxed	none			
	slight tension	1 blood relative			
	mod tension	2 blood relatives			
	high tension	more than 2			
	very tense	aquired____ genetic____			

Women's Behavioral Cardiovascular Risk Profile
Overview of risk for heart Attack, Stroke, Diabetes and other Diseases

	Age	Personal History of Heart Disease	Smoking Habits	Resting ECG	Exercise ECG
Your Values					
Very Low	under 30	none	none	normal	negative
Low	30-39	over 5 yr ago	stopped	borderline	equivocal
Moderate	40-49	2-5 yr ago	1-10/day	abnormal	positive
High	50-65	1-2 yr ago	11-30/day		Suspected false + _____
Very High	65-80+	0-1 yr ago	30/day +		
	Stress	Family History of Heart Disease			
	very relaxed	none			
	slight tension	1 blood relative			
	mod tension	2 blood relatives			
	high tension	more than 2			
	very tense	aquired____ genetic____			

The question is: are very low fat diets necessary to one's best health interests? NO

From Lafayette, Louisiana – Ann-Nancy K. writes:

Q: Dr. B.

There is so much stuff on nutrition and weight loss. Very confusing! The experts say that we should ALL be on low fat diets. What are your thoughts?

A: Ann-Nancy, low fat diets have been recommended for a long time with initial thinking being that fat was causing much of the cardiovascular disease that existed. This went a step further when a number of individuals laid claim to a segment of the low fat diet curve - the Ornish Diet, the MacDougall Diet, the Pritikin Diet and so forth. These diets are on their way out!

Low fat diets, predictably, have always showed improvements. Were not many of these people moving drastically away from very poor eating habits ? away from huge intakes of fat ? making other lifestyle changes like exercising, managing stress and a concerted effort to reduce specific risk factors? Many would have had similar improvement without having been on these very difficult, severe fat reduction diets!

The question is: are very low fat diets necessary / to one's best health interests? NO.

Eliminate trans fats / diminish intake of saturated and hydrogenated fats. Bad fats GO!

Improve your intake of good fats - Omega-3 and the EFA's {essential fatty acids}. This means more cold water fish, olive oil, canola oil. I supplement my diet with a combination of fish oils {from the flesh not the liver}, fish liver, flaxseed oils, EFA products and evening primrose oils.

Do you want the membranes of the cells in your body to be made up of rigid poorly functioning saturated and trans fats or

of Omega-3 fats? For most of us, it is time for an oil change!

How close do we get by eating far less? The body is smart, real smart! Exercise regularly and effectively?

Ann-Nancy, keep in mind it often takes some months for changes to become evident.

From Reston, Virginia - Robert T. writes:

Q: Dr. B.

How do you feel about supplements? Most doctors appear to think doing so is a waste of money.

A: RT. I've been taking them for 20 years and believe we could call them complements. I suggest that everyone be on low dose aspirin {81 mgm}, Vitamin E 400 IU and folic acid 800mcgm each day. I also take Omega-3 fat supplements, Vitamin C {dose getting smaller}, and chromium which helps insulin work more effectively. Buyer beware ! of opportunists in this industry with claims for everything.

Major breakthroughs are occurring with antioxidants. We now know which foods have the most effective antioxidants and the highest nutrition content. And, don't forget to drink your green tea!

So, eat less, get your omega-3 fats, lots of veggies and fiber, take your supplements, exercise {be active} and have a great attitude about life.

The best of all physicians lives inside each of us.

Be well!

Dr. B.

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 prevention. He is presently working on two books: Inactivity: Modern Man's Major Health Risk and Prevention and Aging.

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

YES, VIRGINIA!

Come - Explore with Me

TRAVEL



By Audrey Lisette Hess-Eberle
Chicago, Illinois, USA

ECOTOURISM

LIFE'S GREAT EXPRESSION - BELIZE

Our world is becoming more ecology-minded and respectful in our protection of nature – something that indigenous cultures have long embraced. Thus, Ecotourism has been born – a new name for an old concept. Let's face it – nature, once gone, is gone forever.

Environmental specialty tour-operators render you access to greater appreciation of wildlife habitats, with insightful comprehension to those very balances needing protection – our world of awe and wonder.

The United Nations has designated 2002 as the 'International Year of Ecotourism', with events throughout the world, including 'Earth Summit' which is scheduled in Johannesburg, South Africa this September.

Let's focus on a country at the cutting edge of the ecotourism phenomena – a country of rainforests, reefs and ruins – Belize.

Tucked into the corner of Mexico's Yucatan Peninsula in Central America, Belize has known a colorful past from the ingenious Mayan culture, high-seas pirates, to a current stable government that promotes its natural resources. Divers were amongst the first tourists to discover this tropical paradise with the



world's oldest, second largest Barrier Reef and more than 200 offshore islands, or cays. You can explore these tiny islands and Reef by Sea Kayaking and camping along their white sandy beaches. Cays provide shelter and rookeries to bird species, like White Ibis, Frigatebirds, Red-footed Boobies. Snorkel or dive amongst mangrove forests and 'shelves' of the Reef – home to hundreds of species of

**Environmental
specialty tour
operators render you
access to greater
appreciation of
wildlife habitats**

fish, corals and sponges. Some of the best mangrove snorkeling is off Little Water Island. Queen Cayes may be the most beautiful with its white beaches and palm trees. 'Jaguar Reef Lodge' is located on one of the finest beaches south of Dangriga, close to Jaguar Preserve. 'Victoria House', a small colonial-style resort, is located on Ambergris Caye, a short biking distance to San Pedro town with quaint shops and restaurants.

Primates like Howler Monkeys and Jaguars abound in the diverse interior of primary and secondary rainforests, mangrove swamps, cool mountains, and savannah-like grasslands. At the foothills of Maya Mountains, 'Pook's Hill Lodge' borders the 6,800-acre Tapir Mountain Nature Reserve. Here, you can encounter exotic birds like red-lored Parrot, Keel-billed Toucans and Jabiru Storks. 'Lamanai Outpost Lodge' offers comfortable cabanas perched on a bluff overlooking the New River Lagoon and Maya ruins of Lamanai. All – a true paradise for naturalists.

The only literate pre-Columbian people in the Americas, the Maya, whose decline is still shrouded in mystery, developed hieroglyphic writings and accurate calendar and sophisticated agricultural techniques. Belize has been called the "Maya Heartland", the trade route through which they traveled from great cities like Tikal in Guatemala in their passage to the sea for ritualistic items like shells, corals and pearls, to trade with the interior tribes for spices and medicine. Numerous ruins like the 135-foot pyramid of Xunantunich offer a study of a culture from which we have yet much to learn. 'Tikal Inn', a traditional Spanish-



style lodge, is on the edge of the jungle and minutes from the center of Maya ruins.

Belize, a country to be treasured, will give you a chance to step back into realizing a forgotten past in tune with nature – a present worth saving.

*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



Belize, a country to be treasured, will give you a chance to step back into realizing a forgotten past in tune with nature

and your relationship to the world, which is everywhere you walk. We all have different reasons as to why we are attracted to a particular place – and my suggestion is that you don't limit yourself.

Your travel life can stop by the mere thought of "I can't", or it can start with the thought of "I can, and will find my way". In the coming months, we will cover the many aspects of travel. We will consider everything from practicality to reclusive escapes. 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.

