



EXCLUSIVE

THOMAS D. SMYTH – Chairman/CEO, Retired
H.J. Heinz Company Canada ...challenges
THE DEHUMANIZATION OF SOCIETY

SUMMUM BONUM:

Can the 'greatest good' fill a role
in Educating future generations?

SPECIAL EDITION!

Prestigious **VIKING RIVER CRUISES**
World's leading river cruise line with a fleet
of 24 Premier vessels – comes to JO LEE Magazine

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The Roots and Wings Magazine

Founder and Editorial Director
JOSEPHINA LEA MASCIOLI-MANSELL

R&D Editor At Large
CARLA DRAGNEA

Managing Editor
NAHIDAH MALIK

Coordinating Editor
JOANNE GIANCOLA

Director to the Offices of Jo LEE
PEGGY EGAN

Online Producer / Director
EDWARD T.M. AYOUB

Design + Layout
SITE 85 DESIGN

Published By
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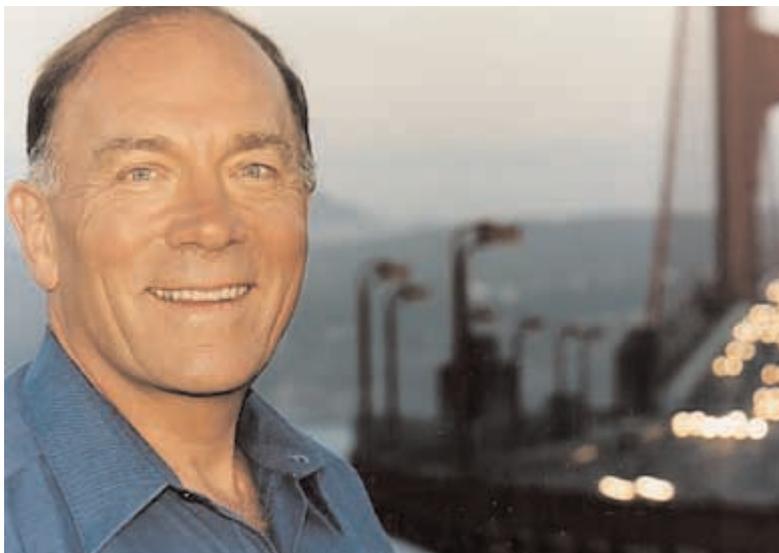
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On the Cover
Jo Lee in Budapest on Viking River Cruises

Exclusive.
THOMAS D. SMYTH – Chairman/CEO, Retired, H.J. Heinz Co. Canada... challenges THE DEHUMANIZATION OF SOCIETY

The Marvelous Maverick



Hello again!

I just want to say a big thank you to all you wonderful JO LEE readers who have written in with your questions about jobs and careers. You make my task in writing this column such a pleasure because you give me some of the great topics to work with... THANK YOU!!!

So this is the focus of the month... **Learning new jobs**

Here's a great one from Meaghan C. in Dublin, Ireland:

"I'm a machine operator in a mid-size company. When things get quiet around here, they get me to do other jobs that I'm not trained in. I'm worried they might let me go because I'm not good at everything I'm asked to do."

Which would you prefer, Meaghan, to be given the opportunity to learn new skills when business is slow, or to be laid off?! Your company is doing you a HUGE favor! Plus they must think pretty highly of you to trust that you can quickly acquire the skills.

We do the exact same thing on the sailboat I race. All winter, our entire crew race in different jobs – to our normal positions on the boat. When the summer season starts again, we're going to be a better crew because of knowing more about each other's jobs and how to do them.

Far from getting fired, Meaghan, you're becoming even more valuable to your company by learning the many facets to this business! It's a tremendous opportunity for you, so take advantage of it.

My best lesson

Daniel G. in Toulouse, France asks: "What was the best lesson you've ever learned in your career?"

**Which would you prefer:
to be given the
opportunity to learn
new skills when
business is slow, or
to be laid off?!**

Wow, Daniel! There are so many that might be my best lesson! But here's one that I think of as being one of the most valuable.

On the first day I met my new boss, Taketo Murata, when I joined General Foods as an Assistant Brand Manager, he said to me: "Let's make a pact. I want you to have my job in six months." I said that worked fine with me, but what about him?

He replied: "If you're ready to do my job, then you're freeing me up to do my boss' job – we both win!"

The skills you bring with you are far more important than the industries you've worked in.

continued...

Rather than being threatened by those below us, the winning way is to nurture their growth. Throughout my career, I've always tried to promote people working for me. They can then do my job, which in turn gives me the opportunity to be a better leader. Getting out more / planning / where we take the business next.

