

**JO LEE**  
Above and Beyond

**DECEMBER 2002**

# **ANNIVERSARY SPECIAL**

**EXCLUSIVE**

**One of Pope John Paul II's youngest  
Bishop Paul André Durocher**

**EXCLUSIVE**

**PUTTI ~ Among the  
Greatest Shops In the world**

**EXCLUSIVE**

**JO LEE's HISTORIC INTERVIEW**

**THE RUSSIAN CONNECTION AT  
CHRISTMAS TIME**

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### THE HOTTEST E-ZINE! EXCLUSIVE - JO LEE MAGAZINE.

Beginning 2003 to enhance our 20+ million global readership, our Flagship presence will change from a monthly magazine to 4 yearly issues: THE JO LEE SPECIAL. Hitting the OnLine stands: March, June, September and December 1 – we intend to bring you a powerful experience.

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## EDITORIAL

### Jo Lee Anniversary Special

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Published By  
**JO LEE - YESINTL.COM**

Powered By  
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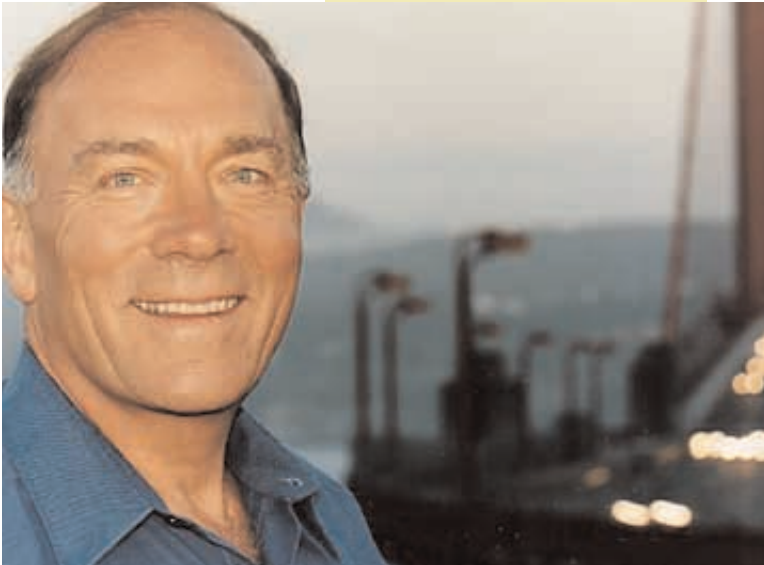


#### ON THE COVER

Jo Lee ~  
Xmas at Wimbledon

#### EXCLUSIVE

JO LEE's  
HISTORIC INTERVIEW  
The Russian ~  
CONNECTION  
at Christmas time



Merry Christmas! Happy Holidays! It's December, and what a wonderful month of giving and sharing it is! I wish you all peace, love and joy, now and in the years ahead.

It's hard to believe exactly one year ago – I was honored to be asked to write this column as “The Marvelous Maverick”. At that time, no-one knew for sure what a smashing success JO LEE would turn out to be, but just look at us now! On this our 1st Anniversary – I want to thank JO LEE for giving me this opportunity, but I specially want to thank you, our readers, for your interest and great questions every month! You inspire me, you really do! Thank you all!

Questions this month seem so appropriate for the time of year...

# The Marvelous *Maverick*

**Q:** “Dear Mav: All year long we’ve read one story after another about executives who have abused their power to make themselves rich. I don’t want to work for people like that, but how do I know that the top people in my company aren’t doing the same?” Steve M., Charlotte, NC

**A:** I don’t blame you, Steve. The truth is you don’t know that your own management aren’t doing the same.

There are two parts to my response. First, I truly feel that, for months now, we’ve started paying attention to something very important that we all forgot about in the get-rich-quick boom of the late nineties: that our entire culture is built on values, ethics and morals. For many people, greed drove their behavior and, as a result, we saw the obscene excesses of Enron, WorldCom, Tyco and the long list of others.

**A:** change is under way and companies everywhere are getting back to the fundamental values of our society. And leaders, everywhere, are understanding the enormous task ahead of them – rebuilding their shattered credibility.

The second part to my answer is this: watch closely how your company leaders behave. If every single thing that they do is consistent with the values, morals and ethics of the sort of leadership you want to follow, then stay where you are. But if they’re saying one thing and doing another, then maybe your leaders still haven’t ‘got it’ and maybe they never will. And, if they don’t earn your trust, then you’re under no obligation to follow them.

**Q:** “Dear Mav: How often do you think I should review and revise my career plan?” Sandy W., Brisbane, Australia

**A:** Every year, Sandy! At least that’s what I’ve always done!

The world continues to change so fast and it’s not going to slow down. What looks like a great business to be in or a great career direction now – may look to be a whole lot less attractive in a couple of years. By reviewing your career track against what’s going on in business and in the economy, you’ll keep yourself, your career current. Put yourself in the best position to take advantage of growth opportunities as they evolve.

Career plans should include an objective assessment of your strengths and weaknesses, what you like to do / don’t like to do, what businesses interest you, what you’re passionate about, what your financial goals are for the next five and ten years and what your personal development goals are.

And what better time of year to do it than right now, when most businesses slow down for the holidays and a new year is around the corner!

**Q:** “Dear Mav: What’s the proper way to greet people at work at Christmastime? Do I have to say “Happy Holidays!” not to offend anyone, or can I still say “Merry Christmas?” – Jane R., London, UK

**A:** This is a very personal issue, and one that can get me into hot water with readers. I’ll tell you what I do, rightly or wrongly.

continued...

# The world continues to change so fast and it's not going to slow down.

I'm 'old-fashioned' and sentimental about Christmas, Jane, so wherever possible I say 'Merry Christmas!' ... because Christmas IS, for many of us, what this season is all about. So – here's my solution.

If I know one celebrates Christmas, then without fail I'll wish them: 'Merry Christmas!' never 'Happy Holidays!' I'm a Christian and at this special time of the year, I want to share the joy of what Christmas represents. If I know one celebrates a different holiday – or {I'm not sure} or I'm sending greetings out to people of different faiths, that's when I'll wish them: 'Happy Holidays!'

The really important thing to remember Jane, is this: It's not about words. It's about the spirit of the season.

So our thumbnail summary for this month is:

And, from me and everyone at JO LEE, I wish you Merry Christmas, Happy Hanukkah and Happy Holidays!

Until next month...

## The Mav

### So our thumbnail summary for this month is:

1. Only follow leaders whose values earn your trust;
2. Review and revise your career plan every year; and
3. Greet people as you would like to be greeted!

**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 Coppin, 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 Coppin resides in California  
[www.winningleadership.com](http://www.winningleadership.com)

# THE PROVOCATIVE & CHALLENGING WORLD OF ARCERI



## SURRENDER TO CHRISTMAS

### A Story Reminiscent of The O. Henry Classics

By Gene Arceri New York – San Francisco

Eloise first saw the silk dressing gown as she was walking through the men's department. She stopped abruptly in front of the rack, {her pretty impish face admiring}. Oh! She thought. What class! In the movies, the handsome playboy always wore a robe like that in his Park Avenue penthouse. And it was on sale at half-price. {She felt a sudden excitement}

It was still terribly expensive but – for Bud's Christmas present? It was his size and heaven knows he needed a new robe. Of course it was still only October, but what chance would she have of finding such a terrific buy at Christmas-time?

She bought it, brought it home in its big box and stored it away. Later that evening, sitting with Bud in the den, she felt a throb of uneasiness. He was very particular about his clothing, preferring everything to be old and comfortable; and now, lost in his book, he was attired in his usual at-home costume of ancient slacks which bagged at the knees, a sports shirt of equal vintage and his all-time favorite - an eight-year old terry bathrobe. It was limp, pale and frayed from countless washings and enfolded his every curve and angle as neatly as a banana peel.

"Bud," she smiled, "when are you going to retire that awful robe?"

He glanced up, astonished. Why, I'm just beginning to break it in", he said.

"But, it looks so – so old-fogeyish! You're only thirty-seven. The rising-young-executive. Yes, I know. These are your sinking hours

- and your outfit to sink in."

He was nine years older than she and feared their quiet life together was somewhat boring to her. He was all wrong, of course, but she had never been able to convince him.

**"Bud," she  
smiled, "when  
are you going to  
retire that awful  
robe?"**

She ran over to nuzzle his cheek. "I love you."

"Ditto," he said. It was an old joke between them. He could never say the actual words aloud. Perhaps it was his New England stock. Whatever, it would have been so beautiful, just once, to hear the actual words.

A gradual change began in Bud. Gym classes, tanning, elegant, longer hair. Eloise was mystified.

Christmas morning arrived. Tree, children, so beautiful and ...Eloise handed Bud the big box. He was wearing, of course, his venerable terry robe, and as he removed her gift wrapping, he let out a slow whistle as he took out the silk dressing gown. "Wow," he said, "This is great." He rose, slipped into the new ... clinched the sash and turned to her with a grin -

“Behold the swinger,” he said.

Eloise’s jaw dropped. It was a small miracle. But there was something about his reaction that was too studied. “You peeked!” she cried, and with utter laughter, Bud handed her the old robe. “Just give it a decent burial,” he said.

It had been a marvelous day; and yet – what was it?

The seconds ticked by – he didn’t look like Bud. It was almost as if a stranger were sitting there. And it was to please her that he had changed his image.

Eloise rose from the sofa and slipped away. Minutes later – she returned, carrying a

large box. “Merry Christmas,” she said.


Bud’s eyes twinkled in amusement. “Another present? I thought –”

“Open it,” she said. He opened the box. And amidst the swirls of tissue – lay his old frayed bathrobe. “I don’t want any changes in you, Bud! You don’t have to be a cool swinger for me! I love you exactly as you are!”

Bud slowly – raised his eyes. “Thanks,” he said, and slipped off the new and put on the old. It’s worn folds immediately enveloped him like a second skin, familiar, warm, pliant. And then he looked at her again. His lips moved. “I love you,” he said. “I love you more than anything in the world.” She stared blindly, upward, at his

face. Opened her mouth to speak but ... no words came. “You s-said it.” His mouth curved. “I said it.”

He pulled her close; his cheek pressed against her hair. Oh, thank you, she thought. Christmases would come and go until they were old together. And maybe they would give each other more and more expensive presents as time passed. But never, never in a million years would there be a Christmas, she knew, when they would give each other anything more shining and beautiful than the gifts they had exchanged ... tonight \*

MERRY CHRISTMAS! To my readers, my colleagues and all. 