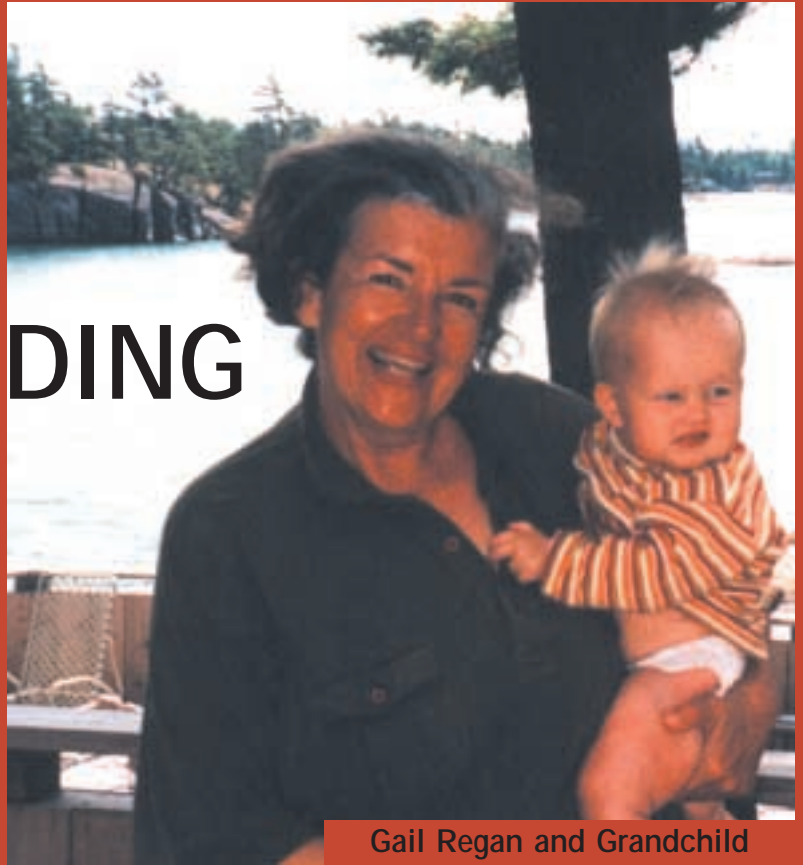


[click for Audrey](#)

By
Gail Regan

Vice Chair – CARA OPERATIONS
Toronto - Canada

UNDERSTANDING EVIL



Gail Regan and Grandchild



In 1883, my great grandfather founded a large Canadian foodservice firm, which my family still owns. Although I have lived a sheltered and prosperous life, the world's unnecessary suffering - its poverty, violence, taking advantage, oppression and loneliness - distress me in a personal way. Gradually, I began to realize that business life involves a kind of suffering too - there are setbacks even in successful business, setbacks such as lost contracts, lack of commitment to the enterprise, failed projects, difficult successions, misplaced ambition.

One day I had the insight that virtually none of the suffering of successful business happens when people are bad and cheat. Virtually all of the difficulties occur when appealing ideas are implemented and have negative consequences. Through the study of social science and management science, I then discovered that in fact most of the world's unnecessary suffering happens

because evil ideas are implemented - not because people are bad and sinful. Most of poverty, violence, taking advantage, oppression and loneliness occur because people believe in dysfunctional ideas and implement them, not because they engage in deviant behavior.

Even personal suffering such as anorexia, addiction, excess conformity, rigidity and rejection results from the forces of evil. Because we think we are victims of the forces of bad and do not understand that actually we are victims and perpetrators of the forces of evil, we tend to over-estimate the forces of bad and under-estimate the forces of evil. This lets evil hide and get stronger.

I decided that the best way to conquer evil is to learn to find and classify it. I wrote a book *The Evil Governor* that explains five forces of evil, five dysfunctional ideals that when implemented cause suffering. Then I commissioned a businessman, Jon

Kieran, to write a story about a mythical family, the Chapmans, that illustrates the forces. These are available at the website: www.EvilGovernor.com. For JO LEE magazine, I have written a very short story "The special antler" that illustrates the forces and provides codes for classifying them.

FACTOR 1: SYNDROME MIXING

Is a force of evil discovered by urban geographer Jane Jacobs. It refers to an inappropriate relationship between government and economy. Syndrome mixing is justified by the problems of economic depression, so I symbolize it with the color **blue**. I have chosen the mosquito as its icon, for syndrome mixing is the biggest cause of the world's poverty and mosquitoes are Canada's most irritating pest.



FACTOR 2: NARCISSIM-PARANOIA

Is a force of evil found by psychoanalysts. Narcissism means creating a false self and paranoia is the projection of rejected parts of the real self onto others. Narcissism involves making oneself special, so I have chosen **purple** as its color and the zebra mussel as its icon, for the zebra mussel has a purple hue and, like narcissism, is prolific and harmful.



FACTOR 3: ALIGNMENT

Political scientists and sociologists have found that people with a shared interest tend to associate, develop an ideology that justifies their role and then take advantage, often of the clients they started off to serve. I have called this process 'alignment.' I symbolize it with the color **green**, for there are always financial vested interests behind align-



ments and green is the color of money. Poison ivy is the icon, for it is a harmful plant and quite prevalent in Canada.

FACTOR 4: PATRIARCHY

Historians, psychoanalysts and feminists have found a tendency to over-value masculinity and under-value femininity. This pattern, common to virtually all human societies, oppresses women directly and both genders indirectly, for it prevents access to the nurturant and soulful parts of the self. **Gold** is the color of royalty, so I chose it to symbolize patriarchy. The roach, an ancient Egyptian symbol and a Canadian pest, is the icon.



FACTOR 5: GENES

Evolutionary psychologists have found that the human genetic script programs both sexual fidelity and sexual opportunism. While much of civilization builds on the human tendency to be faithful and bond, some organizations may develop a culture that values perks, status and sexual opportunity, causing betrayal between the genders and loneliness. I have chosen red for this force of evil because red is the color of romantic love and sexuality. The icon is the snake, because of the biblical meaning and because snakes, occasionally dangerous, frighten Canadians.



The following story color codes the forces of evil, using the icons to refer you to readings from The Evil Governor dialogues. Then you are given a choice of icons to test your knowledge and a problem to solve. The story teaches how to classify evil, a skill which you can use to empower your own life and improve society.

THE SPECIAL ANTLER – A STORY ABOUT DEER

Assume that a grandson from the story

The Evil Governor discovers that, when harvested live, antlers of elderly male deer who have been fed apples developed by grandmother Chapman produce a medicine that cures Type II diabetes. The story takes place 200 years from now.

Magnus, an adolescent male deer, woke up early and went to the pond to drink water and to examine his antlers, which were considerably bigger than those of his peers.



Also, he liked to look at the fish. In Magnus' view, fish - who lived in water, in the dark, communally and spent the day swimming in schools - embodied everything he was not. Magnus despised fish, yet was fascinated by them.



As is the habit of deer, Magnus no longer lived with his family, but he missed his mother and decided to visit. That early morning, he found his younger brother Pushy, a sleek, fat young deer, already suckling. His little sister Patience, very thin, almost gaunt, was still asleep.



"How goes thou, Mother Cassandra?" asked Magnus. "Alright, son. Although I worry about the cancellation of scruffles." {Scruffles was a game for very young male deer, where they would lock heads and butt each other.}



Cassandra continued, "Pushy loved it and he will be so cross without it - I don't know if I will be able to handle him. I hope the elders are right, that scruffles risks antler growth. It seems to me it did no harm." "Mom", Magnus said, "I don't understand deer life. Why are there elders? Why do young deer have an urge to play scruffles? What right do elders have to stop them? And why are antlers so important?" Cassandra answered: Magnus, it's historical. You see, in ancient times, there used to be predators - fierce dog-like things that ran in packs and big cats that lived outdoors like us.