Oh, by the way, Taketo (my boss at GF) and I were both promoted in FOUR months – he was right, we both won! It's a lesson I have never forgotten.

The Customer sets the standard!

Here's another question, this one from Kelly R. in London, England:

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

1. Learn every possible job around you – and you'll perform that much better.
2. Help get your boss promoted so you can assume their position!
3. Perform to your customer's expectations, not your own.

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

Until next month...

The Maverick

Write The Mav me: [Click Here](#)

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

"I'm really upset. My manager keeps criticizing me for being what she calls a 'perfectionist'. I'm proud of my ability to be exact, so I resent it when she turns that into a criticism. What do I do?"

There's one really important issue here, Kelly. You and your boss clearly have different expectations as to what is required from you.

When your boss criticizes you for being a perfectionist, what she's really saying is that you're devoting too much time and effort to doing "everything exactly right". Her theory is rather than execute every tiny detail, she's willing to accept a performance standard less than perfect in order to get the job done.

Here's what you need to remember:

The performance required by each one of us in any job is ALWAYS set by the customer, NEVER by the person doing the job! In this case Kelly, your boss is the customer and is expressing frustration by the performance standards that YOU are applying to the job.

So – what you have to do, Kelly, as soon as you can, is to go to your boss have her clearly spell out the performance standard expected by you. And then you deliver EXACTLY that, no more and no less. Try it! You'll be amazed!

Until next month...

The Maverick

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

THE PROVOCATIVE & CHALLENGING WORLD OF GOLDSWORTHY

How does that old saying go... write what you know? Well, have I mountains to share with you this month! My whole life has been an example of this mind set – or affliction, depending on how you look at it. Some consider this relentless pursuit of perfection and self-improvement as a hindrance, while many others see it as a gift. One way of viewing it is that the individual is never satisfied...I choose to see it as taking an opportunity to make something great even better!



WANTING IT ALL

By Robert Goldsworthy
Toronto, Canada

I think the key to “wanting it all” – achieving success and being satisfied is knowing when to push yourself that extra mile, and when to simply enjoy the fruits of your labor. This competitive nature can be the world’s greatest balancing act. All the accomplishments and accolades in the world are meaningless if we don’t allow ourselves the contentment of knowing when we have done our best, and most importantly having loved ones in our lives to share these peaks... and valleys with.

It is important not to let your personal and professional obligations become crossed, and ensure that no one area bears the greatest share of the strain. For several years I was working fifty hours a week in a challenging, high

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profile hospitality position, and was fast tracking through college full time. This consisted of eight courses per semester, every semester, without breaks. The area that suffered during this time period in my life? Sleep!

Not only was I juggling a staggering workload both professionally and scholastically, but I was also interning at one of Canada’s leading Design Firms, and had a very active social life to boot! I would function for weeks on end with as little as two hours sleep per day. A small price to pay for all that I was accomplishing, or so I thought. It was not until I walked through the door of my apartment one day and literally passed out from exhaustion, not regaining consciousness for over sixteen

I find myself taking increasing solace and comfort in the inner circle of loved ones I have been blessed with.



hours that I realized my life required some reevaluating and prioritizing.

Needless to say, despite my body's warnings, I continued to push myself to the limit, eventually convectating at the top of my class, with full honors, while being steadily promoted within my work place at the time. It was an intense and magical and challenging period of growth and self-discov-



ery for me. One that would not only bring an immense sense of personal satisfaction and accomplishment, but would also set the tone for the rest of my life.

Although I do get more than two hours of sleep per night now, I still find myself taking on more and more commitments, in response to my subconscious need to always be operating at one hundred and ten percent of my capacity. I feel that life is so short... such a precious and fleeting gift that we must make every second count and savor every minute.

I am currently struggling with a challenge which is familiar territory to almost every man, woman and child in our day and age. I'm juggling a demanding professional schedule, the enormous task of getting my own business off the ground, the joy of writing this monthly column for JO LEE, and international travel. Now with these factors in mind, where does my personal life enter the picture? And even more importantly – where do my most important relationships enter the picture? Maintaining close ties

with family and friends is the most important and often time-consuming efforts in life.

As my professional and public life become more involved and demanding, I find myself taking increasing solace and comfort in the inner circle of loved ones I have been blessed with. In the light of recent world events, I think we have all taken a step back, evaluated what is truly important and held those who are dear to us just a little bit tighter.

I challenge 'all' to take a few moments, pause to reflect upon those people in your lives who are fundamental to our happiness and form the foundation of who we are. Now pick up the phone, or log on to your e-mail account and let those precious touchstones know how much you care!

Maintaining close ties with family and friends is the most important and often time-consuming efforts in life.