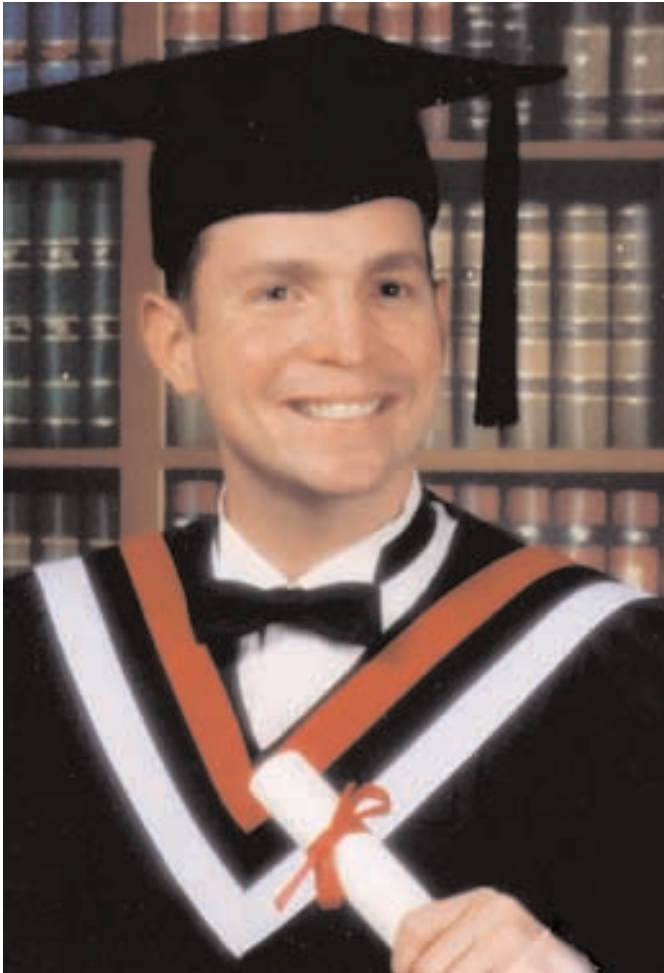


## Gene Arceri,

*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

I was born in Leesville, Louisiana and began dancing at the age of four. My parents had sent me to the Royal School of Dance in Winter Park Florida. When we moved further south – it sprinted into ballet studying with Marie Hale in West Palm Beach, Florida. A good few years were spent within the discipline of ‘fun at study’ and as life went forward, I too had the distinct honor of studying under David Howard, coach to many of the ballet world's finest dancers in New York and at Toronto, Canada’s Internationally famed National Ballet School. Professionally, I’ve danced with Ontario Ballet Theatre / Ballet Jorgen / The National Ballet of Canada and have made several guest appearances with multiple ballet companies in the United States.

**JOSEPH T. MCNAMARA**  
**PRODUCTION ASSISTANT TO JO LEE**

Life was rolling at an incredible pace. ‘I was dancing as fast as I can.’ With first runner-up in the Carey Rose Winiski National Ballet Competition in Michigan City, Indiana - and becoming ‘the first ever’ to receive the Peter Fonesca Scholarship Award at the David Howard dance Centre in New York City – the magic of dreams was all in my hands. It appeared I had the tiger by the tail.

But tigers get into mischief and during the Carey Rose Winiski National Ballet Competition, I suffered a major knee injury during one of my solo variations. Can you imagine? At the end of the competition - I was still awarded first runner-up.

Through intensive physiotherapy and a lot of determination – 365 days went by before returning for yet another international competition in New York - when I suffered from another major injury to the identical spot in my knee – on the same day I was to catch a flight back home to Florida.

David Howard, my coach, was extremely puzzled and suspected something might be seriously wrong when the recovery process

became very slow, with weight gain and muscle weakness. I hated misery! I had already dealt with the death of my very, very beautiful mother who had passed away from cancer when I was fifteen. And now, results from a second knee operation determined that a ticking time bomb was going on in my body. I was diagnosed with Cushing's disease which translated meant: a tumor on my pituitary gland at the base of the brain, that stunted growth, displaced body fat and – and – and. Two more months were spent at The National Institute of Health in Bethesda, Maryland where they treated me successfully with NO reoccurrence since.

But I wasn't home-free! Three days after returning from NIH – my father suffered a fatal heart attack and within 24 hours ... found myself OUT of the place I had called home. It was the worst {picnic} of my life!

After moving around from city to home, Toronto, Canada would become my brand new place of residency. I had successfully spent the summer of '98 at Toronto's National Ballet school and gracefully returned to the stage with leaps and bounds.

**Through  
 intensive  
 physiotherapy  
 and a lot of  
 determination**



Within my first two months at the school – the artistic directors suggested I become an apprentice with the company ... something I had only dreamed of doing! Within a year I joined the 'corps de ballet' and had the wonderful opportunity to work with some of the dance world's most talented people.

After being a principal dancer for two years – I retired from 'this world' and went on to a creativity within a totally new landscape of life. I was approached by a theatre production company in Toronto to be the Chief Choreographer for the Canadian Premiere musical: "School House Rock". Toronto's media raved about my choreography saying it was 'spot on! Not bad for someone who had

just choreographed for the first time in his life.

Success was certainly there, yet it wasn't equating the missing link in my life. So, in the fall of 1999 – I packed my bags and moved to New York City and began dancing with an all male comedy ballet troupe and for the next two years – toured exclusively throughout Japan and Shanghai in the 'Principle Character Role' of Dr. Coppelius {a Doll Maker} – in the comedy troupe's fantastic production of COPPELIA {a Real Doll} – the 'Rolls Royce' of Character Roles.

This past season I've made guest appearances in Ballet Florida's production of the

NUTCRACKER and in ROMEO & JULIET where I played 'Friar Lawrence'

Today, at my thirty-so Today, at my thirty something age – I reside in West Palm Beach as a coach at the Academy of Ballet Florida – and having an absolute ball as Production Assistant to the one and only Jo Lee ... the International Chairman & CEO of YES! and Founder and Editorial Director of JO LEE Magazine. I've been with her - for twelve years and each day ... excitement accelerates at the speed of thought. Have you read in this issue what she's done with **ADESTE?** You haven't! Flip over there right now. YOU could become the winner.

J.L

# Info

**HOBBIES:** Astronomy, Reading, Swimming, Sailing, Traveling, Dancing

**NATIONALITY:** English

## 5 YEAR CAREER GOAL:

To have my very own bed and breakfast on the Pacific Coast of Mexico where I can swim in the ocean by day and watch the stars by night.

*"There was a star danced and under that I was born".*

*~ William Shakespeare*

# Stethoscope 911

## THE BEST OF ALL CHRISTMASSES TO EACH OF YOU!

From here on the Bay. December's gifts: custom, ceremony, celebration, consecration – come to us, not wrapped up, but as cherished memories.



**You must begin to address all these issues or you will end up a statistic**

From Seattle, Washington, DC – Marilyn W.

### Q: Dr. B

Dr. Bagshaw. I am sore all over and believe that it is due to the cholesterol medication that I am taking (LIPITOR). What do you think?

**A:** The statin drugs, lipitor is one, can cause damage to the muscles of the body and should be stopped particularly if you are as sore as you say you are. It can also cause damage to the liver.

From Windsor, Canada – Charles Maye

### Q: Dr. B.

How well do you do with lifestyle efforts? Answer. I am way over weight, eat what I want and really get very little exercise. The medication kept my cholesterol down around 180 which I thought was good.

**A:** You must begin to address all these issues or you will end up a statistic with a cholesterol of 180. I do not favor drug therapy

unless an individual is also working on improving lifestyle habits. Cut out trans-fats and saturated fats, decrease your intake of calories and get more fiber in your diet especially soluble fibers like oats. You must become active even if it is only walking every day.

From Dallas Texas – Mark S.

### Q: Dr. B

My wife wants me to use viagra. What's the scoop?

**A:** Viagra can be very helpful to many men who have any difficulty with erections. It improves the blood supply to the penis allowing for easier, harder and more frequent erections with the effect often lasting a full 24 hours. It is not inexpensive. Less can work quite well. I suggest to patients that they buy the largest size which is 100mgms {25, 50 & 100 are the three sizes available} and break the tablet up for many uses. It is a huge savings and still achieves the desired effect. Viagra is not an aphrodisiac. Men will become more sexually active because they feel good about their sexual function and not worried about failure. Woman like it because they have a more active partner and need not worry about their partner's ability to have a successful erection.

## Poison oak can take a long time to heal. Much of it may go away.

From Spokane, Washington – Deedie G.

**Q: Dr. B.**

In last month's column you stated that there are close to 400,000 deaths in the US each year from medical mistakes. That's scary! Can it possibly be true?

**A:** We lose over 100,000 people to drug reactions in hospitals; another 80,000 to infections in hospitals; perhaps 120,000 during or shortly after surgical procedures; and, a miscellaneous group which could exceed 100,000. Another important figure is morbidity. How many individuals are sick from what is done to them. Consider over 25 million surgical procedures; 100,000's of people getting radiation treatment or chemotherapy; millions of people on drugs who are experiencing a drug reaction; and on and on. It is more than scary. The oath we physicians take calls for "doing no harm"! The government must step in and fully assess this. It is safer to be a soldier in Afghanistan.

From Novato, California – Bob B.

**Q: Dr. B.**

What's homocysteine?

**A:** Homocysteine is an amino acid that the body both makes and takes in from eating meat. It can be highly irritating to the walls of the coronary arteries and is a risk factor for heart disease. One can eliminate it as a risk factor by reducing your meat intake, especially beef, and by taking folic acid 800mcgms each day.

From New York, NY - Marcia

**Q: Dr. B.**

I have a good friend whose husband has something called dystonia.

He shakes most of the day and it makes his arm unusable and his head turns tightly to the left. Any insights?

**A:** The cause of dystonia is not known. It results from ganglion bodies {special neurons} in the brain firing at a chaotic rate - such that, the impulses cause twitching and shaking peripherally, usually in the arms and shoulders. Many treatments are tried in a kind of trial and error manner from anti-seizure medications to muscle relaxants to botox injections into the involved tissues. Recently, certain medical centers have been implanting wires into the brain to stimulate the involved areas in the hopes of fatiguing the ganglions. It is still pretty much extraordinary high tech research.

From Greenbrae, California - Cynthia C.

**Q: Dr. B.**

I have a nasty scar left over from a recent case of poison oak. It looks like it is going to scar my wrist pretty good. Any suggestions?

**A:** I suspect that you have been scratching it and that is why there is so much scarring. Poison oak can take a long time to heal and much of it may still go away. You might try Shea butter which has excellent healing abilities or aloe vera with some Vitamin E cream. Put it on faithfully 3-4 times per day.

Our first year with JO LEE Magazine ends with many plans to make next year an even better one. I have enjoyed my time and look to many more questions – in 2003.

## Merry Christmas and a very Happy New Year!

## 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.

# YES, VIRGINIA!

## Come - Explore with Me

### TRAVEL

## ROMANCING THE CHRISTMAS MARKETS OF GERMANY

We yearn to connect with a more magical time – to experience a spirit of wonder, beauty and love. The luminous world of the Christkindlmarkts {Christmas Markets} scattered throughout German cities beckons people from all over the world to share with them in the spirit of this festive season.

Founded in centuries of tradition dating back to 1310 {Munich}, Christmas Markets offer expressions of a festive mood as found nowhere else in the world. During Advent from November 29 until December 24, dressed in festive lights and dusted with joy and expectancy, Town Hall Squares are transformed into a dazzling wonderland filled with visual glowing beauty of decorations and lights, accented with an aroma of gingerbread, toasted almonds, potato pancakes, grilled sausages and hot mulled wine {gluehwein} being served at outside booths and warming stations. This is winter, after all. A 'village' of elaborately decorated stands and little houses emerges to fill each Town Square, offering treasures of Christmas tree ornaments, hand carved crèches, decorations, carved 'smoking' men, wooden toys, glassware, jewelry, linens – to name a few.

From the steps and balconies of historic town halls and churches, children's choirs enhance the holiday mood while trombone players render Christmas hymns echoing from surrounding towers. Advent concerts, organ recitals and plays are amongst cultural events offered in these towns and cities.



Opening with solemn ceremony on Thursday before the first Advent Sunday, Augsburg offers one of the most beautiful Christmas Markets dating back over 500 years. Their Renaissance City Hall is turned into a huge Advent Calendar through whose windows Christmas Angels appear and play Christmas music.