But we deer learned to fight them off. There was the First Wolf War, a terrible thing that killed a generation of young bucks like you. Afterwards, there was a second war against all our enemies and this one was successful. Predation stopped. {Cassandra did not know that it was the commercial value of antlers that had caused Canadians to exterminate wolves, cougar and bear, thereby ending attacks on deer.} Who knows when wolves will come back? Or those big cougar cats? Or the monstrous bear? That's why deer have to be organized, with elders in charge, in case predators return. Wars were terrible - I hope they never happen again. Being ready for them may not stop them, but at least it's doing something, so the idea of war is not so frightening.

Now I know it has been a long time - my great grandmother was the last creature in our family to see a wolf. Although they may no longer exist, the idea of wolves is still mesmerizing. Don't you love the wolf ceremony, when the young bucks grunt and march in a circle? You went in it yourself last year. And the rituals give us a chance to get together. Our family is so large and spread out, with so many branches. We wouldn't see each other except for wolf ceremony.



Scruffles has a long history too - for sometimes it inspired baby deer to try to be alpha. In the old days, deer did not pair off like they do nowadays. One strong male deer, the alpha male, would fight off the other males and take many female partners. Most males lived alone and never had children. Sometimes a young female would become attracted to one of

these lonely ones, but the other deer would chide her to have strong children and give him up. Strong bucks could challenge the alpha - sometimes they got themselves killed, but sometimes they won and got all his partners. The stories I've heard of these times make it sound really fun. The fights were thrilling to watch. And the parties and feasts for the

winners were fabulous. Also the ladies liked to show off their alpha, so there was lots of grooming and strutting, fashion shows, races and parades. Life was elegant then.

But of course fighting hurt the antlers. It had to stop.

** Readers should now begin to code by choosing the correct icon. Answers are at the end of the article.

Pushy stopped suckling. "Mom, when is scuffles?" he asked. Cassandra replied "Scruffles is canceled."



Just then, Patience woke up and gently approached her mother. She suckled for a few seconds, but there was no milk so she walked away.



Patience began to think of last year's wolf ceremony. The circling, stomping and grunting had been magnificent and the ceremony did address the issue of wolves, who apparently had been a terrible threat in the old days. But Patience knew that wolves were long dead and her hunger real. Patience wondered whether she could endure her life, or whether life would be taken from her because she was underfed and perhaps unable to bear offspring safely.



Patience gazed at Magnus, admiring his antlers. Magnus met her gaze and felt sorry for her. For some reason, he thought of fish - the schools of slimy, mean-looking fish that lived in the dark waters of the pond. "It's their fault," he thought to himself. "Something slimy, dark and collective is causing Patience to be so thin and worried."



His thoughts turned to the stories of the old days, when there were fights and

alpha deer. He thought of his big antlers and wondered how he would have done in the fights. Magnus wondered if in those times he would have been alpha and able to have a large harem. He fantasized that his partners would all have been fat.



Pushy looked at Magnus, Patience and Cassandra. He told them of how he had just dreamt that deer could be part of nature. Now deer were connected to people through the Chapman apples, but the apples were given for a reason, a reason to do with people, not deer. He talked of the suffering of deer - not from predation, as in the old days, but the suffering now from the habits of deer society: the boredom of life without scruffles, how thin Patience was, so many baby deer being raised by their grandmothers because their mothers had died giving birth, how discouraging it was to think of the future, a future that involved putting one's partner at risk in order to have offspring. He said, "We are alone now, outside of nature, because the Chapman apples have given us special antlers. But how can we go back? There are millions upon millions of us now, way more than in the old days when we had to fend for ourselves. Yet how can we go forward when there is all this suffering?"



ANSWERS ...

MOSQUITO - Syndrome Mixing



Scruffles is a voluntary activity for the amusement of very young male deer. Its cancellation is an intrusion of guardian authority into commercial life.

ROACH - Patriarchy



Females are oppressed.

POISON IVY - Alignment



A ceremony built around remembered fear has reinforced ties between elders, bucks and family visiting. This alignment has the effect of taking advantage of young female deer, who are not included and whose problems are not acknowledged.


ZEBRA MUSSEL - Paranoia



Magnus has projected what he is not onto fish. Being narcissistic, having false pride in his attributes, he is now blaming fish. This is the mechanism that breeds genocidal violence.

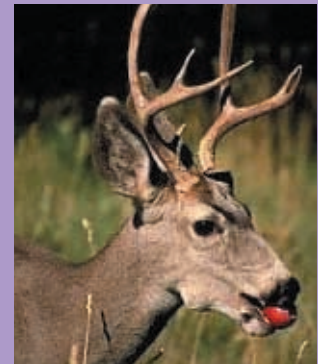
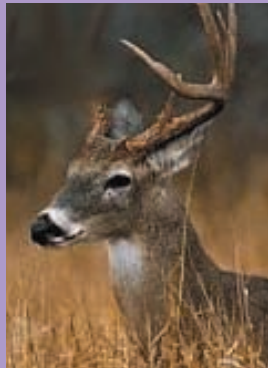
SNAKE - Genetic Script



Magnus idealizes a society based on sexual opportunism. 

Assume you are a leader deer:

Describe what you would do to improve deer life. Options that you might consider are: deregulating scruffles, reducing preoccupation with antlers, changing the wolf ceremony, ending the semi-starvation of female deer, reviving some of the alpha customs. Identify which factor of evil your proposed change addresses and how the change would impact on deer society. Please e-mail your answers to: gail@evilgovernor.com. Thank you for studying the forces of evil.



*Gail Regan is vice-chair of Cara Operations, Canada's largest diversified food service firm. In the community, she chairs Energy Probe Research Foundation and Friends of Women's College Hospital. She is a member of the Canadian Association of Family Enterprise, the Family Firm Institute and the Strategic Leadership Forum. Before she joined her family business in 1982, Gail was a high school and then graduate school instructor. She has a Ph.d. in educational theory and an M.B.A. in finance. Her background in sociology and her personal experience of business have given her an intellectual interest in the problem of evil. As a teacher, she wants to share her ideas. Gail has been married for nearly forty years. She has four children and seven grandchildren.

Chill.



chillatte™

Frozen Espresso Blender Sensations

Buy one of our three NEW Chillatte flavours and get a free BLOCKBUSTER™ treat. Visit secondcup.com for details.





GOOD MANNERS

NOTHING IS MORE IMPORTANT

By
JO LEE Magazine
New York / San Francisco /
Toronto / London



I was complaining -- not too long ago -- about the bad manners of a friend of one of my sons. He was trying to explain why so many of the rude and inconsiderate things this person did were disturbing to me. "You don't understand," my son said sympathetically,

"she's just up front with her emotions."

I paused, amused. "They invented something for that," I answered. "Many, many years ago." He looked at me, curiously. "Manners" I told him.

A system of manners is the cultural blueprint of what it takes to live a successful life in a difficult world with the least amount of pain and bloodshed. Good manners are not arrived at arbitrarily. They are created by trial and error, by noting which actions lead to resentment and/or reprisals and which to warm feelings and good wishes.

I was talking to KY about this. She agrees. "There is no excuse," she said, "for talking

in a movie theater... ignoring the "please/thank you" basics... not respecting/listening to/offering seats to elders... engaging in a variety of cell-phone infractions... or serving yourself before offering to others."