Reflecting back over the years, the one true constant has been "precious people". Cars, homes, careers, clothes, hairstyles have all come and gone... but the love and unwavering strength

received from my loved ones has sustained and enriched my life beyond belief.

The only legacy we truly leave behind - is the circle of life and love that we ourselves complete.

I am now off to Europe so must dash! Until next month, be well and love life my friends!

J.L

BIOGRAPHY OF THE MONTH

Biography of the Month highlights – James Mansell. From his early days, to his life as an athlete. Read about this young man’s desire to help today’s youth succeed. Learn more about how James used sports to fuel his education and to help his community.

YOUTH EMPOWERMENT THROUGH SPORTS

If JO LEE “the Roots and Wings magazine” had a sports section – this would be it. My name is James Mansell. Friends call me “Jaymo”.

At 26, I’m a sports fanatic and I love helping kids. My true passion! And I’ve started a very successful program in Montreal, Quebec {French Canada... as the world knows it} for student athletes. I was inspired as a young adolescent - to help others succeed. Thus, the primary goal of all my efforts. When I can watch others reach their goals, then, I am truly happy! Let me tell you a little about myself and my not-so-little project. Let’s go!!!!

Born and raised in Montreal, Canada, in the middle of the seventies, I’m an only and lonely child and spoiled rotten. I was athletic from a very young age. Most sports were of interest to me but my focus became a landscape of both Hockey and Baseball. The teen years

JAMES F. MANSELL

Young Scholar Extraordinaire

brought me many dilemmas. I was too small to play hockey (survive) so I focused on baseball, enjoying many things about the game. Do you know what pushed me... to make it all encompassing? It was the mental aspect of the game. It pushed me through my teens and it drove me to represent my province and country internationally and to receiving a full scholarship to play big time college baseball in the United States Midwest. A college scholarship had always been my dream! I was playing with some of the best, more importantly, getting a free education.

Every summer I would return home to visit family and friends. My summer job was to teach clinics to young aspiring baseball players. I enjoyed every minute of my time with these kids. They improved so much. Often, parents would ask for my input in the scholarship/recruiting process. It was pretty simple. Be a good student. Be a good baseball player. Take the scholarship, get your education. Very simple! As it turned out. It was far from simple.

To be realistic for a moment, very few athletes have enough talent to receive a full athletic scholarship. Canadian kids are at a disadvantage because well, they are Canadians. On top of that, add a weak Canadian dollar and a lack of exposure/competition and most kid’s dreams are finished. Canadian kids are equally as talented

but I believe our system leaves our athletes at a disadvantage. Only recently have we realized the importance of national support for our athletes and it’s great to see the national pride in people – when our athletes succeed.

That’s when I decided to start my program.

Certain things had to be done to help young athletes reach their goals. I had to train kids year round in the proper facilities. They had to have the right coaching. Most of all - they needed the motivation and guidance to push them to the next level. So, I went out and got the backing from a local college so we could use their facilities. Not to forget the financial support I received from the private sector. The money helped me buy all the equipment the kids would need. I was ready to go.

The program includes all of the fundamental areas a player needs to develop proper skills. We work on fundamental baseball skills, aerobic conditioning, strength training, speed and agility. All the important aspects of the game. The players are expected to work out five times a week. Most importantly, all players must be enrolled in school and receiving satisfactory grades.



Practice like a champion play like a champion."

We have created an environment that leads to success.

My athletes are drug free, motivated, goal oriented young men. Many have continued to sign professional contracts, receive full athletic scholarships and return to help coach in their community. This program has started a process which I hope will continue.

The main goal I've strived very hard to achieve is to develop dynamic successful young men. Hopefully these young men will succeed in their goals through athletics or educational growth. The lessons learnt in athletics – are also life lessons. Not all athletes are role models but most are pretty good people. My athletes are good people. The success of this program – lies solely on their dreams.

Throughout the past two years I've become a partner in a sport marketing business which finds my profession in sales and marketing, as well. My off-time keeps me active working out; playing a little ball; and I love watching the hockey playoffs. Go! Habs Go! Go! Leafs Go!

There are too many people to thank for the

opportunities I've received. I sure plan to continue to have success with my program. I encourage all JO LEE readers to get involved with some of their community youth. This has really been fun!

Remember: "Practice like a champion – play like a champion."

The main goal I've strived very hard to achieve is to develop dynamic successful young men.

That's it folks. My little contribution to my community. Yes, success of all – lies solely on our dreams.

By now you must be wondering about my last name being that of Jo Lee's ?

I could say I'm her long lost son who reappeared from Australia... you know the soap opera line that Jo Lee herself became so successful at writing and directing. But if the non fiction script were known – Jo Lee was my father's first wife and when suggested by him that perhaps she give me insight to my future endeavors, well here I am. Do you suppose I can convince her 'that I', should become the "Sports Columnist" JO LEE Magazine has been hunting for...