The incomparable ambiance of Dresden's Striezelmarkt, dates back to 1434. Held in the old market square, products from surrounding regions, such as porcelain from Meissen, toys from Erzgebirge or Ore Mountains, Saxon crafts and glass from Bohemia, highlight the market visit. Stollen is a Dresden specialty of fruit bread. Every year, the town bakers and confectioners bake a stollen that weighs three tons, becoming the town's center of attraction. Just how would you like to serve that to your guests?






## German Christkindlmarks will help you realize the reasons that we have so much to be thankful for.

Many tour operators around the world or German Tourist Offices have packages to single or combined towns and villages offering Christkindlmarks. Most packages consist of 1 to 3 night stays at hotels or inns (or longer), including breakfast, sightseeing tours of the towns, candlelight dinners at famous restaurants, and special concerts.

So whether you want to visit the charm of Dortmund under the biggest Christmas tree in the world (Germany started the

Christmas tree tradition), eat Swabian Soup in Esslingen to warm your toes, or applaud the Miners' Parade of the Erzgebirge Mining Association in Chemnitz, Saxony, the German Christkindlmarks will help you realize the reasons that we have so much to be thankful for while in an atmosphere of pure wonder.

We at JO LEE would like to take a moment to thank you for letting us into your daily lives. We celebrate 'who you are' with our

First Year Anniversary this December, and The ADESTE PRIZE which rewards your achievements. We applaud your endeavors and encourage you to realize that we are a family of humanity – caretakers of one another and our fragile world. Celebrate your lives and who you are – living out the dream for a better world. 

**Happy Holidays  
to all of you.**



[click for Audrey](#)

# JO LEE Launches The **Adeste** Prize

**WE INVITE** ~ Corporations/Individuals To Contribute  
To Those Who Have Achieved

For Submissions: [Click Here](#)

**W**e are proud to announce **THE ADESTE PRIZE** in recognition of achievements which have contributed outstanding benefits to humanity.

**THE ADESTE PRIZE** will be awarded to 'The 40 and under individuals' for achievements in the categories of: Social Justice, Technology, Arts, and Medicine.

We, at **JO LEE** give you an 'open' invitation, for you, the reader, to nominate those who may otherwise, not be recognized. Nominees should be young people, who have either achieved extra-ordinary findings, or those who have excelled beyond their limits in inspiring others to touch the stars.

Nominations for **THE ADESTE PRIZE** can be submitted by anyone around the world. Any '40 and under individual' is eligible. Nominations from all sources, all continents, and all ages are encouraged.

## The Award


Successful Honorees will be awarded a Fulfillment of A Dream: a dream selected from each honoree's answer to the following question:

"If you had 3 wishes of fulfilling a dream which you had to sacrifice because of what it took to accomplish what you've done for mankind... what might they be?"

## CRITERIA:

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

**Adeste takes as its  
Credo:  
The lessons behind  
Nobel.**



**Her mother-in-law was Her Imperial Highness Grand Duchess Olga Alexandrovna Romanoff,** the daughter of Alexander 111 and Marie Feodorovna, Emperor and Empress of all the Russias, sister of Tsar Nicholas 11, niece to King George V of England - and her husband, Captain Tihon Nikolaevich Kulikovsky-Romanoff, the eldest son of the Grand Duchess and Colonel Nicholas Kulikovsky.

It is my distinct honor to sit, in this historic interview - at Christmas time - with one of the grandest ladies of the century.  
Olga Nikolaievna Kulikovsky – Romanoff.

The Romanoff Dynasty is a very delicate and powerful issue. What I know about this dynasty is -

# The Russian Connection At Christmas Time Jo Lee's Historic Interview



Olga Nikolaievna Kulikovskaya – Romanoff

**A**t the beginning of the 20th century your family's predecessors were murdered under Lenin's orders by the Bolsheviks, marking the beginning of the Soviet Union in Russia. It brought millions of victims and most tragically, one of the first were members of the Imperial Family. The new political system set out to destroy everything from the past, especially the Tsars' and Emperors' influence. The family {Tsar Nicholas II, his wife and five children} were taken from the Winter Palace in St. Petersburg to the Ipatiev House in Ekaterinburg, Siberia, where they were brutally murdered so as to not ever have the essence of a shrine, in their memory. It was the 17th of July, 1918.

**JO LEE:** Olga Nikolaievna, you, today, have become one of the world's truly outstanding humanitarians. Your life is a sphere of unbelievable compassion for mankind. May I take you back to when you were just a little girl? What

were your dreams? What was the magic that made you what you are, today?

**Olga Nikolaievna:** You know, I'm not so sure I had many dreams in my youth, in Yugoslavia. This is a tough question. I was busy studying and didn't like it very much - but the upbringing and education instilled in me self-discipline, respect and love for others, mainly adoration of God ... and love for the 'unknown fairy-tale country' of which I knew only from my parents' memories and the classical books I studied.

**JO LEE:** Olga Nikolaievna, you mention with such warmth, your birth in Yugoslavia of Russian parents. What brought your family to Yugoslavia?

**O.N.:** Yes, I was born in Yugoslavia Jo Lee, because my parents, just like thousands of other Russian émigrés, escaped after the communist revolution, through the Bosphorus and the Islands of Prinkipo and Lemnos - which were a type of concentration points. From there, they moved on. Some people relocated in Yugoslavia, some in Germany, some in France, or wherever destiny took them.

My parents decided to remain in Yugoslavia. At that time, of course, it was still the Kingdom of Serbia, Croatia and Slovenia. {Yugoslavia} They stayed there for a simple reason: it was an Orthodox and Slavic country. My parents felt it would be much easier to tolerate their exile in a country which was closer to what they had come to know in mentality, religion and surroundings.

Just like all their fellow émigrés, they had a very hard time, but it was in these circumstances that I came into the world in Yugoslavia.

**J.L.:** What was it like going to school in Yugoslavia? Was it terribly different from other European countries?

**O.N.:** Yes Jo Lee, it was. My first years were in a French kindergarten but my

primary school was in a town called Valievo and from there, to another town Bela Zrka to a Russian boarding school in exile, which is where my love for Russia, continued. Many of the ladies in the system had been ladies-in-waiting, princesses or from high society. My education was very strict, very intense because we had to have parallel curriculum in Serbian as well. Emphasis was put on languages: French, German, Old Church Slavonic, Latin, Ancient Greek and of course Serbian and Russian. All the main subjects like math, geography, history, chemistry, art and music were in Russian - unless it was a 'language day'. i.e: Monday would be all in French, Tuesday in German, Wednesday reserved for English and so on. You had to ask for what you wanted in the language, or do without.

We also had to learn to embroider. We would make gifts for Queen Mary of Yugoslavia for Christmas. Four girls would embroider a beautiful linen tablecloth that might have taken us four months to complete - while the fifth girl would do readings aloud of classical Russian or Serbian literature. Queen Mary would send us treats for Christmas of fruit and candy in return. One or two of us, by the luck of the draw, would personally go to the Palace in Belgrade, to present the gift to Queen Mary. This, of course, taught us patience, etiquette and manners.

**J.L.:** What prompted you to leave Yugoslavia?

**O.N.:** For me, the war started on Palm Sunday, 1941. I was 15. Out of the clear blue sky, bombs started falling on Belgrade while we were going to the Russian Orthodox Church downtown.

A week later, German troops marched in and occupied Yugoslavia. By September, the Nazis had taken over the city. If one of them was killed by a Serbian freedom-fighter, in retaliation, anyone - who had the unfortunate luck of being there. Some were executed,

some were taken to labor camps in Germany. My mother happened to be in one of those round-ups: wrong person, wrong place, wrong time.

Two months later, we received a message from her. She had been taken by round-up and assigned to Stuttgart where she spent the war years working in a knitting mill, embroidering little children's clothing.

In November of 1941, when she was 57, I was reunited with her - a lady schooled as a painter/sculptor, from Polish and Russian nobility. She spoke perfect German, French, Polish, Russian. As a result of her background, the Germans treated her favorably, so she was allowed to bring me to Stuttgart. A year later, we were permitted to leave the labor camp and rent a room in the city in a German household where I was able to continue my education.

**J.L:** When the Second World War ended, the Allies were repatriating all foreign nationals who found themselves in Germany. In your case, why didn't you go back to Yugoslavia?

**O.N:** At that moment Jo Lee, I was in fact in Salzburg. My father was not actually a Yugoslavian subject, so I was not a subject, either. I had no reason to go back. But then, we were told we had to go back to Russia. My parents had disagreed with the communist regime, meaning they had to flee the country. It took some effort to convince the allies not to send me to Russia or Yugoslavia. One year later, some D.P.'s were given the choice to go to South America: Brazil, Chile or Venezuela. We registered for all of them - and went to the first country that accepted us. It was in fact a lottery and Venezuela took us in.

We had what was called a 'stateless passport'. F. Nansen, {1861-1930} {a Norwegian explorer, philanthropist and one of the founders of the League of Nations, Nobel Peace Prize winner, {1922} for protection of refugee and war prisoners} had the idea of a 'state-

less passport'. When the Russians escaped from communism, it was recognized that they were White Russians, in other words, those who fought against the Reds. They were stateless, but protected by the League of Nations and issued a special Nansen passport, a 'laissez-passer' or a permit.

**J.L:** Olga Nikolaievna, I can't begin to imagine the refugee boat trip! Please, tell us the story of how your ingenuity eased this ordeal by your securing an invitation to sit at the Captain's Table

for the complete voyage!

We were told the ship would leave from Bremen Haven, a German port city, at an appointed day. A shipment of people traveled to the port in a cattle car: men, women, children, dogs, one of the most humiliating experiences of my life - but we arrived and boarded the ship. It was an old American army-transport ship. "General Sturgis", if I recall correctly.

They loaded us onto the ship, men on

## They loaded us onto the ship, men on one side, women on the other



Captain Tihon Nikolaevich Kulikovskiy-Romanoff. Oil On Canvas  
by Her Imperial Highness

one side, women on the other. The sleeping arrangements were three tiers of hammocks, one above the other. Mattresses and pillows were unheard of. We lined up for food, slapped onto a tray. The worst was when people were seasick down in the hold. The lower you went, the more the motion and the sicker you got, then the hungrier you became and again, the sick-er you got.

My ingenuity was to go to the ship's Captain and offer him my services, but not what you think! {She laughs} I proposed to publish in several languages a newsletter of the daily events so that people's minds could be occupied and they'd be less sick and more productive. The ship received daily news bulletins by Morse code. It was deciphered by the ship's personnel and then I would translate. I invited a friend of mine who

also knew languages, to help. By noon, we had typed, printed and distributed news for the enjoyment of everyone on board.

The captain was flabbergasted. He said he couldn't pay me, so I suggested he invite both my friend and I to join him at his table. It was a win-win situation.

**J.L.:** Was life in Venezuela at all what you expected?

**O.N.:** When we arrived there, it was a shock for all of us. An unexpected country, climate, language and culture. We were driven for three-and-a-half hours from Port Cabello on the ocean, up into the mountains along very narrow roads overlooking precipices - to a clearing in the middle of the forest. There were barracks of corrugated roofs and iguanas everywhere ... in trees, on the ground AND scorpions! It was a frightening experience. We wondered what we had gotten ourselves into. We carried our beds into the barracks and set them up.

Jo Lee, there were two thousand people IN ONE camp. Transposed into a community as awful as life all around. Think of a wild jungle!