"Hmm," I thought. I tried to remember the last time KY ate chez moi. I hoped I'd served her first. And I agreed with her about everything but talking in movies. That seems to be a cultural thing. In movie houses populated by several North Americans today, talking is the rule. It is expected - - almost mandatory.

It adds to the fun. If you don't participate verbally, you simply haven't done your share. Something similar is true of another cultural group -- the cultists who go regularly to "The Rocky Horror Picture Show." So, it seems to me that while some manners are universal and absolute, some are local and relative.

For example, it is bad manners to cut into

a line. And anyone who cuts into a line is -- at least for the moment -- a bad person. You are a bad person for cutting into a line because you are doing something that is imitated by everyone -- it would result in the end of the very sensible and useful function of lines. And in most civilized countries, we want and use lines. Yet, cutting in line is not -- or was not -- an accepted cultural standard in Chad during

"We are all born charming, fresh, and spontaneous and must be civilized before we are fit to participate in society."

-Judith Martin "Miss Manners"

the 1970s. I know, because I was there. If you wanted to withdraw money from your bank account, you had to push your way into a crowd that had massed in front of the bank teller's window. By jostling and shoving, you'd eventually make your way to the teller. But if you merely waited on what you thought was a line, you'd wait all day. I was once able, for example, to cash a check quickly in Chad by simply shouting my request to the assembled mob -- which responded by passing my checkbook and then the money hand-to-hand above their heads ...much

like the way you buy a hot dog at a ballpark in New York.

So, no, I don't believe in absolute manners.

But I do believe absolutely in manners.

Give yourself this Good Manners test

See how strongly you find yourself identifying with the following comments.

1. **If I'm in a rush, I don't have any trouble cutting into a line.**
2. **I see nothing wrong with farting or belching at the dinner table.**
3. **Forks and knives -- chopsticks too -- are merely tools to assist nature's finest cutlery: the fingers.**
4. **It's such a bother to get out of the car and go up to the doorbell. I'd rather just honk the horn till she looks out.**
5. **If my spouse can't wait an extra half-hour while I change my outfit for the 16th time, screw him and his insensitivity.**
6. **A good way to get a bartender's attention is to shout: YOU!**
7. **When you are introduced to someone who couldn't possibly do you any good, it's a good idea to give them the coldest shoulder possible.**

How did you do?

How many of these comments do you agree with?

If you scored a perfect '7' {you completely disagree with all of the comments}, consider yourself an amazingly interesting person. If you scored between '3' and '7,' you may not know it but almost nobody that you like, likes you. If you scored low on this test {less than one}, suggest you buy the book on good manners!

BAD MANNERS ARE A NATIONAL PROBLEM THAT SEEMS TO BE GETTING WORSE



Four out of five North Americans believe bad manners is 'a serious national problem,' according to a recently released study by Public Agenda.

Three out of four North Americans believe things used to be better and more than half say they often encounter the following offenses:

BAD MANNERS ARE A NATIONAL PROBLEM THAT SEEMS TO BE GETTING WORSE

- Reckless and aggressive driving
- Parents shouting at children's sports coaches
- Computerized phone-answering messages

IT'S GOOD TO KNOW ABOUT TABLE MANNERS

IT TELLS WHO 'YOU' ARE WHEN YOU FIRST ARE SEATED AT A TABLE

Immediately place the napkin on your lap – folded side down.

Keep your arms and elbows 'off' the table.

CUTTING YOUR FOOD

"In the past two weeks," Mike Palmer tells me, "I've had dinner with two people I thought were sophisticated. But they both held their forks like they might hold a ski pole. Cutting your food is such a simple thing – but it makes you look like a complete goon if you do it incorrectly."

O.K. HERE'S HOW IT'S DONE

The knife is held in the right {and usually stronger} hand. The fork, facing downward / upside down, in the left hand. The second finger, steadies the fork handle in your left hand and ... the second finger, steadies the knife handle in your right hand - as you cut. Once cut - place the food {fork still upside down in left hand} into your mouth. Repeat for the next cut. When you wish to pause and enjoy food on yet another plate at your place-setting – or to sip a beverage - place the knife {upside down} and the fork, in a 'V' position on your plate.

Hands are always placed in your lap when not eating or drinking.

Use table napkin to dab your mouth gently, from time-to-time. Return the napkin to your lap and begin the process again.

When you're finished, leave your utensils on your plate -- not on the table. The knife and fork {upside down} are placed 'together' in a vertical direction, in the middle of your place. This, tells the waiter, you are completed.

Remove napkin from your lap. With two fingers - find the middle of napkin, drape it and place it along the left side of your plate, on the cloth.

Don't ever stack plates on top of each other and hand to waiter. Once you're through dining - your place setting should look as close to the way it did, as when you were first seated.

This routine will not only impress your dinner companions ... but it too, will travel miles in promoting you to BIGGER things!

THE HOUSE

By Sue K. Wallingford Fayston, Vermont, USA



The house sits very close to Route 100 in Vermont. Route 100 is a two-lane country road running north and south through little towns in Central USA Vermont.

She looks like she was a proud little house over looking well-plowed fields. She was built at time with kitchen fixtures that are now returning as chic.

I sit in my Jeep looking at her, trying to feel her spirit. Sadly, her heart has been torn out and she is just trying to stay standing up. There is a lurch to her back-side that has the pantry wall collapsed. She is showing to the world her pale blue pantry drawers with handles of half round metal that you could put your hand in, to pull. These are popular now - trying to recreate the past. Her siding had been replaced when yellow asbestos was in fashion.

She has no barn, no garage, nothing to say what her function was in her day. Sometimes I stop, get out, and walk around her with a strong urge to make her OK again. This urge comes from a life wanting to make things OK for my family. Did she have a big family to take care of?

She looks like she has many small rooms. The chimney is crumbling - how many fires has it held to heat the family? At the back of the house there is a hill that comes down very close to her, with paths that cows have made. Even now they pay no attention to the house. When the wind blows, I can see the rustling of the gray tattered lace curtains move as if someone was peaking out to view the world. Someone old and very frail, maybe grandparents of the current owner. Maybe someone still loves her because they haven't torn her down.

She is lonely. Loneliness I understand. When we were young, there was sickness

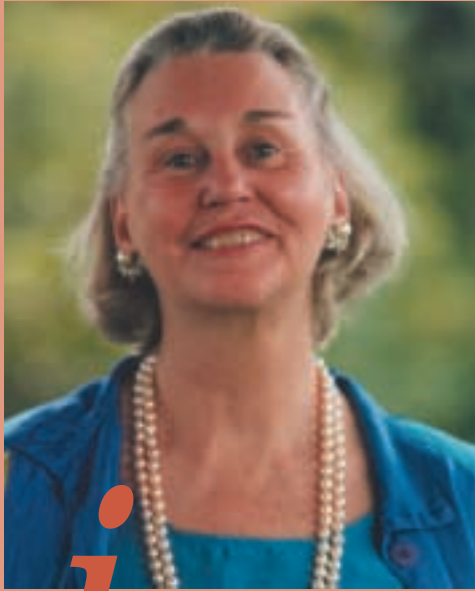
in our house and we were unable to play with other children.

On one side of her, down the road, is a red house called SNO-BOLL. It looks well kept. On her other side is a pretty house with a long driveway.

In the summer, when all is green and the valley teems with activity and growing crops, she is almost hidden by the brush that surrounds her. Only her front face shows as the town keeps the brush down beside the road. The spring, I feel, is her favorite time because all the brush is full of color wild roses, Queen Ann's lace, buttercups, poppies hugging her, giving her hope.