My future? To follow in my great-great-grandfather's footsteps. Lord Mansell of Guernsey. He was a gentleman and a scholar and my goal is to achieve the ultimate, as he did. I may not build a castle on Guernsey Island, as he has for all our family, but I will grow as a gentleman in my own way and who knows? Become a sports writer / a sports caster / and build hope for young people in a MUCH BIGGER way.

Do you suppose I got the job – 'Sports Columnist' for JO LEE Magazine, that is...

J.L

Info

HOBBIES: Weight training, Team sports, music, writing

NATIONALITY: English, French

5 YEAR CAREER GOAL: Continue my MBA studies / develop additional skills as a writer / continue helping young adolescents achieve their goals through sport

Stethoscope 911

Bet you like MORE HEALTH: LESS MEDICINE! From the city by the Bay...

June is a good month. Flag Day in America will be huge this year! All good fathers should drink a toast to themselves. And, summer begins!

"50% of all illness is preventable". If one prevents 70% of this 50%, this equals 90% of all disease. Of all illness that we face, cardiovascular disease, more than twice the size of all other diseases together, is the most preventable disease before us.

If this is even close to being true, why do we continue with the medical industry that exists?

So add to our Cardiovascular Risk Assessment, assuming that you were with us in April and May, the following:

Family history

Smoking

Blood sugar

Uric acid

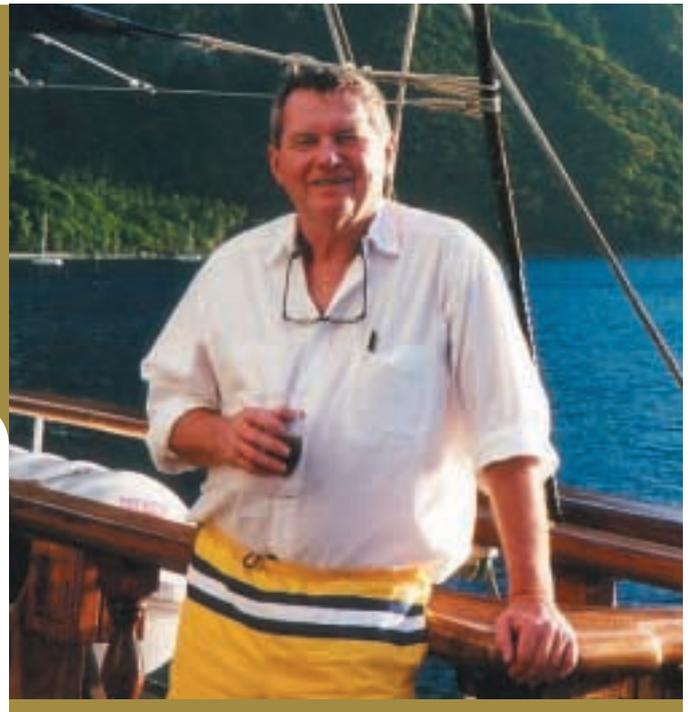
Triglycerides

I am assuming that most of you have had your blood pressure and cholesterol checked. You are either satisfied or are working toward improvements! In our next column we will start to bring the risk profile together and add several more risk measurements.

Margaret G. from Sacramento, California:

Jack. Hope you don't mind first names. {Nope!} I am reading, more and more, about something called homocysteine. It is suppose to be like cholesterol and is thought to cause heart disease. Am I missing something?

Homocysteine, Margaret, is, rightly so, getting a great deal of attention. It is one of the causes of heart disease and has been implicated in other illnesses, not the least of which is Alzheimer's disease. It is an amino acid and quite different from cholesterol.



Elevated levels appear to cause damage to the walls of the coronary arteries of the heart. Homocysteine levels are driven by ones intake of red meat, especially beef, and by ones own metabolism.

A diet high in B-vitamins is considered a good offset to homocysteine but the real hero is folic acid. I encourage all people to take 400 micrograms of folic acid daily.

Keep your eye on homocysteine Margaret and take daily aspirin and folic acid!

Robert T. from Reston, Virginia

Dr. Bagshaw. What do you think about chiropractors? My doctor has told me that they are not well trained, do bad x-rays and that he doesn't have a clue as to what scientific information they base their treatments on. Comment. Do MD's not like chiropractors?

Fortunately, I hear this story less and less but it long existed in the ranks of MD's and still does! I, personally, began to use a chiropractor about one and a half years ago. My goal was to improve my posture and to increase my suppleness.