Right away, I offered my services as an interpreter. I knew some Italian and could communicate with the locals. I was put in charge of taking passports, birth and medical certificates to Valencia to ensure everyone was registered.

**J.L.:** Olga Nikolaievna, you came to run a philatelic shop which became quite successful. Then, one day ... the unthinkable happened!

**O.N.:** I had been working as a nurse, an interior decorator and as a business woman. This was out of necessity. When Tatyana, my daughter, went off to boarding school, I opened the shop. However, my interest in stamps, fine art, collectables and antiques found me trying my hand at selling stamps.

Maybe I was too successful. There was a time in Venezuela and Caracas in

## When I look back on my life, I fulfilled the words of The Grand Duchess



The Moscow State School of Watercolours

particular, during the 60s, when bands of robbers would boldly hold up businesses for valuable goods: My turn came one day when my employees and I were robbed at gun point. One of the particularities of this group was having their victims undress, lock them up on the premises, and make their getaway. This day, they weren't happy with just the undressing. One attempted to rape me. Somehow, I managed to escape and run for help. Nothing I'd experienced in life could match what had just happened. Not war – not a train I was traveling on, strafed by enemy fire and escaping alive. NOTHING came close to this. And at that moment, I decided we had to leave Venezuela.

**J.L.:** Why Canada? Why Montréal?

**O.N.:** Montréal had a comfortable embrace and it offered me the chance to use my languages again, especially French and English.

**J.L.:** Can you explain what it was then, that so enticed you to gravitate toward Toronto, having already made your home in Montréal?

**O.N.:** I believe in destiny.

**J.L.:** As we know – this was a fortuitous move because you married Captain Tihon Nikolaevich, one of the Grand Duchess's two sons. How did this event change your life?

**O.N.:** Well, in the beginning it didn't change at all. We knew each other as families. In 1982 when we both became widowed, we consoled one another and he proposed to me and that is how it happened. Years later, we got married. It didn't change my life much since I am of Russian-Polish nobility. Therefore, my education and upbringing was similar to Tihon's. Of course, being married to the grandson of a Tsar, there are responsibilities and with responsibilities, come duties.

**J.L.:** I'm told that Canada has played a tremendous role in supporting what you and the Captain founded: "Her



Christmas at Grand Duchess Olga's with a Portrait of Alexander III  
Watercolour on Paper By Her Imperial Highness

Imperial Highness Grand Duchess Olga Alexandrovna Memorial Fund - Russian Relief Program" - and that often, you are found in Moscow, supervising the unloading of Canadian containers filled with clothes, medical equipment, medicines that you - single handedly collected! You've helped those in need throughout the whole of Russia, haven't you?

**O.N.:** Canadian people have been incredibly generous! Over seventy centers across Russia have benefited from Canada's generosity. Ten years of work and shipping close to 29 containers, totaling \$3 million dollars of love to hospitals, orphanages, schools, victims of floods - fire, emergency medical centers, etc. My colleague, Rob Baxter, of Toronto, accompanies me on intricate trips. We have registered in Russia, a branch of our Canadian Fund and for many years, kept a warehouse in a Monastery, in the centre of Moscow, under strict control to prevent pilfering and theft. I'm always amazed at the quality of goods Canadians give away.

**J.L.:** Olga Nikolaievna, in 1948, your mother-in-law, The Grand Duchess, had also fled to Canada from years of exile in Denmark. Her first marriage to Prince Peter of Oldenburg was loveless. But with her second husband and family, not only did it encompass great emotion, but in Canada she also completed 500 or more of some 2,000 paintings created throughout her lifetime. Watercolors, oils of landscapes, street scenes and still life paintings which spanned her life on two continents.

On October 3, 2002, you, performed the impossible! Moscow's first exhibit, on Russian soil of the Grand Duchess's works of art took place. Your exhibit was a huge success with over 1,800 visitors on opening night, many in tears! I so applaud you! And I'm very aware of your exhibit in Washington. But what I so want to know is 'how' on God's earth, did you cope with the challenges of transporting the works to Russia: out of their frames, reframing, establishing a venue and then ... debating the legal aspect of guaranteeing the exhibit the luxury of moving on to other countries?

## Be, Don't Just Appear, from the French: Etrê, ne pas paraître.

**O.N.:** Yes, it's true we did a smaller exhibit at the Russian Ambassador's Residence in Washington, D.C. About 450 people from all over the world attended. In Russia, it was a bit different. I had to negotiate a fair contract with The Ministry of Culture who had suggested The Moscow State School of Watercolours in the name of Sergei Andriyaka. Here, there were gracious people to assist with inviting rooms to set off the paintings which were meant for people's living rooms and more intimate space. It was an excellent choice.

**J.L.:** Did the Russian State Museum of History on Red Square, not lend a painting of the Grand Duchess, to the exhibit? How did this come to be? Who was the artist and how old was she when portrayed?

**O.N.:** Yes, we had a meeting with the director who took us on a tour of the Museum – room-after-room and all of a sudden – hanging before us, was this amazing oil painting by Stenberg, a pre-revolution artist who had done the portrait of the Grand Duchess in 1908. She would have been 26 at the time ... dressed in riding clothes, suggesting she was ready for the hunt. A real beauty!

**J.L.:** Please - describe Opening Night! What was the impact on the average Muscovite?

**O.N.:** It was quite something - beyond our 'wildest' dreams. Among the Ambassadors were: His Excellency, Mr. Rodney Irwin, the Canadian Ambassador to Russia and his wife; His Excellency, Lars Vissing, the Danish Ambassador to Russia; the representative of the Patriarch; the representative of Mr. Lushkov, the Mayor of Moscow; as well as members of the Russian Ministry of Culture, all guest speakers. His Excellency, Mr. Alexander Vershbow, the American Ambassador to Russia was also in attendance. Then, I delivered my speech and a hush fell over the visitors. I was understood by all.

Yes, it was time to bring the paintings of the Grand Duchess to Moscow ... to continue what she herself started after the First World War: to aid Russian refugees now - on Russian soil itself. A turning point in Russian history! But in December, I'm taking the paintings back to Canada.

**J.L.:** THE CONNECTION!

**O.N.:** Yes, the long road back to Russia. Then again, to Canada – at Christmas time!

**J.L.:** Olga Nikolaievna, is it so that belief in your spiritual vision, was instrumental in having the Tsar and his family proclaimed Saints. Can you explain this to me?

**O.N.:** {The exiled RUSSIAN CHURCH 'abroad'} – {the 'New Martyrs'} as saints in 1981. Among these New Martyrs are those killed by the Bolsheviks including the Tsars' family. Tihon wrote a letter, recognizing this. And thus - my mission began to convince the Moscow patriarchate 'to proclaim' the Tsars' family as saints.

**J.L.:** My, at 76, you - are a marvel! What can the world expect from such a grand lady now?

**O.N.:** There is always a surprise around a corner - next mission.

**J.L.:** Do you know you have a gift for making people happy? Do everyday circumstances ever get you down?

**O.N.:** I've had my ups and downs, like everyone but when I look back on my life, it seems to me that I've fulfilled the words of the Grand Duchess: Be, Don't Just Appear, from the French: Etrê, ne pas paraître. In other words, do and be helpful to everyone, everywhere. Some people dream of doing good things. Others, stay awake and do them!

**J.L.:** A lot of people reading this magazine would want to look to your words of love at Christmas time. What can you say Olga

Nikolaievna – that will 'lift people' into dreams while still at an early age?

**O.N.:** Love thy neighbor! This is made of ingredients of honesty, good relationships, being always polite, seeing beauty where there is no beauty, spirituality and belief in God.

**J.L.:** You have achieved so much for humanity. Things happen that 'completely change' the direction of lives. Did you become more spiritually connected as a result of your life?


**O.N.:** No, as a result of the war and maturity. Responsibility and understanding were instilled in me from childhood: to think of what you're saying and to control yourself. And yes, a full belief that your destiny is in the hands of God.

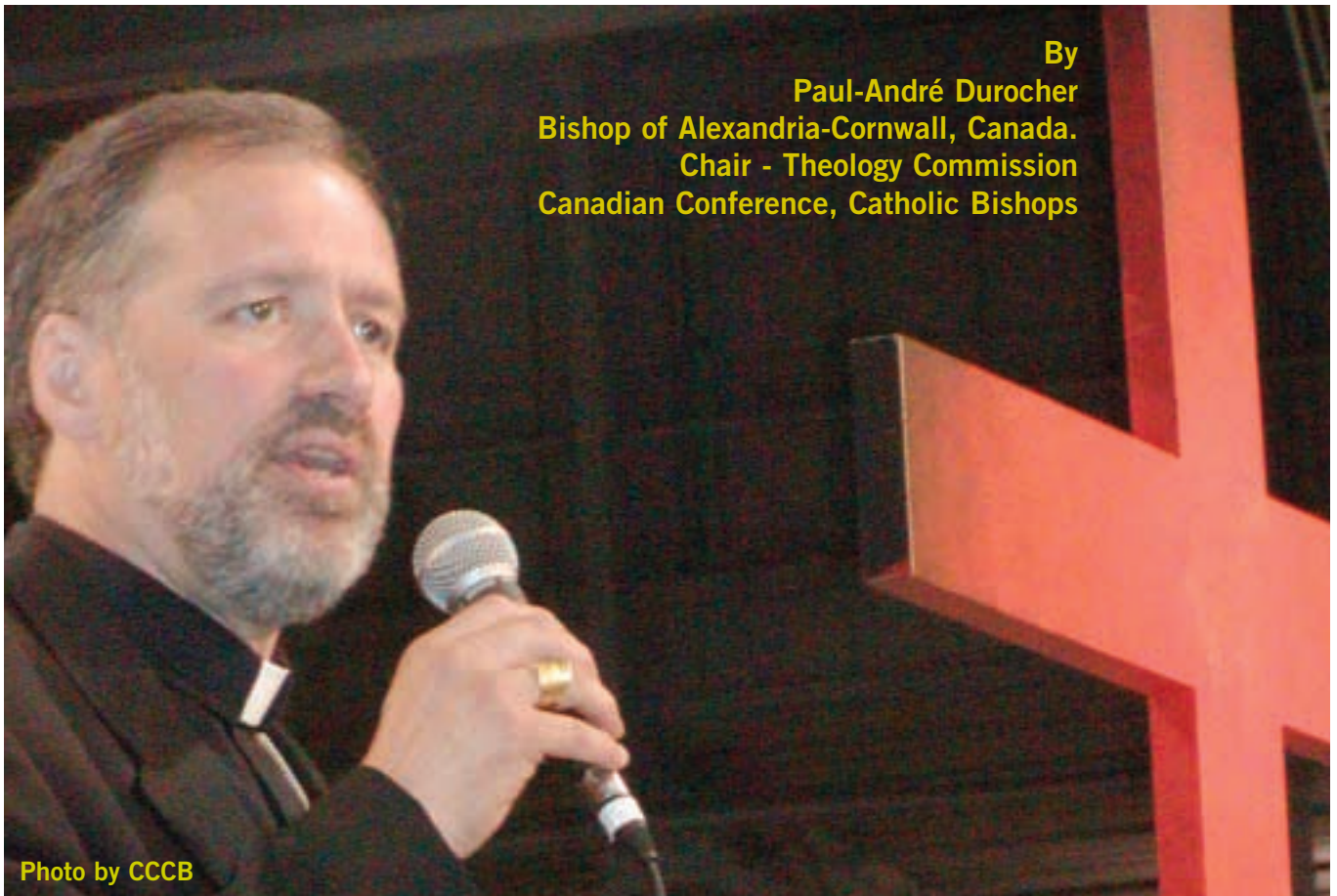
**J.L.:** How beautiful. Do you have any regrets?