BACK: LINDSAY / TURNER / JAMIE / KENDALL / BROOKS FRONT: BELINDA / SUE K.



About the author

Suki Wallingford was born third into a family consisting of an older father, a young mother, a brother and sister. Her father was not only a well-known lawyer but also a theatre builder and owner.

His theatre was at 50th street and Broadway in New York City. Built in 1918 at a cost of 1 million dollars, this 5,000 seat facility was the first major theater built north of 14th street. Atop the theatre, in his combination office and apartment, one could go from a hidden stairway in the library, down some scary steps, into a private room at the back of the balcony - open a window and view the stage show and/or movie. Bing Crosby met Bob Hope for the first time - on the stage of this Capitol theatre.

Suki first married at a very young age and went to live at Yale while her husband finished school. They moved to Utica, in upper New York State, to join his family business and had 4 children. She returned to NYC, remarried, had 2 more children and embarked on a career doing television commercials. Suki divorced a second time, moved to the Berkshires in Massachusetts to become a real-estate broker. Yet again, Suki fell in love and remarried for the 3rd time and left with her new life, for California eventually becoming involved with the travel business. She has traveled a good part of the world to places that are no longer safe to go ... but in mind only.

Suki returned to the East Coast beauty of Vermont and to a great house that can fold in as many children and friends as needed. The land has 42 acres with a spring fed pond, fields and a view of the mountains. The return to the east - is to better appreciate the closeness of her 6 children and 11 grand children.

As for long-range plans - swimming, tennis, entertaining, travel, writing have become Suki's passions of the day.

in this part of Vermont, there are no addresses. When in trouble, one would simply describe the surrounding area and help would recognize where it is. How was this house described?

In these four years I've lived in Vermont, this is the fourth house I have watched slowly die. My only hope is that it was loved at its time - with its lace curtains starched crisp white, its back pantry filled to the brim with homegrown preserves, jams vegetables and fruits. It is no longer safe to go inside.

Dying for some is very quick, no thought. For others it is long, painful and full of doubt. When surrounded by love, the process is easier. To burn, is not a good solution because it leaves such a scar on the landscape, until nature can cover it up.

I would like to take her down, board by board, and rebuild her in a new image. Recycle her parts. Gently touch that which is old and reclaim her beauty. In dying, we can hope that the succeeding generation will take us apart and refashion us in their image. Use what they can and only then take us apart and discard the broken shell.

Yesterday I drove by, the house gone, just a yellow tractor in her place. Let it be known that one of her friends mourns her passing.



HALFTIME

By James Mansell, Montreal - Quebec

THE FUN? OF STIMULANTS

Hi folks!

I Predict ... Athletes will become more dependant on pharmaceuticals than sex !

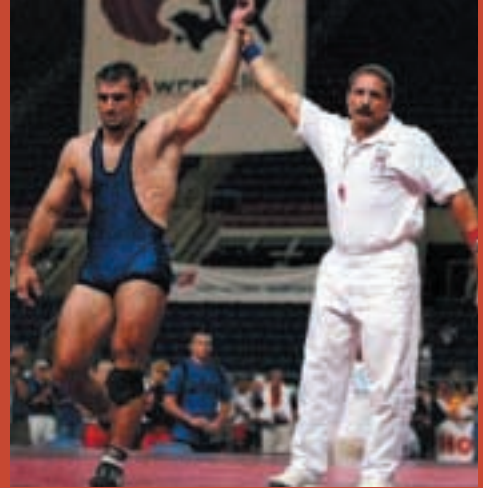
What do you suppose the most sought after façade in the world of sports is, today?

What do you know about EPHEDRINE !

Welcome to the Sports Section!

Our talk about HOT issues continues / HOT current ethical issues ... and I draw your mind to those downers that stimulate to enhance performance.





Ephedrine is a stimulant derived from an Asiatic shrub named Ma Huang

Athletes love them.

Two months ago – The National Football League began testing for the use of Ephedrine. A serious step forward for professional sport. We know that athletes in every major sport have been using these for years – giving boosts of energy – lasting for several hours / relaxing the bronchial tubes / and reducing the speed of their hearts so as to perform at a better level. But at what expense?

Ephedrine is a stimulant derived from an Asiatic shrub named Ma Huang ... thus, called 'Natural'. It can harm / kill those who use it!

It's synthetic form is found in Sudafed / Actifed and in weight loss / appetite suppression pills and over the counter nasal decongestants.

Millions consume these with horrific side effects! Heart attack, stroke, heart palpitation, fever, vomiting, psychosis. Imagine the epidemic this could lead to as the numbers grow.

Whether in physical shape or not ... this kills.

Let's use golf as an example. If you're not Tiger Woods or in the top ranking 50 on the PGA, you're struggling every week to make the cut. Every golfer is looking for an edge to lower his score. Why, a couple

of strokes here and there could make them a few thousand dollars every week and might be the difference between the PGA and the buy.com tour.

That in mind, how tempting would it be to pop a pill to lower your heart rate on that impossible putt on the eighteenth hole?

Slowing the heart down or speeding it up! Would you go that far? If you enjoy 'the lift' a good cup of coffee gives – you probably would. We don't always care about tomorrow – when today arrives ... especially when we convince ourselves we're "doing it for the crowd or the team".

Question Of the month: How do we control 'The Natural' Supplements?

OUTSTANDING PERSONALITY SPIN – ED BURKE

- Olympian: 1964 Tokyo, 1968 Mexico, 1984 Los Angeles
- American Record, (Hammer Throw) 1967-1981
- World Ranking 1st 1967
- Special Olympics Chairman, 1985
- Board of Directors: USOC 1989-present
- Boy Scouts of America, National Council Member
- Owner Los Gatos, California Athletic Club

Answer: To control 'The Natural' supplements, the IOC and the USOC have taken a strong stance against performance enhancing substances. Countries not complying are not included in forthcoming competitions. Testing blood and urine is now common. Consequently, cheaters are becoming fewer and increased technology is leveling the playing field.

However, the article infers that if you "get a lift from a cup of coffee" you will take ephedrine and other stimulants.

Criticism and control should be directed against pharmaceutical companies manufacturing the drugs. Pharmaceuticals such as CIBA, Eli Lilly, and Genentech can control their legitimate production and it is immoral for them to overproduce their drugs ... knowing they'll be an 'attractive enhancement'! It should be illegal. Be inspired by the higher ideals espoused in the Olympic oath. Take aim at the core of the problem.

Next month
The worst uniforms in sport. 

To Write James:

[Click Here](#)

THRU THE EYES OF JO LEE

celebrating beauty



My GOLFER'S LUNCH for two

Hello dear friends. How many times have 'you' been aroused to the passion of life on the green? The imagery of a still crisp morning, the dew snuggling against each glistening blade of grass – as the sun steadily climbs into the azure blue skies, the air, the game, the camaraderie and 'you' exclaiming: 'life is a wondrous gift.' What other occasion would entice you to rise with the crack of dawn ... and greet the day with the songs of birds? Now it is time to gather your clubs and set out to once again attempt to perfect that magical swing for a hole in one. And when the morning has come to an end - whatever you do – don't second-guess 'what should have happened' to that elusive ball - as it flew with a mind of its own ... landing in a lavender-patch, for you to fret over.

"A thing of beauty is a joy forever,"

~John Keats



Rather ~ do come with me and reenact those shots. If only, if only.

Thru the montage of my life - I continue this August with my 'Golfer's Lunch for two'. You have to admit ... it's quite splendid - and one I've replicated many times over.