Adjustments were new to me and, frankly, I was a bit nervous. I quickly realized gains. In addition to his treatments which included stretching me out, he suggested that I take one on one yoga instruction and have deep tissue work done on a regular basis or until I felt well on my way to my goals. I made extraordinary gains and, frankly, I continue every 4-6 weeks because I always feel much better. The investment is out of my own pocket. I believe that it is worth it, obviously!

Marcello G. from Mexico City:

Dr. B.

I know 4 people with prostate cancer. One went all the way to Seattle for radiation treatment. The other had prostate surgery. His doctor told him that surgery was the only way to be sure that you were cured. What's up?

It would seem that we are dealing with a prostate cancer epidemic especially here in the US!

I suspect that what has changed is the diagnostic approach rather than some dramatic increase. The not so new PSA shows up elevated in many men. Until proven otherwise, it means prostate cancer. Most of these individuals will undergo prostate biopsy, now a common procedure and no pleasant thing. In any scenario, the pool of people now told that they have prostate cancer has enlarged dramatically, mostly due to PSA's and biopsies.

Many of these men, especially in their 60's and 70's, would have lived out their expected lifespan and died of something else. They are now told that they have cancer and must be treated.

What is the best treatment? Surgeons will say surgery - and I can save your ability to have erections. Radiologists will say radiation - and it will avoid the complications of surgery - the loss of erections and incontinence. Chemotherapists will suggest hormones or whatever. If the cancer has already spread, they will likely overlap in their efforts to treat. What is available, IN THE RIGHT CASES, is very good and, often, life saving.

I believe that an enormous amount of unnecessary treatment is happening!

An around and around answer Marcello but hopefully of some help!

"Nature has done her part. Now, you must do yours!"

Be well!

Dr. B.

PROFILE

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

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

YES, VIRGINIA!

Come – Explore with Me
TRAVEL

SPECIAL EDITION

THE IMAGINARY DREAM



By JO LEE Magazine

THROUGH The World's Leading River Cruise Line

VIKING RIVER CRUISES

Have you ever envisioned a dream where a deluxe ship – with a camaraderie of 150 people from many lands, would have the joie de vivre of not only the best Cruise Director guiding you into fascinating corners of cities, towns and villages each morning when the ship calmly stopped at exciting river docks, to the best of dining in casual dress, with nightly entertainment from Cabaret to music from the land, or perhaps your fancy is a more intimate one of books and cocktails in historic-filled libraries but also a simple retreat to engulf in the exquisiteness of your ship and cabin – leaving you in a wonderland. Have you ever envisioned any of this? All of this for only... \$1,798 on up which includes air from New York City! Who said: 'the world couldn't shop at Tiffany's'. You can! And you can sail right through those dreams and into reality IF you remember '3' words. VIKING RIVER CRUISES.

Imagine, if you will, a European or Russian vacation where you visit vibrant cities and quaint towns steeped with the richness of

history and culture. VIKING RIVER CRUISES offers you the luxury of an unhurried, intimate dream with even more dreams thrown in for good measure.

Why travel by water rather than land? It's unencumbered – and simple. The ship awaits and you board. You settle into elegant accommodations, unpack and are finished 'til the journey ends. No hassles of multiple hotel stops. For days, you cruise leisurely past pristine mountains and fields, vineyards and castles, harbor towns and villages – and history embedded with amazement and awe. And you'll stop and visit at least one city a day so you can fully explore the enchantment of Europe up close and personal.

Truly one of the great aspects to river cruising – is the meeting of fellow passengers from all over the world – all with their own cultural perspectives and stories to share.

The diversity of each day's destination – whether docked in the heart of town for a

walking tour into galleries and museums or strolls through parks with castles of gilded gold or... a countryside departure with motor-coach excursions – your cruise price includes it all. Why, you can venture out and even explore on your own and return before ship sets off in the evening.

The luxury of movement, comfort and choice with multiple activities on board, becomes a world of its own. Whether dancing to live music in a lounge with floor to ceiling windows to folkloric entertainment, lectures, cultural demonstrations, cozying up in the library, to language lessons or settling into a deck chaise to quietly flow with the river's movements – the essence of each mood will draw you to the excitement of reality from all of those dreams.

And the integral part of this wonder? Why, the impeccable service and pampering by multi-lingual Swiss staff and crew. "We bring the World on Board."



LET'S TALK CUISINE

The gourmet menu of continental cuisine served with lavish creativity becomes framed with the spectacular, uninterrupted river views. Full buffet breakfasts, three-course lunches, five-course dinners with offerings of regional wines - are all presented on crisp white linen with vases of colorful flowers.

As your ship becomes your home and domain - distinct itineraries offer a variety of cruises from which to choose.