**O.N.:** I don't think so. I wish Tihon were with me. I miss him a lot. I don't believe in regretting. To regret is to be bitter. I believe in laughter, joy, wit and spontaneity. I'm never bitter.

**J.L.:** What a magnificent thing it is - to share your life with people for whom you'd be willing to step on a cloud. Truly, you're one of earth's great saints. Born in splendor - endured a lifetime of courage and exceptional powers of adjustment with your burning Russian patriotism interwoven with serene faith. Through you, we connect to Queen Victoria, King George V of England and Queen Alexandra, your revered family, the Romanoffs and now - to beautiful you.

Merry Christmas Olga Nikolaievna! I send love. And I send the BIGGEST thank you.

**O.N.:** Merry Christmas to you Jo Lee - and to all: Joy and Happiness and may God bless. 



By  
**Paul-André Durocher**  
 Bishop of Alexandria-Cornwall, Canada.  
 Chair - Theology Commission  
 Canadian Conference, Catholic Bishops

Photo by CCCB

# WHEN IS GOOD BETTER THAN GREAT?

It was 7:30 a.m. on Sunday, July 23rd 2002 in Toronto, Canada. The final Mass of the World Youth Day was soon to begin and we bishops were slowly making our way up to the site where we would concelebrate with the Pope. I was a bit tired, having gone to bed at 2:00 a.m., exhilarated by the prayer vigil I and 600,000 other pilgrims had celebrated at Downsview Park. Exhilarated, but worried. In the comfort of my hotel room, I had taken time before going to bed to check on the weather forecast: rain, possible thunderstorms for the night and early morning. I thought of the hundreds of thousands of young people camping out on the park grounds, their only shelter - the

plastic garbage bags and colored rain coats they had carried with them on their ten-kilometer walk. I was worried for them.

That morning, waking at 5:30 a.m. to take our buses back to Downsview Park, I once again checked the weather network. Sure enough, it had come down hard at about 4:00 a.m. More rain was still being predicted. So when I finally got to the site and had donned the colorful vestments that were handed out to the concelebrating bishops and priests, I walked over to one of the fences where a young woman stood waving to us. I asked her: "How are you?" She didn't hesitate with her reply: "Wet, cold ... good!"

Her answer not only calmed my worries, it also stayed with me as one of the significant moments of the World Youth Day experience. It represents the spirit of World Youth Days: the struggles and trials involved in making one's way across oceans and continents in less than luxurious settings, is nothing compared with the depth of the experience once one has arrived. The joy, the hope, the friendship generated by the event make one forget the hardships of the days that led to it and the spartan conditions in which it occurs. Perhaps we spent five days on a bus, perhaps we've eaten box lunches for a week, perhaps we've slept on school gym floors for seven nights ... all that disappears in

the glorious sight of hundreds of thousands of young people sharing our faith, our hope, our love of the one God and Creator of us all.

In the weeks that followed World Youth Day, I told many people the story of my encounter with the young woman by the fence. But I found myself changing her answer. I would come to the climax of my little story and say she had replied: "Wet,

stand this difference. "Great" goes back to Old English, where it is related to the Old High German word "grōs", meaning simply "large". On the other hand, "good" stems from the Sanskrit "gadh", meaning "to hold fast," the implication being that we "hold fast" to things which are worthy, which have value for us.

Now, what is the point of this linguistic excursus?

attend to the goodness of these days. She reminds me that the lack of greatness is simply ordinariness, while the absence of goodness, on the other hand, is evil. And so she gives me a clue as to which should be more important in my life.

Sometimes, I wonder if one of the problems with our culture is the way it glorifies what is great at the expense of what is good. The motto of the Olympic Games,

## Our desire for what is great has even warped our sense of the good

cold ... great!" It had more punch that way, more pizzazz. It seemed to convey more clearly the joy she obviously felt at that moment. Yet, she had not said "great!" She had said "good!"

Which set me to thinking. In popular English, it seems that "great" has become the superlative for "good". If a friend tells you that Jim's party last Friday was "good", you won't mind having stayed home to watch a video. If the same friend had told you that Jim's party was "great", then you regret not having put on your dancing shoes and gone over. Today, "good" implies a tolerable level of mediocrity, while "great" pertains to excellence. "Good" is no longer "good" enough. We want things to be "great"!

A dictionary tells us that the superlative of "good" is not "great", but "better". "Great" is simply another adjective, pertaining to another semantic field altogether. Whereas "good" describes the positive value of something - "great" speaks of its size. When we say of something that it is "good", we are trying to get to the heart of the thing and speak of its intrinsic worth. When we say of something that it is "great", we are speaking of its outward appearance, its ability to astonish and cause wonder. The Great Lakes are just really big ponds. The Good Mother has nothing to do with size, but with heart.

The etymology of the words helps under-

stand this difference. "Great" goes back to Old English, where it is related to the Old High German word "grōs", meaning simply "large". On the other hand, "good" stems from the Sanskrit "gadh", meaning "to hold fast," the implication being that we "hold fast" to things which are worthy, which have value for us. Now, what is the point of this linguistic excursus?

Perhaps I'm stretching things a bit, but it seems to me that the emphasis on the "greatness" of events and people to the detriment of their "goodness" corresponds to a cultural preoccupation with the superficial, the visual, the emotional. We are attracted to the flashy, the dramatic, the exciting. Subtleties of rhythm, texture and melody give way to the booming bass beat that explodes from a passing car's stereo. The quiet, contemplative sailboat cannot compete with the powerful, noisy speedboat. The only thing that draws us to the desert is the neon lights of the casino.

Our desire for what is great has even warped our sense of the good. We accept all kinds of trash from the mouths and the lives of our stars, as long as they keep up the appearance of greatness. And many a great party did no good to any of its participants. So when my young interlocutor standing by the fence said that she felt "Cold, wet ... good!" - maybe she knew exactly what she was saying. At any rate, her choice of words forces me to contemplate the experience of World Youth Day in a different way. She invites me to get beyond the numbers of pilgrims, the hype attending the Pope's visit, the complexity of the logistics and the flash of the cameras. She invites me to pay attention to the step that this event leads me to take on my interior journey, to ponder the message that is shared, to contemplate the faces of the people around me: in other words, to

"Swifter, Higher, Stronger," is appropriate for the Games; it distorts reality when it is applied to life. We are bombarded with advertisements that claim a certain product will make clothes or teeth "whiter", or make us drive down the road "faster", or even make us "sexier." We are fascinated with all that glitters and shines on the surface, avoiding the deeper questions and foundational issues. "Like whitened tombs, full of dead men's bones inside," Jesus once said about some people. They were great! Were they good?

### What if ~

We applied this question to the activities we choose to attend, to the candidates for whom we vote, to the films we watch and the books we read?


In Northern Ontario, where I grew up, fishing is a popular pastime. As a child, I was always astounded with these men and women who could lead a boat to a spot that looked just like any other spot on the lake, and proceed to haul in their limit within an hour. How could they tell where the fish were? Today, we all cheat. We use electronic fish-finders to find our prey in the murky depths. But whether we use experience, instinct or electronics, the point is the same: we won't find the answers to our quest by focusing on the glittering reflections on the surface of the lake. They might be attractive, but if we stop there, we'll all starve.



Photo by CCCB

Are we not starving for meaning in our world, for true friendship, for worthwhile accomplishments? Let us abandon our fixation for what is great and seek out what is good.

During this Christmas season, let's strive to organize our family gatherings and neighborhood parties in such a way that, when people are asked, they will say: "I had a good time."

ing with the Opera Chorus at the National Arts Centre of Ottawa and as guest soloist for recitals, oratorios or cantatas. His educational involvement included work in the area of catechetics for the francophone office of Catholic education for the Bishops of Ontario, Canada and the directing of writing teams in the area of school chaplaincy. He was pastor of Holy Cross Parish in Haileybury, Canada from 1985 to 1990, after which he worked at the diocesan centre in Timmins, Canada. In 1997 he was named auxiliary Bishop of Sault Ste.-Marie, Canada and hosted the first three national television missions produced by the National Catholic Broadcasting Council. On April 27, 2002, he was named Bishop of the Diocese of Alexandria-Cornwall, Canada and installed on June 17, 2002. Bishop Durocher presently chairs the Theology Commission of the Canadian Conference of Catholic Bishops. He also co-chairs the Education Commission of the Ontario Conference of Catholic Bishops. 

For Christmas is the season when we celebrate Goodness itself in the birth of a child. It is a season when we yearn deeply for what is truly good for humanity: peace, joy, love. Let us start by abandoning our fascination with what is great, and simply learn to strive for what is good.

\*\* University studies - University of Western Ontario, London, Canada / Bachelor of Musical Arts (1977); St. Paul University, Ottawa, Canada / Masters of Arts {Theology} (1985); University of Strasbourg, France / {Civil} Licentiate in Canon Law (1991); Pontifical Gregorian University, Rome / {Ecclesiastical} Licentiate in Sacred Theology {Dogma} (1996). Bishop Durocher often performed in the 70's and 80's as a classical singer, perform-



# HAVE A VERY PUTTI CHRISTMAS

## AT SANTA'S FAVOURITE CHRISTMAS STORE

Where do Santa's elves get all their practice for the big day? At PUTTI of course, where you can walk into a fairyland winter wonderland from the beginning of November.

Explore the magical forest of Christmas trees throughout the store, brilliant and twinkling with thousands of the finest hand-blown decorations from the world's most famous ornament designers. Browse to your heart's content for the perfect gift, small or large, to suit every budget. From fine French and Italian perfumes and sumptuous bath products or wicked venetian chocolates, to the finest 18th and 19th century antiques from Europe.

You will even find a perfect Christmas card, Swiss ribbon and gilded Florentine wrapping paper, "everything you need for the perfect presentation of the perfect Christmas present."

Year round at PUTTI, our suite of show rooms are individually defined by color, theme and even individual scent. At Christmas this is more true than ever when each room takes on its own special Christmas flavor.

Upon entering PUTTI, you walk into a Venetian Christmas. The music of the famous café Florian orchestra on St. Mark's Square greets you and an antique glass cabinet full of sparking hand-blown Venetian goblets blazes before your eyes. Tables of traditional Venetian red and gold blown glass ornaments are piled high - all a-twinkle in the light of antique crystal and Venetian glass chandeliers. The marble fireplace mantle is decked in pine with richly beaded Christmas stockings dangling and overflowing with gift ideas.





journals and baroque Christmas ornaments – where you will find the perfect gift for the gentleman in your life.

Ever onwards to Christmas in Provence with its airy lightness and simple bright rustic colors. A simple harvest table bedecked with French olive oils, infused vinaigrettes, savon de Marseille and Faience dishes bring a taste of France to every kitchen at Christmas time. Pine garlands and bright berry wreaths complete the effect.

In the adjacent area of the store, you walk straight into Santa's workshop. (Watch out for the elves!) Trees that seem to grow through the very ceiling of PUTTI are weighted down with hundreds of German blown glass figural ornaments from the world's most famous ornament designers including Christopher Radko, Old World Christmas and Inge glass. Armoires are bursting with traditional Christmas crackers ... the children's favorite. Tables groan under the mountains of whimsical

Venetian mirrors reflect and multiply the beautiful scene that meets you. The oriental scents of the café Florien room-sprays mixing with the scent of pine, transports you to the heart of Venice itself with its starlit lagoon and silent mysterious canals.