Bob Hope once said that he was on the road so much that his wife, Dolores, had the towels in their bath marked "Hers" and "Welcome Traveler." When the grand master of the topical wisecrack and universally loved veteran of countless films, radio programs, TV shows, and personal appearances was not delighting audiences with his songs, patter, and eccentric dancing, he was probably playing golf.

Here on the terrace that overlooks the private fairway of Mr. Hope's Palm Springs home, he takes time off for lunch after a morning's sport.

The simple wicker and glass table is set with 'Carnation' earthenware plates and Tiffany's 'Hampton' flat silver. There are crystal 'Bamboo' mugs for iced tea from an Adolf Loos-designed crystal pitcher. A

trompe l'oeil pottery cabbage holds citrus fruit. Most inviting!

The Hopes' terrace takes full advantage of all the Southern California mountains'

It's these moments that serve as vignettes on a cloudy day

panoramic beauty - and before you know it - pallets will have been renewed, once again.

The title of my luncheon scene is most definitely "Valleys not Streams" ... and how it turns out - is anyone's guess until the end of the last course.

Remember ~ to create an atmosphere that captures and titillates all our senses - is like the art of painting. It's the love, the passion, the creativity that motivates the artist to serve a masterpiece that will be a compliment to herself/himself as well as to the guests. Take the beauty of those around your table and see it reflected in the shimmering crystal and exotic bouquets. For it's these moments that serve as vignettes on a cloudy day or when we search for a memorable dream when friends are not able to be near during a special time or place.

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





THIN'K'ERS CORNER

LEAD THIN'K'ER – Carolyn Young

Fabulous summer continues! It can only mean one thing. The Thin'K'ers are out and about in the city of Toronto – Canada having oodles of fun revving up the E-Help CampUS at YES!

For those living in other parts of the world – we felt you'd love to 'come along with us' on one of our outings. We're heading to the waterfront

Here we go...

REVVING OURSELVES

It's 7:00 PM on a balmy Saturday evening and we're off to find the busiest spot – to perform in a heated dialogue. The issue? What's affecting the '30 something and under audiences' around the world, this day. Typically, we have cute little folding chairs thrown over our arms but sometimes ... we just make do with what we got. Me / Nelson / Emily / Tarik.

WHAT ???

You've never seen four Thin'K'ers hanging around on top of a monument? Quick, take the picture before we're asked to get off this thing.

STRIKING A POSE

Is something we can't do without most of us cracking up. This comes waay too easy to Nelson. The 'pre-spin' calm J.

THESE GLORIOUS FLOWERS ...

No, we Thin'K'ers don't just pose for pics. Although, sometimes it feels that way. Our spins before live audiences are so energized – that the 'calm before the CRAZZINESS' adds wisdom to the soul.



STOP !

We were crossing the street when Jo Lee said: "Stop! We're taking a photo here". With only 20 minutes to go to curtain time – the waterfront is getting closer.


IT'S A BIRD ...

It's a Plane ... It's someone who needs to hear our Spin! We're now only 2 minutes away. The breeze from Lake Ontario's water is warm and exciting and as we approach the masses of tourists in every possible direction – the sailboats at the Yacht Club beyond, beckon we '4' to begin: Our mood 'flips' into extraverted mode and: "a 1, a 2, a 1-2-3 ... we're from YES!" and for the next 1 hour, we debate, we kid, we get people gathering all around wondering if we've 'lost it'. But we haven't. And by the time we're through – hundreds know they can get Quick / Free / Help at the CampUS.

AND THE DAY COMES TO A CLOSE

Trying to get our rides home ... at least I was. Tarik is having a strip ripped off him by some girl / Emily is getting the latest gossip on her circle of friends and / Nelson is checking out some beauty on the other side of the street. Aaaahhh. Just another day in the lives of the Thin'K'ers.

Be sure to check us out. We're in various venues around the city

Until next month ... get help at the Campus ... and let us know if there're topics YOU want in there too. **SEE YA !** 

Politically Red

Mustafa

A Palestinian Hero



Lani Silver

I use to meet hero's everyday in my old job. I was the director of a Holocaust oral history project for sixteen years, and was proud to count the following people as my close friends: Knyd Dyby who helped save many of the 1600 Jews who were ferried across the sea to Sweden by the Danes; Yukiko Sugihara who with her husband Chiune issued 4,000 to 6,000 visas to Polish Jews in Lithuania; David Apfelbaum, the owner of David's Deli in San Francisco who was a resistance fighter; and Mira Shelub, a partisan, who blew up bridges. I am a lucky person to know these people. My project interviewed 1700 Holocaust survivors, resistance fighters, partisans, rescuers and witnesses.

Over the past years I got to know someone else who has a lot of courage, and his pseudonym is Mustafa. He's a Palestinian grocer who has a store in the neighborhood where my office use to be. I think about him all the time. I miss him.

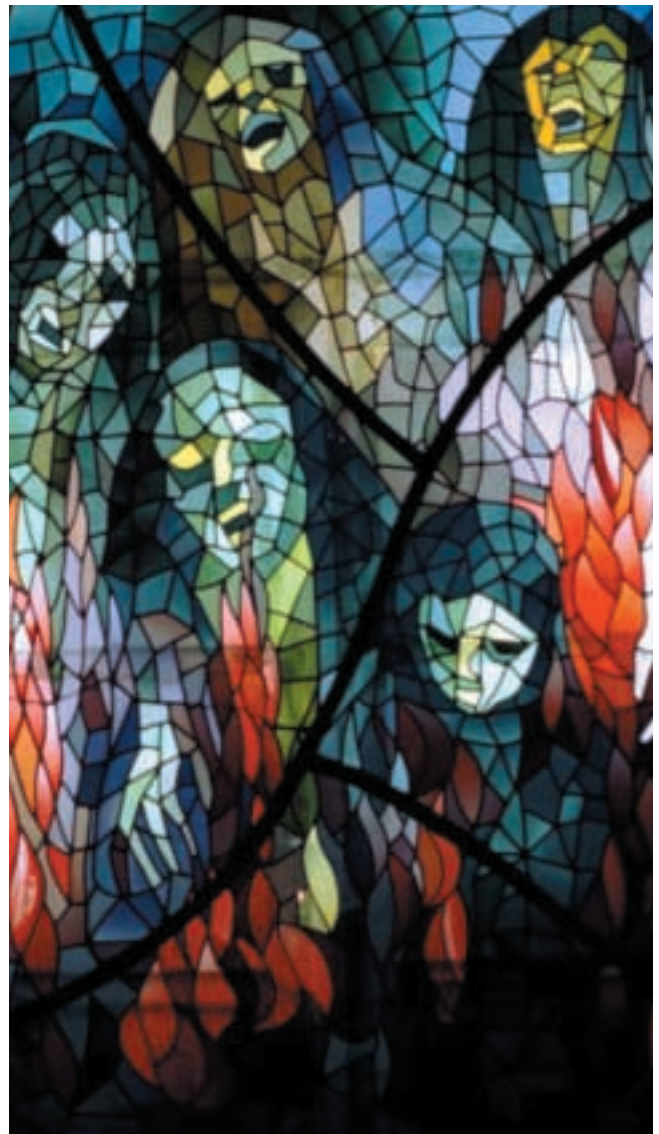
My Holocaust Oral History Project, had its 15th year anniversary party a few years ago.

When buying the newspaper one day, I invited Mustafa and his wife to come to our party. Never in a million years did I expect they would accept.

But they did! Actually Mustafa brought his two sons with him. His wife wouldn't come.