HOLLAND and BELGIUM

Tulips and Windmills and the blooming fields of the Netherlands are truly magical as

you travel the scenic, Dutch waterways with old world enhancement. Quaint harbor towns come alive as river ships sail by their scenic riverbanks. Meet the locals, walk amidst the world-famous Windmills and taste some of the pastry and chocolate that draw visitors from around the globe.

The RHINE - The DANUBE - The MAIN

Follow these famous river valleys as they wind from Amsterdam to Budapest, taking you through the engineering marvels of the Main-Danube Canal, Wagner's famous Rhineland, cosmopolitan Vienna and the wonder of Budapest. This voyage of adventure travels on a passage through time. The journey from Amsterdam to Budapest is one of VRC's most popular itineraries.

SCENIC ELBE

Explore Berlin and Prague, visit landscaped parks and fairy-tale Palaces, and sail past hilltop castles and medieval towns. Germany's hidden Elbe flows from the Czech Republic and through former East Germany. It's an undiscovered destination to many and the home to many of Europe's most dazzling architectural treasures and rock formations as it cuts through the Sandstone Mountains.

FRANCE

The Best of France along the Rhone and Saône Rivers, is a gourmet mecca and the epitome of elegance and savoir-faire. The romance of France is evidenced by its world-famous vineyards of BURGUNDY,

Viking River Cruises has an enviable reputation for service, quality and safety

the lavender-scented hills of PROVENCE and the rich, colorful landscapes that inspired artists as Cézanne, Chagall and Vincent Van Gogh. The SEINE – The Beaches of NORMANDY are an enchanting area of orchards, pastures and clear streams that comprise the Seine's scenic river valley. This scenic waterway takes you through the very heart of France, past some of the loveliest scenery in the world.

AUSTRIA – GERMANY

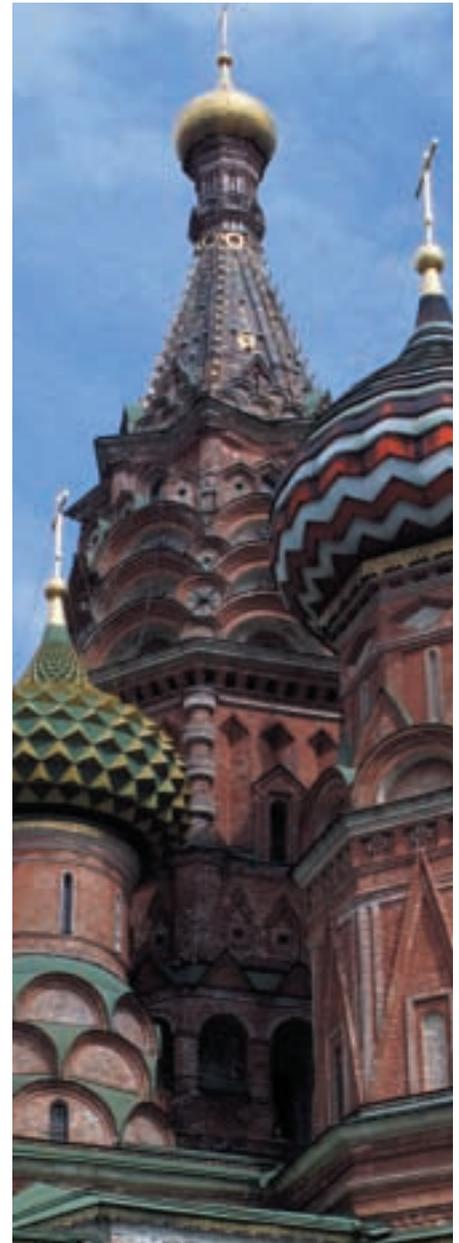
Rich with lush vineyards, highlighting centuries of art, history and culture – is Europe at its best. Journey along the Danube, Main and Rhine rivers and revel within some of Europe's loveliest countryside. The breathtaking views as you navigate through Austria's magnificent Wachau Valley take you into Germany where you'll experience some of the most perfectly preserved medieval towns and villages.

RUSSIA'S

Waterways of the Czars. A country as mysterious as Russia inevitably elicits an immense fascination and travelers have been perennially charmed by her beauty and diversity. Russia has been blessed with numerous rivers, lakes and inland seas. With the addition of man-made canals, one can now travel for great distances from some of Russia's most remote areas. From the legendary Onion Domes and Kremlin of Moscow to the stunning landmarks and canals of St. Petersburg – Russia is a land of great contrasts and dramatic beauty.

With many cruise itineraries, you have the option for pre or post tour packages to extend your vacation and embrace yet more of these incredible lands. 