Continuing on: you pass through the "Profumeria" where antique apothecary shelves are stacked from floor to ceiling with a rare collection of many of the world's finest perfumes and fragrances including Santa Maria Novella, Carthusia and Maitre Parfumeur et Gantier.

From Venetian splendor move on to a sophisticated dining environment where an antique French table carries an extraordinary display of everything your dining room will need for the finest Christmas entertaining, from white gold Florentine goblets to exclusive black and white English china and French pewter punch bowls.

Then next, a stunning change of scenery: PUTTI's gentleman's room with its dark mahogany empire bed draped with antique French tapestry. Tables are filled with vignettes of men's toiletries, leather bound




Christmas ornaments, candles and German nutcrackers. This is the perfect room for a real old-fashioned Christmas and children love it! What ornament should they choose? A snowman, a Santa, a princess or maybe a frog?

Passing through a portal flanked by two Christmas trees where a colony of brightly colored glass birds with spun glass feather tails are nesting - you enter a real winter wonderland. PUTTI's winter white Christmas room, glistening with snowflakes on the tables, on the trees, even on the floor, where all is white and silver and palest blue. This is Christmas elegance at its height. Where a center table surmounted by a tree of its own is piled high with hand-painted European glass balls illuminated from beneath.

Finally the boudoir. The pinkest room you ever saw. Pink chintz dishes, pink linens, pink floral pillows and even pink Christmas ornaments. The ultimate in femininity!



PUTTI is, both for its beauty and the unique selection of Christmas items on display, perhaps one of the finest Christmas stores in the world. It's well worth the trip to Canada. And PUTTI is a store that you, as all our clients, will wish to return to year after year, Christmas after Christmas - a great Christmas tradition that you can pass on down to all your family for all the years to come.

Have yourselves a very PUTTI Christmas! 

## PUTTI Fine Furnishings

1104 Yonge Street  
Toronto – Canada  
M4W.2L6  
TEL: 416.972.7652  
E-M: [putti@sympatico.ca](mailto:putti@sympatico.ca)



Cabot Trail Highland National Park

“The most scenic island in the world” is how Conde Nast describes Cape Breton Island. Out rivaling Maui and Bermuda in this ranking Cape Breton has a coveted global reputation for natural beauty. Boasting some of the most pristine beaches, and deepest harbors, Cape Breton is also home to the famed Highland Links Golf Course - rated the second best private course in Canada, the best public course, and one of two Canadian courses ranked internationally.

And with this comes ~ The University College of Cape Breton – UCCB.

Located on beautiful Cape Breton Island, Nova Scotia, Canada, UCCB offers a unique blend of degree, diploma and certificate programs in a variety of disciplines. Dedicated to providing quality post secondary education, UCCB stands out as an innovative source of arts, business, science and technology programming delivered on campus and through distance education.

# ONE OF THE BEST UNIVERSITY COLLEGES IN THE 21ST CENTURY

By  
University College of Cape Breton  
Sydney, Nova Scotia – Canada



With pride - may we introduce to you – a niche of educational study UNIQUE to UCCB.

Dr. Cheryl Bartlett is a progressive Professor whose mind you're going to want to meet. She's exciting and exemplifies what YOU will find in each of UCCB's stimulating departments.

## SCIENTIST IN THE 21st CENTURY

What pattern can you see in the collage of a frozen northern Canadian lake, a minor league hockey game, and a university located on picturesque Cape Breton Island, Nova Scotia, Canada?

At first thought - these seemingly unrelated images appear to bear no relationship. However, the lake, the hockey game and the university have been woven together with the intricacy and perfection of a spider's web to sustain one of the most innovative scientific minds in post secondary education today. Dr. Cheryl Bartlett.

Dr. Bartlett, professor of Biology at the University College of Cape Breton {UCCB}, will tell you a deep personal determination related to each of these images has influenced what has become her life's work – a burning desire to turn young minds on to science. Experts refer to her research as a

# Dedicated to providing quality post secondary education

breakthrough in scientific pedagogy. She has christened it 'Integrative Science'. For Cheryl Bartlett 'Integrative Science' began as a curiosity as she tried to understand why so many undergraduate students had difficulty learning science. It evolved as a commitment to reinvigorate post secondary science education. Her approach is truly 'Integrative' because it combines traditional Western scientific study and the holistic world-views of Aboriginal peoples. Its hallmark in these early days - is a focus on the Indigenous Nova Scotia Mi'kmaq who inhabit the shores of the Cape Breton's beautiful Bras d'Or Lakes and a goal to successfully involve a group who have traditionally fallen behind national standards for participation in science education. The program housed within UCCB's BSc.Community Studies, is the only 'Integrative Science' program in the country, and allows students to integrate the study of a suite of 21st Century science, cultural, social and environmental issues.


To date, the goal of the 'Integrative Science' program has been measured by its unique success rate attracting young Nova Scotian Indigenous students into degrees {9% of UCCB's student body are of Aboriginal descent} retaining them toward graduation, and eventually returning them to fill much needed health and other professional science related roles in their communities. As the program grows, its value will be recognized by multinational corporations with a desire to offer employment to qualified Indigenous people in satellite projects around the globe.

But Cheryl Bartlett's initiative cannot end there! Its greatest impact will come when 'Integrative Science' pedagogy converges with mainstream populations and the world economy's need for more scientists.

Dr. Bartlett uses metaphor, storytelling and applied research experiences as primary learning tools in contrast to conventional science methods that seem to adhere more to the thought that imagination has little to do with learning.

Dr. Bartlett's most serious recognition was delivered recently when she became the recipient of a Tier 1 Canada Research Chair for her pioneering work in 'Integrative Science' - an affirmation of the socio-scientific credibility of Dr. Bartlett's groundbreaking work in laying the foundation for 'Integrative Science'. Working alongside Dr. Bartlett as Associate Chair is Bernie Francis, a celebrated Mi'kmaq educator. Sponsored by the Government of Canada, the Canada Research Chair initiative's objective is to build Canada's innovation performance through research investment at Canadian universities. True to her hockey roots, Dr. Bartlett will be one of only 38 women to have been awarded a prestigious Tier 1 chair. {Ten percent of the 367 Tier 1 recipients to date are women.} And Cheryl Bartlett is prepared to respond to the challenge. "I'm further honored to work with so many talented people dedicated to igniting students' scientific imaginations and to witness the application of their skills in their lives and communities".

As for her spare time - Cheryl Bartlett is still an avid hockey player and if she were asked for a quick metaphor ... she would likely say: being on the 'Integrative Science' team is a lot like training for the Olympic Gold in Women's Ice Hockey.

\* Dr. Cheryl Bartlett holds the following Canadian University degrees: University of Alberta – B.Sc. Zoology \ University of Guelph – M.Sc. Parasitology \ Ph.D. Parasitology. [www.uccb.ns.ca](http://www.uccb.ns.ca) 



# DO YOU HAVE WRINKLES ON YOUR FEET?

By  
Dr. Wolodymyr Medwidsky  
Renowned Dermatologist  
Toronto - Canada

**And as I run down the hall into yet another patient's life, I pause mid stream, turn around and ask: "Do you have wrinkles on your feet?"**

"Yes M'am, you do have wrinkles on your feet. "Have you ever noticed them" I ask a surprised, young executive? "Do your feet hurt? I can easily fix the wrinkles on your forehead with Botox®™ ... but it takes much longer with your feet."

My immediate reaction is to whisk the patient back into the office - sketch the outline of her feet and compare it to the outline of her shoes. I date and autograph the piece of 'art' to be placed on the patient's bulletin board, as a constant reminder.

Placing too much flesh into the confines of fashionable shoes ... is like wearing a bra several sizes too small - a habit which could land one in the hospital emergency with chest pains!

Repeated long-standing friction of the skin from within {bones} and outside {shoes}, can cause gradual thickenings of the skin such as calluses and corns on feet. These can lead to pain and changes of gait that can further affect the ankles, knees, hips and backs.

In Milan, Italy - matters have recently gotten out of hand.

The Toronto Star, March 2002, a Canadian Newspaper, reported that famous Milan designers as Tom Ford at Gucci, Prada, Dolce et Gabana and others are forcing fashion models into ridiculous and dangerous stiletto heels causing them to stumble and even fall on Milan catwalks. Such falls can cause acute injury to soft tissue of the ankles, feet and legs. All this occurs in the name of fashion and it's akin to winning at the Olympics, at any cost!

Footwear is very beneficial to ones' modern existence but ... can also speed up your demise.

With age, many body parts sag and so do our feet. They lengthen and widen but we usually do not keep up with these changes in picking our footwear. These facts are even more crucial for those suffering from diabetes and states of poor circulation.

There seems to be a great embarrassment and even fear and

# With age, many body parts sag and so do our feet



anxiety about being seen in the work place wearing comfortable shoes. Often, I've issued medical certificates excusing employees from wearing occlusive footwear at business. As a matter of fact, I even offer to surgically cut and create "Holey Shoes". This relieves the rubbing at the pressure points while instantly attracting attention and comments such as "what a good idea ...but

Imagine the publicity this health promoting idea could attract!

On most days, your white socks would be seen through the shoe openings but on special occasions you could wear green for St. Patrick's day, orange on Halloween and red socks during Xmas. Foot pain, health promotion 'Holey Shoes' interest groups - could be organized to discuss common interests and lobby fashion barons.

**What we do know is that: SORE FEET ARE FOR THE BIRDS!**

In addition to this – I love to discuss toenails. They too, reflect conditions within your shoes.

## TOENAILS MAY BE:

**DISCOLORED** – white, yellow, green, black

**THICKENED** – free edge

**DETACHED** – from the flesh

**INGROWN** – into the flesh

**RIDGED** – horizontal or vertical.

The most common causes of such changes are trauma, various infections, and medical conditions such as psoriasis or a combination of the above. Too many people are taking oral anti-fungal agents or medication unnecessarily and inappropriately on a presumption of a diagnosis by a physician. Even if toenail fungus infection has been proven, oral medications will not correct the appearance unless the friction and continuing trauma to the nails within the shoes, is eliminated.


Depending on the shape of the foot, traumatic nail changes are most commonly seen on the big toe or second and fifth

toes. "Ugly" toenails force many people to shun the beaches and prevents them from wearing comfortable sandals. Hiding toenails under nail polish may just prolong or worsen the problem.

## MY PRACTICAL ADVICE FOR HEALTHY FEET

- Check your feet monthly for changes of shape, bumps, blisters, sores, wrinkles and cracks on the soles.
- Wear shoes of proper size, shape, width and support.
- Purchase your new shoes at the end of the day when your feet are likely to be more swollen and tired.
- If possible - pick comfort over fashion.
- Wash feet daily with mild soap, warm water, dry well and apply light moisturizer.
- Change shoes / socks / hosiery frequently.
- Trim toe nails straight across or slightly curved at each side of the nail.
- Report any persisting pain in feet, ankles and knees to your health care professionals.

Do YOU have wrinkles on your feet?

If you have aspirations of becoming a model and working in Milan ... be sure to acquire adequate health insurance! Modeling could indeed: become hazardous to your health. 