I didn't see Mustafa in the audience that night; I was blind with fear, with so many things to do. There were 300 people with two dozen speeches by survivors, witnesses and friends.

Mustafa greeted me with a smile. This man put aside fifty years of hatred and anger to come to a program where he knew he'd



continued...


hear Holocaust survivors and project volunteers talk about Auschwitz, Dachau and Treblinka. Mustafa and his sons heard, in detail about the gas chambers, the torture, and the hunger. It was so brave of him to come. He must have known he'd be the only Palestinian there.

What might have surprised Mustafa that night – was that so many of our guests and speakers were black, Chinese and Japanese American – with our biggest award going to a 16 year old African American young man, Kieran Cox, who had ripped down a display of a big swastika from the walls of his school.

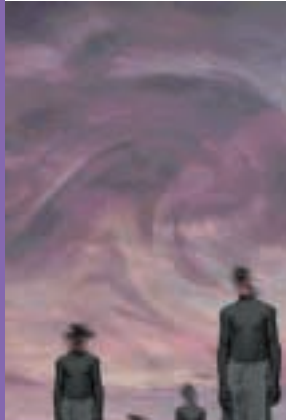
I've long felt that Palestinians are a heartfelt people. I've long felt that we must support a Palestinian State and Israel. I feel that Israel must give back the settlements.

Mustafa has opened his heart and tried to open his children's minds. He's done something very special. He stepped into a synagogue.

A lot of the time I think that peace in the Middle East is just a dream. But other times, I want it so much - I believe if we all put our minds to it - we could solve this seemingly unsolvable problem. "With love and justice we can achieve peace." MUSTAFA

If the Mustafas of the world can go to a party in a synagogue: 'can't Mr. Sharon and Mr. Arafat take that one step too!' 

I've long felt that we must support a Palestinian State and Israel. I feel that Israel must give back the settlements.



** Lani Silver - 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." Lani became Steven Spielberg's first consultant and trainer for his Survivors of the Shoah Visual History Foundation. 53,000 testimonies. Lani is currently the Project Director for the James Byrd Jr. Racism Oral History Project. byrdfound@juno.com

To write Lani – [Click Here](#)

A...Z z z z zY... Need HELP? Come to the CamPUS QUICK \ FREE!

A...Z z z z z Y ... Need HELP ? Come to the CamPUS QUICK \ FREE!

Did you know ? Dysfunctional families know: no color, no creed, no religion, they span every corner of the globe, with children being the unfortunate victims. Dysfunctional families are growing at an alarming rate. Lets do something about it.

Visit: www.yesintl.com The E-Help CamPUS will answer / solve whatever questions / problems you may

be facing yourself or with loved ones.

CRAZzY ABOUT short stories are based around the multitude of topics in the YES! 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.

Gott – a suggestion? Keep them coming. Write us:

[Click Here](#)

Crazy about R&D

MANAGING EDITOR'S COLUMN

Nahidah Malik
Nairobi, Kenya

DYSFUNCTIONAL FAMILIES

Children learn what they live! The healthier the relationship between parents and child – the more effective the child will be.

However this is not always the case. Deficient parents who fight and abuse {verbal, emotional, physical or sexual} – create anxious children who develop numerous anxieties and who are at much higher risk of going the wrong way!!

These young ones feel insecure, frustrated, angry. Mistrust of others and difficulties with intimate relationships will be

carried over into adulthood. The child loses self-esteem and begins to doubt his/her intelligence, his/her very being. These children copy the negative patterns of parental behavior ... creating a never ending circle of dysfunctional families.

Be smart! Don't let this be you. Help turns everything around. Trust. Life will begin again in a positive / very constructive way. Come – to the CamPUS.

Researched / written by: Sanda Aron - Stei, Romania



POWER OF A DREAM

We all have dreams - dreams of doing, making, starting something small or large. We all dream! But are you stuck at the ... but ... if ... and ... what ... stage!

We often hear - one step at a time.

The first step - is to believe in yourself and what 'you' project to the world will bounce right back. So believe!

Then - go get that clay for the pot you have always dreamed of creating, or the music or the books to enhance your hidden talent with or better still ... call that bank manager and arrange for a loan to open the boutique, bakery, childcare cen-



ter, that special something you continue to dream of.

Find people who are just as passionate about your dream – research together and

'make it' come true. Sure, there are always bumps along the road. Doesn't everything begin with rocks and sand? Think of it as stretching! Make it happen. One step at a time! Good luck!



DR. ROSE – ON VIOLENCE IN ENTERTAINMENT

Dr. Rose A. Dyson
Toronto, Canada

How many times have you heard the excuse that violence in movies, TV programs, rock music, videogames 'is just entertainment'? Those who make millions producing and distributing this - tell us smart kids and adults know the difference between reality and fantasy. Actually, it doesn't matter. We are all adversely affected at 3 or 83. If other people rely heavily on violence in media as amusement for themselves or as electronic babysitters for their kids, chances are you will be vulnerable to bullying and other forms of maladaptive social skills when you cross paths - on the way to or from school; on the subway, bus or street; on a date or in the

boardroom. The many different ways in which we respond to media, both positively and negatively, are discussed on numerous websites, among them : www.cps.ca / www.ama.network. Another excellent resource is Michael Morgan's selected works of George Gerbner in 'Against The Mainstream', Peter Lang, New York.



* Rose A. Dyson Ed.D. is author of 'MIND ABUSE - Media Violence In An Information Age' www.web.net/blackrose-books and 'North America's Cult of Sex and Violence': in 'MEDIA, SEX, VIOLENCE and DRUGS in the GLOBAL VIL-LAGE'. www.rowmanlittfield.com. 

To Write Dr. Rose: [Click Here](#)

Research and Development is
searching for **International Minds.**

Could this be you? – [Click Here](#)

KUDOS



WHAT DOES LOVE MEAN WHEN YOU'RE 4 THROUGH 7 YEARS OLD ?

See what you think.

SAM – AGE 4

"When my grandmother got arthritis, she couldn't bend over and paint her toenails anymore. So my grandfather does it for her all the time, even when his hands got arthritis, too. That's love."

REBECCA – AGE 8

"When someone loves you, the way they say your name is different. You know that your name is safe in their mouth."

BILLY – AGE 4

"Love is when a girl puts on perfume and a boy puts on shaving cologne and they go out and smell each other."

KARL – AGE 5

"Love is when you go out to eat and give somebody most of your French fries without making them give you any of theirs."

CHRISSY – AGE 6

"Love is what makes you smile when you're tired."

TERRI – AGE 4

"Love is when my mommy makes coffee for my daddy and she takes a sip before giving it to him, to make sure the taste is OK."

DANNY – AGE 7

"Love is what's in the room with you at Christmas if you stop opening presents and listen."

BOBBY – AGE 5

"If you want to learn to love better, you should start with a friend whom you hate."

NIKKA – AGE 6

"There are two kinds of love. Our love. and God's love. But God makes both kinds of them."

JENNY – AGE 4

"Love is when you tell a guy you like his shirt, then he wears it everyday."

NOELLE – AGE 7

"Love is like a little old woman and a little old man who are still friends even after they know each other so well."

TOMMY – AGE 6

"My mommy loves me more than anybody. You don't see anyone else kissing me to sleep at night."

CLAIRE – AGE 5

"Love is when mommy gives daddy the best piece of chicken."

ELAINE – AGE 5

"Love is when mommy sees daddy smelly and sweaty and still says he is handsomer than Robert Redford."