Now, you the traveler can explore these same great rivers and leave your own mark in your passage with The World's Leading River Cruise Line – VIKING RIVER CRUISES – who bring the world on board when you explore – the “real” Europe in comfort!



* VRC was founded in 1997 by Torstein Hagen, former CEO of the prestigious Royal Viking Line. Today, Viking River Cruises has an enviable reputation for service, quality and safety as the world's leading river cruise line with a fleet of 24 premier vessels and offices in Germany, Switzerland, Russia, France and the United States. Visit the company online at:

www.vikingrivercruises.com
for a taste of your vacation to come!



The Dehumanization of Society It's Happening

By

Thomas D. Smyth

Chairman/CEO, Retired

The H.J. Heinz Company, Canada
Toronto – Canada



How many times have you waited for what seems like, and yes, sometimes one hour before you get a real live voice on the other end of the telephone. When you do finally make human contact, without hesitation, you are asked to wait your turn. You may have gone through a minimum of ten numbers and you are no further to solving the reason for your call, if by this time you can remember what it was all about. Once you have nimbled up your fingers, it is now time to settle in and listen to specials you should not miss out on, regularly interspersed with: 'your call is important to us. Please hold and the first person available, will be with you.'

I use to think answering machines were a pain, but aren't they much more user friendly? less frustrating? time saving devices than automated telephone operators. Leave your message and on with your next task. No aggravation. No frayed nerves caused by dealing with that other 'non' human machine.

How far have we advanced in human relationships, customer satisfaction, efficiency, a friendly and courteous society with this

approach? Not much question, that we have regressed substantially in human behavior with so many of our time 'saving'

I believe we are reaping the results from certain of the foregoing devices, contributing to much of the unrest in society.

devices causing unknown anxieties.

This is just one of the 'improved' communication devices proliferating the business world with adverse effects throughout our lives.

Have you often questioned yourself as to why so many young people today are less 'sociable' than prior to the arrival of Game Boys (these little hand held devices) that totally absorb the minds, engulfing one into complete oblivion to anything and everything around them.

Where does the opportunity arise in these circumstances to stimulate a process and develop the great imaginative powers, so helpful to every mind.

Many Corporations are sending the wrong message by invading or polluting the environment with many similar devices and not so called 'user friendly' technological advances.

I believe we are reaping the results from certain of the foregoing devices, contributing to much of the unrest in society. People loosing the ability to communicate in a civil manner because machines are taking over.

This is GREAT news for those who are perceptive of these gaps in etiquette and take advantage of the gaps in human

contact. The majority of consumers are looking for a courteous hello and to be offered assistance when seeking goods and services.

Wake up 'BUSINESS'! It is the people who got you where you are today, who will abandon you if you continue to ignore the signals of discontent with impractical practices. The world recognizes human interaction ... as do your customers.

Zoom ahead to the next generation when today's young people were raised in an impersonal non-communicative world.



**"If you'd like to press 1, press 3.
If you'd like to press 3, press 8.
If you'd like to press 8, press 5..."**

Who will there be to teach the next generation to write? Many teachers / schools are insisting on assignments being typed. Low or no marks are given, otherwise.

Very sad when people have difficulty with spelling, writing, grammar as well as low reading ability with poor pronunciation.

There is inconsistency. There are some excellent schools (and not necessarily private) who do all of the above exceptionally well and these students are fortunate.

My hope is that parents and educators realize how a wedge becomes driven between those whose sole education is gleaned from automation.

My plea is to have Moms' and Dads' fill that missing link through 'bonding'. This, is so essential to all living mammals, particularly humans. Conversation / lots of love and understanding showered on their children and those around them. It is a need, a necessary aim to fill, so as to enhance relationships throughout our lifetime.

Putting it simply: we require a balance between 'programmed learning' and the 'human touch'!



"Thank you for calling. Please leave a message. In case I forget to check my messages, please send your message as an audio file to my e-mail, then send me a fax to remind me to check my e-mail, then call back to remind me to check my fax."

Wake up Moms and Dads! You are not doing your young ones a favor by allowing them to savor 8 – 10 hours of daily television programming of their choice. It is likely the greatest disservice you may be unwittingly indulging them in. Adversely, it will have a negative effect on their future.

"Tough Love" is something both parents and children will appreciate as time passes.

There is certainly nothing mean about limiting television viewing to one hour per day. Think of the huge favor you are doing – by enhancing the joys of good books, thousands of excellent stories – all there to spur their imaginations and the beginnings of a new world of thinking, and doing for themselves.



"At this time, we'd like to remind you to eat and drink at regular intervals. Thank you for continuing to hold."

Do not overlook the need to eliminate 'couch potatoes' to help eliminate future health problems. Many could benefit by eliminating this addiction in their own lives.