Constance Grote  
Poetress / Author  
Littleton - Colorado

## LIFE'S JOURNEY

Constance J. Grote was born in Topeka, Kansas, the first daughter of a family mired in the depression era. Her parents took in foster children to supplement their income and all their clothes were hand-sewn on an old Singer treadle machine out of flour sack cloth - always identical to her two sisters. Love of writing began in high school when Constance received an A in English for a story about an incident in her Home Economic class. Connie has written poetry, memoirs, travel stories and short stories appearing in numerous publications across the U. S. Her first novel: *In The Shadow of the Past* - was published this year by: 1stbooks.com. Her personal interests are oil painting and gardening. Constance now lives and writes in Littleton, Colorado.

My heart and soul have been filled with life and the experiences therein. This collection is a medley of feelings encompassing many years. My hope - is that readers will relate to the offerings herein and enjoy them for what they are ... shared feelings.

## Now I Dream

I sat by a stream today  
A stream to dream by  
Water to wash my mind free  
of everyday thoughts  
of trouble and strife  
Stream, talk to me  
Tell me what I need to hear  
While I am near,  
Tell me why I came to be  
Attracted and pulled and  
drawn to Thee  
Calm my mind  
Soothe my heart  
I've conversed with you before  
Oh, stream  
Now I dream - Now I dream

## Saved Face

The mountainside absorbed  
my tears,  
Mother Earth received my sadness

She pulled my emotions  
into herself,  
as if a magnet  
And released my wailing  
into her vast privateness

In the quietness and solitude,  
this great mountain "saved face,"  
absolved my pent-up feelings.

No judgment, no questions.

I left my sorrowing there, secure.  
I left my face there - hidden.

I found my soul there  
grateful and relieved.

## Cloudscapes

A cat in a silk chapeau prances in  
the shadows  
Illuminated by the moon.  
Night's breath gently nudging,  
Evolution takes place.  
A puppy on a sled glides by.  
Look upward and watch!  
He's lost his tail -  
Suddenly there's a snail.  
The night is full of such creatures  
It won't be long till I see  
A little boy on bended knee.  
That's cotton candy in his  
hand...but wait...  
Clinging to a mantle of clouds,  
A Christmas stocking  
Drifts lazily in the breeze.  
Now a winged angel appears, but  
Oh my, suddenly a ram rushes by.  
What bliss I feel - To play  
with the moon  
'Neath marbled confection of  
gossamer clouds.  
Peek at me now, Mr. Moon, and  
say goodnight.  
It's there, bathing my face.  
I've talked to this moon, I don't  
want to let go.  
Good Night! Good Night!

## Your Presence

Amid twinkling stars  
Dazzling rain drops  
And inky velvet night  
Your presence fills my space  
I cling to it and weep  
Silent tears of joy.



# HALF TIME

By James Mansell, Montreal - Quebec

**Hi folks!**

**I predict that Santa Claus will come and save sports from greedy multi-millionaires.**

Happy holidays to all you sports fans out there. This is an exciting time of the year! But before I begin - I would like to congratulate editorial, all columnists, feature writers of JO LEE Magazine on the tremendous achievements this year. Giving major magazines a run for their ratings – is no small feat! The ADESTE PRIZE is now our way of giving back to those around the world who have achieved beyond, as we have. Happy 1st Anniversary JO LEE! {And I hope all my readers' wagers and pools ... are winners over the holidays}.

My topic this month is friendly **sports betting**.

Someone at work - will surely come up to you around the holi-





## QUESTION of the month: Should we sanction all sports wagering?

days and ask if you'd like to join a pool. Logically, if you don't understand sports - you wouldn't go betting on them. But office pools can be very fun and very unpredictable. Let me try and convince you why ... you should try your luck this year.

The most knowledgeable sports fan never wins! These pools are often - just like lottery tickets. You pick and try your luck. In most games, the spread evens out the two teams so you really have a fifty-fifty chance of winning. I know because I never win.

Only play the pools 'that give the betters' one chance at picking. Simply because, some pools give betters a chance to trade players, multiple amounts of times, and there are some people that will trade players a million times. You probably don't care

that much about the pool - so you probably won't check your stats everyday.

If you play any office pool - try and play the college football series. The college football bowl games are the most unpredictable and fun to watch. Normally, there is one game a day for the whole holiday season. You can check how you're doing on a daily schedule.

Okay, so now that I've tried to convince you to commit an illegal act that is punishable by law. Just a warning! Please don't go overboard!

My point here - is to show you: how people get involved with serious betting problems!

Simple five dollar office pools become five hundred dollar bets. Fortunately, not every-

one gets involved. Sometimes I think that it's better to lose than to win. Because when you start winning you start playing for bigger stakes. It's no different than a poker machine.

Sport, has some really ugly sides. This is one of them. It won't be long before we all can go to the corner store ... and place a legal bet. If you have a computer, you know that you can place bets over the Internet. Or if you prefer, it's pretty simple to find a local bet maker that will give you the opportunity to do business with him.

From my family to yours - be careful! I hope you have a great Christmas and wonderful New Year. We will see you again in 2003.



To Write James: [click here](#)





Merry Xmas dear friends. This month the stars shine – for ‘the dream’ in all of us. It’s Xmas. My greatest obsession. And my love comes wrapped in ribbon, and lights the way for those dreams to fly. They can – come true!

I pause for a moment, reminisce and conceive ... that the music my mother so brilliantly produced – best exemplifies my mosaic of Xmas love. The most beautiful! It was an embracement that filled earth in every corner, at Xmas Time. So much so, that the materialism of gifts became a non-entity. We dreamed together. Our family’s luxuries were not the tree, nor elegance of boxes with Tiffany bows but the image of laughter and giving from the heart – surrounded by the magnificence of a table fit for kings. The kings of course, were us. A portrait of love blessed with family. For across the horizon, there’s only one phrase that counts. That insurmountable ‘Gift called Love’.

It’s December 1, 2002. And as I scurry through San Francisco’s streets – arms not laden with gifts – but with mind crackling in excitement, I beam at the joy of knowing that every single member in my family ... will be giving this Xmas, with heart. For just a moment, I seat myself right in the middle of Huntington Park. The trees are amass with lights and it’s almost as if the heavens, the powers, the forces – whoever it is one looks up to, are taking each one of these miniscule bulbs and morphing them into Charles

Tazewell’s ‘The Littlest Angel’ and Leo Buscaglia’s ‘Seven Stories of Christmas Love’. Remember? The Littlest Angel’s gift was the tiniest green box with only simple trinkets inside. A gift, bigger than power could buy.

So – will you come with me this Xmas? It’ll be a grand opportunity to dine with historical figures of our past and to study the settings and improvise as my family have. Whether it be ‘bread and point’ or ‘duck and dom’ – it’s {love} that becomes ‘the food’. By the time you have toasted and savored whatever delicacies of the day, you will have learned more than any history book could have shared in an evening by the fire.

A Shall we step into a part of my family’s world. A world at Xmas time – we continually recreate. I refer to the monarchical décor of the Hapsburg court, its red velvets, its white satins, its gold laces and embroideries, and its jewels recalled by Mrs. William Sarnoff and my family. This intimate Xmas Dinner whose multiple richness of elements burgeons with the romance of things past ... can certainly be set by you. Don’t ever be afraid to create – for it’s the joy surrounding the table that sparks a brilliance that lasts.

Mrs. Sarnoff’s state portrait by the court painter Winterhalter of the beautiful young Princess Elizabeth of Hungary and the Two Sicilies sets the tone. Colors are restricted to the Hapsburgs’ red and

white. Notice how an antique gold lace scarf from Mrs. Sarnoff’s family decorates the satin-covered table set with ‘Chrysanthemum’ vermeil turned down in the European fashion, with gold and white ‘Sheffield bone china, ‘Antoinette’ cut crystal, and Royal Berlin birds. A leaf-shaped vermeil ravier holds a ruby and diamond ring tied into pearl lariats, all by Tiffany jewelry designer Angela Cummings and all reminiscent of the jewels worn by the Princess Elizabeth in her portrait. Black lacquer side tables hold a bouquet of red silk flowers and a nineteenth century black lacquer birdcage.

There are wine and roses and candlelight and Viennese waltzes in the background. The magic? Will long be remembered for the portrait created in my family’s minds – lives with brilliant clarity as it has been brushed with joy and framed with the love of those who are so special in our lives.

The title of our dinner is “The Christmas Jewel” and how it turns out is not a guess, until the end of the eighth course. It’s a jewel!

E bravissimo! And as daddy would say: “I embrace you, the world, with Christmas. Buon Natale – in cutti belli modi.” In every beautiful way!





# THIN'K'ERS CORNER

LEAD THIN'K'ER – Carolyn Young

**On this ONE YEAR ANNIVERSARY of JO LEE Magazine – let me say 'Way to Go!' to all who have participated in the creation, editing and production of this E-zine. A fabulous work!**

It's that wonderful time of year and before you gather your thoughts, making those New Year's resolutions ... from all we Thin'K'ers – MERRY Xmas!

Say, if you're tired of the same old 'I'm going to': lose 10 lbs, give up smoking, go to the gym ... what about something a little less tangible. What about {you weren't expecting this} pondering for a moment, Pope John Paul II's words to the wise:

"With your faith, hope and love – with your intelligence, courage and perseverance ... you have to humanize the world we live in.

Even a tiny flame lifts the heavy lid of night."

I have reread this quote about two dozen times. Then, I got to wondering what the true significance is. Here is a very elderly man, leader of one of the largest religious denominations in the world, speaking to the young people of his faith. The dichotomy between his beliefs and, the respect for this man from the younger generation – is something only the power of minds can articulate. That said, let's examine his words.

## FAITH

Herein lies the mystery? Faith in the unseen, the unknown, the unconfirmed. I'm an extremely rational person. There are explanations. Period. I believe most humans would like to think there is more than what we are told. Whether it be life in a far off galaxy, belief in life after death, or hopes that a friend won't spread your secrets ... around the playground. Sometimes, we just have to have faith.

## HOPE AND OPTIMISM

... is a basic ingredient to making life more enjoyable. It lifts our hearts to 'ease' and makes it easier to deal with the tough times and to set sights on goals that we wish to accomplish.

## LOVE

... aaahhh! The topic of so many songs, prose, movies. That which can bring the greatest joy and the deepest sorrow. Love, whether it be between lover, parents, siblings or friends – is the thing that makes life worth living. The emotion, the feeling the passion. The

compassion for another soul. Holiday time is wonderful for many – bringing people together. Please – let's keep it from being an incredibly lonely time, for others.

## INTELLIGENCE

Most of us are taught from an early age that being highly intelligent is a good thing. Most equate intelligence with success in a career. If you're smart, you'll study hard in school, get good grades, get into a good college, do lots of networking, get a good job. But what about using those smarts for reading and understanding the world you live in. Be alert to the plight of those around you. It's real. Wherever you live on this blue marble.

## COURAGE

I remember my first day of University. I attended a school very far from home. I knew no one. Was it scary? Of course. Would I do it again? Absolutely. Why? Because I got to meet the most amazing people. Stepping away, however briefly, from our routine and away from our existing friendships - forces us to become acquainted with whomever and whatever is around.

## PERSEVERANCE

Do you ever think it will take every ounce of energy you have just to get out of bed in the morning. I know the feeling all too well. Sometimes, we simply have to plug away at something we believe in. But sometimes - perseverance comes at a cost. This December JO LEE Magazine launches The ADESTE Prize – awarded annually to those individuals who persevered at making a contribution to mankind. 'The Fulfillment of a Dream' awaits a few resolute individuals from any corner in the world. We at JO LEE are very proud of this prize. It's made possible by all advertising monies to the magazine being placed into this fund.