BETHANY – AGE 4

"When you love somebody, your eyelashes go up and down and little stars come out of you."

MARK – AGE 6

"You really shouldn't say 'I love you' unless you mean it. But if you mean it, you should say it a lot. People forget."

JO LEE is here to put more love in your life!!



Remember – Our E-Help CamPUS is
where Help is for you.
www.yesintl.com

CELEBRATIONS

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



Flower of the Month:	Gladiolus	13th	Left-hander's Day
Latin name:	Gladiolus	13th	Resurrect Romance
This flower means:	Splendid Beauty	15th	Relaxation Day
THE MONTH OF AUGUST			
1st	Lammas	18th	Bad Poetry Day
2nd	Friendship Day	19th	Aviation Day
4th	Full Moon Day	19th	Friendship Week
4th	U.S. Coast Guard Day	21st	Hawaii Day
5th	International Forgiveness Day	22nd	Ganesh Chaturthi
5th	Sisters' Day	22nd	Save Your Smile Week
6th	National Smile Week	22nd	Tooth Fairy Day
7th	National Lighthouse Day	23rd	Ride the Wind Day
8th	Senior Citizens Day	23rd	Virgo {Zodiac} Begins
8th	Sneak Zucchini Night	24th	Chinese Valentine
10th	"The King" Week	24th	Sam Spade Day
11th	Son's & Daughter's Day	25th	Kiss and Make up Day
12th	Thanks for the Gifts	26th	Women's Equality Day
12th	Truck Drivers Week	27th	Just Because Day
		28th	Mouse Around the Icons

NOTATIONS OF INTEREST

Lammas Day - The word Lammas derives from the Anglo-Saxon Hlafmaesse or Loaf Mass.

Miss Crustacean U.S.A. - Each year, Ocean City, New Jersey plays host to Miss Crustacean U.S.A. Beauty Pageant. The participants: All hermit tree crabs.

Raksha Bandhan brothers honor their sisters in the Hindu religion.

Ganesh Chaturthi - is one of the most popular of Hindu festivals.

WEIRD AND WACKY FACTS

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



ON JEWELRY...!

01 LARGEST JEWELRY AUCTION

Sale of the Duchess of Windsor's collection at Sotheby's, Geneva, Switzerland on April 3, 1987, fetched a total of \$53 million U.S.

02 MOST EXPENSIVE RING

A 13.49-carat Fancy Deep Blue diamond ring bought by an Asian buyer for US \$7.5 million at Christie's, New York, in April 1995. Highest price per carat ever paid for a blue diamond.

03 COSTLIEST DIAMOND PER CARAT

Is a 0.95-carat fancy purplish red stone sold at Christie's, New York in 1987, fetching US \$926,315.79.

04 HIGHEST PRICE PAID FOR A DIAMOND

US \$16.55 million was paid for a 100.10-carat pear-shaped "D" Flawless diamond, sold at Sotheby's, Geneva, Switzerland, on May 17, 1995.

05 HIGHEST PRICE FOR A ROUGH DIAMOND

The highest known price paid for a rough diamond is US \$9.8 million for a 255.10-carat stone from Guinea.

06 HIGHEST PRICE PAID FOR A RUBY

US \$4.6 million was paid for a 32.08-carat ruby and diamond ring sold at Sotheby's, New York in 1989.

07 HIGHEST PRICED RUBY PER CARAT

US \$227,300 was paid for a ring with a stone weighing 15.97 carats sold at Sotheby's New York in 1988.

08 HIGHEST PRICE FOR A SINGLE EMERALD

US \$2.1 million was paid for a 19.77 carat emerald and diamond ring made by Cartier.

09 HIGHEST PRICE PAID FOR A SAPPHIRE

US \$2.8 million was paid for a 62.02 carat step-cut stone sold as a sapphire and diamond ring at Sotheby's, St. Moritz, Switzerland in 1988.

10 HIGHEST PRICED PEARL

An egg-shaped 15.13g {302 7/10 grain} pearl sold for a record breaking US \$864,280 at Christie's, Geneva, Switzerland in 1988.

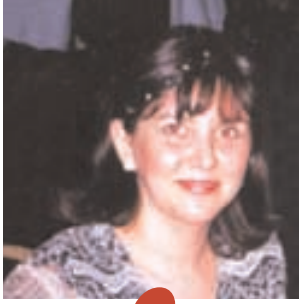
11 HIGHEST PRICE PAID FOR EMERALD PER CARAT

US \$107,569 was paid for a 19.77-carat emerald sold as a diamond and emerald ring selling for US \$2.13 million at Sotheby's, Geneva, Switzerland in 1987.

12 MOST EXPENSIVE JEWEL CASE

A Cartier jeweled vanity case set with a fragment of ancient Egyptian steel was sold at Christie's, New York for a record sum of US \$189,000 in 1993.





R&D

EDITOR AT LARGE

In August, two events celebrated on the North American continent are: Canada's Civic Holiday and Women's Equality Day in the USA.

CIVIC HOLIDAY - CANADA

The first Monday in August is a holiday across Canada (the exceptions being Newfoundland, Quebec and the Yukon Territory) but it has different names in each province.

ONTARIO

In Ontario this holiday has diverse names. Ontario municipalities have chosen to honour a significant local person or organization to help focus the celebration.

ALBERTA

Alberta celebrates Heritage Day, as an optional civic holiday. Albertans attach this day to their dynamic history which helps to increase community awareness of local heritage.

BRITISH COLUMBIA

B.C. observes "British Columbia Day". On this day residents enjoy the beauty/culture within this spectacular province.

NEW BRUNSWICK

Parades, local performers, and community parties, will take place to celebrate "New Brunswick Day".

NOVA SCOTIA

Nova Scotia celebrates "Natal Day", a holiday marking the origins and birth of this province.

PRINCE EDWARD ISLAND

'Natal Day' is not an official holiday in Prince Edward Island.

In Charlottetown and east, government employees and a few in the private sector celebrate "Gold Cup and Saucer Parade Day" instead of the 1st Monday in August. Gold Cup and Saucer is a major harness race held in the capital each year.

In the Summerside area government employees, and others within the private sector, celebrate Lobster Carnival parade day.

SASKATCHEWAN

Saskatchewan Day, in line with the Civic holiday and is a statutory holiday.

WOMEN'S EQUALITY DAY - U.S.A. (August 26)

The date was selected to commemorate the 1920 passage of the 19th Amendment to the Constitution, granting women the right to vote. Referred to as the Susan B. Anthony Amendment, it states, "The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any State on account of sex."

The U.S. Congress designated August 26 as "Women's Equality Day" in 1971 not only to commemorate the passage of the 19th Amendment, but also to honor women's continuing efforts toward equality.

CARLA DRAGNEA BUCHAREST

[Click Here For Carla](#)

JO LEE

ROOTS & WINGS

Roots = Fixes Broken People
Wings = Builds Bridges to Optimism.

**Tell your friends
tell your associates
tell the world about YES!**

We want to grow our 20 + million '30 something and under audiences' who come to our CampUS each month, for HELP !!

**Tell us what you think.
Click Here**

**TOGETHER WE'LL
BUILD BRIDGES TO OPTIMISM!**

With much Pride ~ our CampUS is now officially named..

**THE THOMAS D. SMYTH
E - Help CampUS**

Chairman / CEO, retired
The H.J. Heinz Company Canada

**Don't Miss
At The CampUS
THE CLAUDE I. TAYLOR, O.C.
ARCHIVAL LIBRARY
Chairman Emeritus - Air Canada**