## POPE JOHN PAUL 11 AND CHRISTMAS

Take heed to his words. After all – we are wanting to make the world a better place! Believe that you have the knowledge, strength, desire to carry out a task. Be optimistic. Make doing it easier and more enjoyable ... whether you're 15 or 105.

I wish you all: Faith, hope and love for the coming year.

If you choose to dig deep and get some answers to bigger questions, check out what's happening on: [www.yesintl.com](http://www.yesintl.com) at the E-Help CamPUS.

**MERRY CHRISTMAS!** 

If there is anything you would like to see **CLICK HERE**

**BACK TO CONTENTS**

# Politically Red

ONE PERSON  
CAN MAKE A  
DIFFERENCE

Lani Silver



**It's the Holidays!  
Give yourself a great  
present ... and take  
a walk.**

Almost everyday I walk along San Francisco's ocean beach. Then, I walk through Golden Gate Park. Every purple blossom or green fern I see, I thoroughly enjoy ... but I'm always struck and saddened by how few people there are en route. Where is everyone?

I continue. I wind my way above the Cliff House and go along Lands End ... end up at the Legion of Honor and take the 18 bus back home. The bus route ends at Stonestown Mall. I'm amazed! Masses of people are at the mall. A light bulb goes off. People are at the mall and not at the beach.





## It gets rid of stress and makes you happy

My teen-age niece Brette affirms my suspicions. She says, "The mall." Another time I ask both my nieces to come along with me. "Where would you like to go and what would you like to do? I'm teasing of course, for I know the answer will be: Hillsdale. {the local mall} I think, "how sad this is". My vision filters back to when Sara was three. I said to her, "Let's take a walk" and she said, "I can't. My legs are broken." It was funny then, but it's not funny now. I honestly believe my nieces, though beautiful, represent the majority out there. They've never taken a walk – or experienced the magnificence of nature. Today, they're 21 and 18.

I began my life as a walker because I was in a terrible car accident, twenty years ago. Someone ran a red light and I could barely stand for a month. Strange as it sounds, I knew the only way I'd walk again ... was to walk ... and that's how my walking began. Some of this was precipitated by bumping into an old friend, Dr. Sadjia Greenwood. Sadjia was in San Francisco's Haight Ashbury. One day she decided to walk to Chinatown. I could hardly believe that anyone would actually walk 6 or 7 miles. The possibility of such a thing never occurred to me. Hearing something about something so extraordinary: I started walking.

Have you ever considered the benefits of walking – and I'm not talking about the syndrome of weight. It gets rid of stress and makes you happy.

I see this delicious empire and I want it to be yours.

According to writer, Jerry Mander, we only have two activities: working and consuming.

Our social activities seem to have been reduced to very few things.

What about shell gathering, and stone skipping? Bird watching? What about dreaming and becoming centered with the mind? I think the world moves so fast that the rhythm of the tides aren't fast enough any more. The tides don't feed addictions, they sooth them.

Is it that - we don't know how to be alone anymore? Aaah – I have a gift for you. Try walking. It'll love ... YOU!

To every appreciative reader of and to my good colleagues at JO LEE Magazine – I wish you a particularly joyous Holiday. Isn't ADESTE brilliant. A magnificent challenge!

## Happy Holidays!



**\*\* 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!

Merry Christmas! Did you know – that Christmas can last more than one day – that the spirit and magic of the Holiday Season can thrive forever. Peace, joy and good-will are not seasonal; they are life-sustaining, life-enhancing, hopeful words that should be spoken, sung and practiced each day of 'your life.' Think of those who have nothing! Go out and love them ... so they will have something.

Visit: [www.yesintl.com](http://www.yesintl.com) The E-Help CamPUS will

answer / solve questions / problems you may be facing yourself or with loved ones.

CRAZY 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.

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Crazy about R&D

**MANAGING EDITOR'S COLUMN**  
**Nahidah Malik**  
 Nairobi, Kenya

## SURVIVING THE HOLIDAYS

The year ends and begins with celebrations within many lands. For many the end is that you are alone. But don't be! Look forward / over your shoulder / and celebrate the wonder of life. Volunteer at the soup kitchens, the community centers, where there will be others searching for new friendships and happy beginnings like you. Make happiness 'your choice'.

From myself and all of us at JO LEE – we wish each and everyone one of you the most exciting and loving season! The month of December holds special meaning for JO LEE. It's our very First Birthday and we're celebrating with the launch of ADESTE ... 'for those who have achieved'. Do nominate someone you know ...

**HAPPY BIRTHDAY JO LEE !**



# DR. ROSE – ON VIOLENCE IN ENTERTAINMENT

To Write  
Dr. Rose:  
Click Here

Dr. Rose A. Dyson  
Toronto-Canada



With the Holidays rapidly approaching we face, once again, the usual barrage of multiple messages: The true meaning of Christmas as a celebration of the Birth of Christ, spiritual renewal, embracing ties with friends and loved ones and, of course, seductive marketing messages urging us to shop until we drop.

Every year the hype targets us all - children, parents and grandparents alike, promising, among other things, the latest excitement in electronic entertainment, replete with action, news, reviews, previews, updates and cheat codes. On one website, where one is assured hours of addicted game play, a US marine, billed as a member of 'The Navy's Elite' pops up on the screen ... pointing a machine gun at the viewer.

This year – let's REMEMBER we CAN make a difference through smart purchasing habits by avoiding violent video and computer games indeed, all toys that celebrate violence.

The harmful effects on youth who learn to use violence as a conflict resolution strategy and equate guns, especially, with power and control, are widely recognized. Links between the glamorization of weapons and their emergence as status symbols among youth, particularly those who have difficulty developing wholesome social skills, are pointed out regularly, especially following tragic outbursts of violence.


Extremely problematic – is too, the bombardment with commercials for products linking junk food with violent toys. i.e. Masked superhero 'Spiderman' images on boxes of Fruit Loops breakfast cereal / Hershey's chocolate kisses / and Hasbro M&M Mini Candy Copters. These tie-ins are designed to lure children into selecting food based on favourite movie or TV characters rather than healthy dietary habits.

Did you know children consume almost 40 hours of media a week after school / see 40,000 TV commercials a

year / PLUS all the other increasingly aggressive product marketing messages aimed at children, even in their classrooms?

Raise public awareness! Reinforce the powerful message by Pope John Paul II on World Youth Day, in Toronto, warning against: 'the fleeting pleasures and empty promises of consumer driven dream merchants who foster enslavement to technology and instant gratification.'

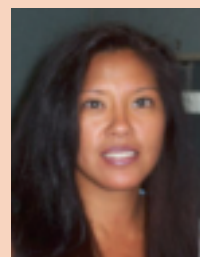
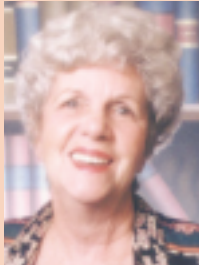
Let us all rise to his monumental challenge and help build the foundation for a new historical era that encompasses universally shared values with a spiritual dimension - one that values youth and the protection of children with emphasis on wholesome lifestyles aimed at long term sustainability.

Above all, Best wishes for a wonderful, safe and happy season from all of us at JO LEE Magazine! 

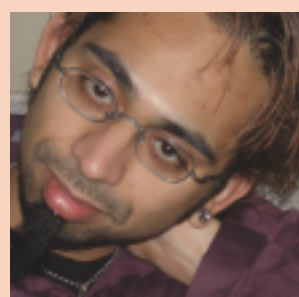
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# KUDOS



**MERRY CHRISTMAS!**  
From Me, Jo Lee!  
**YOU'RE INCREDIBLE**



# WEIRD AND WACKY FACTS ON CHRISTMAS...!

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



- 01 Two to three seedlings are planted for every Christmas tree harvested. Each hectare provides the daily oxygen requirements for 45 people.
- 02 Grown in all 50 states, including Alaska and Hawaii, the real Christmas tree is an American thing. Korea, Taiwan and Hong Kong produce the most artificial Christmas trees.
- 03 The most popular Christmas plant and the most potted flowering plant in the United States is the poinsettia.
- 04 The first postage stamp to commemorate Christmas was issued in Austria, in 1937.
- 05 Pre-Christian Romans decorated fir trees in winter as this was the season of celebration.
- 06 The Christmas wreath is not only decorative, but also welcomes all who enter your home, wishing them a long life.
- 07 Alabama was the first state in the USA to declare Christmas a legal holiday in 1836.
- 08 Due to the time zones, Santa has 31 hours to deliver gifts, that means 832 homes each second!
- 09 Bing Crosby's White Christmas is the biggest selling Christmas single of all time.
- 10 Edward H. Johnson, who worked for Edison's Company, had Christmas tree bulbs especially made for him 3 years after Thomas Edison invented the electric light bulb, in 1879. They caused quite a sensation when displayed at his home on Fifth Avenue, New York City. However, it was many years later that Christmas tree lights were mass produced and widely available.
- 11 The postmaster of Washington, DC {America 1822}, complained that he had to add 16 mailmen at Christmas to handle the flow of Christmas cards. He wanted the number of cards a person could send limited by law. 'I don't know what we'll do if this keeps on' he said.
- 12 The traditional end of the Christmas holiday is Epiphany, 6th January. On this day, the tree and decorations are taken down. To do so earlier is thought to bring bad luck for the rest of the year.





## R&D EDITOR AT LARGE

# JO LEE MAGAZINE CELEBRATES ITS 1ST BIRTHDAY

Thanks to our very special Jo Lee Mascioli-Mansell - December 2001 will go down in e-Zine industry history.

It was in the most cherished month of the year that JO LEE Magazine – named after its charming Founder and Editorial Director – was launched into the World of the Internet as a gift to all e-Readers. As JO LEE celebrates its first anniversary, the magazine continues to grow and YOU, its devoted READERS will find it even more contemporary and appealing.

In my mind, I've always thought that JO LEE magazine was different from other e-Zines. What makes it special? Its structure ... so fresh, vivid and modern. It's definitely not the result of a recipe. Rather, it's an expression of a great personality.

Jo Lee's refined mind and young spirit project into each issue of the magazine and thanks to her creative imagination and the participation of prominent columnists and feature writers, YOU, the READER, are now able to dive into columns like: CRAZZY About R&D / Half Time {Sports} / The Marvelous Maverick / Politically Red / The Provocative & Challenging / Stethoscope 911 / Thin'K'ers Corner / Yes! Virginia {Travel} / Weird and Wacky Facts ... to name but a few.

Yes, JO LEE is the universal magazine: a montage for interests of all spectrums of mind. Business, health, politics, travel, sports, relationships are brought together into mosaics of marvellous reading. Every month. Through its series of columns as CRAZZY About R&D and Thin'K'ers Corner – JO LEE also provides a link to YES! International, one of the world's leading charitable organizations and its award winning, resourceful E-Help CampUS acclaimed by the 30 something and under audiences as the meeting place of the new century.

As a Celebration of our 'Anniversary Edition' – JO LEE Magazine launches THE ADESTE PRIZE. ADESTE was created to applaud the "40 and under" individuals, whose achievements have created outstanding benefits to humanity. Do see our full page advertisement on ADESTE in this issue? Somewhere in the world, someone YOU know could be nominated as a candidate for one of the '4' qualifying prizes. ADESTE takes as its Credo – the lessons behind Nobel. We, want you ... to nominate a candidate for THE ADESTE PRIZE.

### MERRY CHRISTMAS!

From everyone at JO LEE Magazine, we wish you a wonderful Holiday Season and a prosperous New Year!

[CLICK HERE FOR CARLA CARLA DRAGNEA](#) Bucharest

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