It is a critical issue today. Health problems in later years are caused in great part, from non activity in youth. Recent research studies by the Health and Stroke Foundation have proven many thirty and under are very much at risk because of reduced physical activity in their formative years.

A word to the wise? Get off the couch and enjoy life that is both fun and healthful. Kick the can / scrub / keep away / skipping / hopscotch / dibs or alleys / shinney / hide and seek / playing catch / broom ball / and dozens of other fun games that anyone can afford. You do not require hundreds of dollars of equipment to play ice hockey, soccer, baseball, basketball and football when playing non-contact. Surprising how your skills develop even faster playing non-contact.

Perhaps tomorrow's gurus of high tech communicating, working on ways to short cut human interaction, should consider the consequences of by-passing the essential ingredient of getting civilization back to being civil.

Give it a try new world. It will work. You are not alone. We all need to participate.

The twenty million plus of every race, color and creed worldwide, who come to the Yes! International Thomas D. Smyth E-Help CampUS www.yesintl.com – play a major role in steering the world on to a smoother course.

Make that difference! Help one another.



By
Mellon Annd
Dublin, Ireland

on the way to
where you are
going

Several times my daughter had telephoned to say, "Mother, you must come see the daffodils before they are over." I wanted to go, but it was a two-hour drive from Dublin to the country road. "I will come next Tuesday, " I promised, a little reluctantly, on her third call.

Next Tuesday dawned cold and rainy. Still, I had promised, and so I drove on up. When I finally walked into Annabelle's house and hugged and greeted my grandchildren, I said, "Forget the daffodils, Annabelle! The road is invisible in the clouds and fog, and there is nothing in the world except you and these children that I want to see bad enough to drive another inch!"

My daughter smiled calmly and said, "We drive in this all the time, Mother." "Well, you won't get me back on the road until it clears, and then I'm heading for home!" I assured her. "I was hoping you'd take me over to the garage to pick up my car." "How far will we have to drive?" "Just a few blocks," Annabelle said. "I'll drive. I'm use to this."

After several minutes, I had to ask, "Where are we going? This isn't the way to the garage!" "We're going to my garage the long way," Annabelle smiled, "by way of the daffodils." "Annabelle," I said sternly, "please turn around." "It's all right, Mother, I promise. You will never forgive yourself if you miss this experience."

In about twenty minutes, we turned onto a small gravel road and I saw a small church. On the far side of the church, I saw a hand-lettered sign that read, "Daffodil Garden." We got out of the car and each took a child's hand, and I followed Annabelle down the path. Then, we turned a corner of the path, and I looked up and gasped. Before me lay the most glorious sight. It looked as though someone had taken a great vat of gold and poured it down over the mountain peak and slopes. The flowers were planted in majestic, swirling patterns, great ribbons and swaths of deep orange, white, lemon yellow, salmon pink, saffron, and butter yellow. Each different-colored variety was planted as a group so that it swirled and flowed like its own river with its own unique hue.

Here were five acres of flowers. "But who has done this?" I asked Annabelle? "It's just one woman," Annabelle answered. "She lives on the property. That's her

home." Annabelle pointed to a well kept A frame house that looked small and modest in the midst of all that glory. We walked up to the house. On the patio, we saw a poster. "Answers to the Questions I Know You Are Asking" was the headline.

The first answer was a simple one. "50,000 bulbs," it read. The second answer was, "One at a time, by one woman. Two hands, two feet, and very little brain." The third answer was, "Began in 1958."

There it was, The Daffodil Principle. For me, that moment was a life-changing experience.

So stop waiting..

UNTIL your car or home is paid for

UNTIL you have kids and they leave home

UNTIL you go back and finish school

UNTIL you gain or lose 10 lbs.

UNTIL you get married or divorced

UNTIL you retire

UNTIL Summer / Winter / Spring or / Fall

UNTIL You die

I thought of this woman whom I had never met, who, more than forty years before, had begun-one bulb at a time to bring her vision of beauty and joy to an obscure mountain top. Still, just planting one bulb at a time, year after year, had changed the world. This unknown woman had forever changed the world in which she lived. She had created something of ineffable magnificence, beauty, and inspiration.

The principle her daffodil garden taught is one of the greatest principles of celebration. That is, learning to move toward our goals and desires one step at a time-often just

one baby-step at a time-and learning to love the doing, learning to use the accumulation of time. When we multiply tiny pieces of time with small increments of daily effort, we too will find we can accomplish magnificent things. We can change the world.

"It makes me sad in a way," I admitted to Annabelle. "What might I have accomplished if I had thought of a wonderful goal thirty-five or forty years ago and had worked away at it 'one bulb at a time' through all those years. Just think what I might have been able to achieve!"

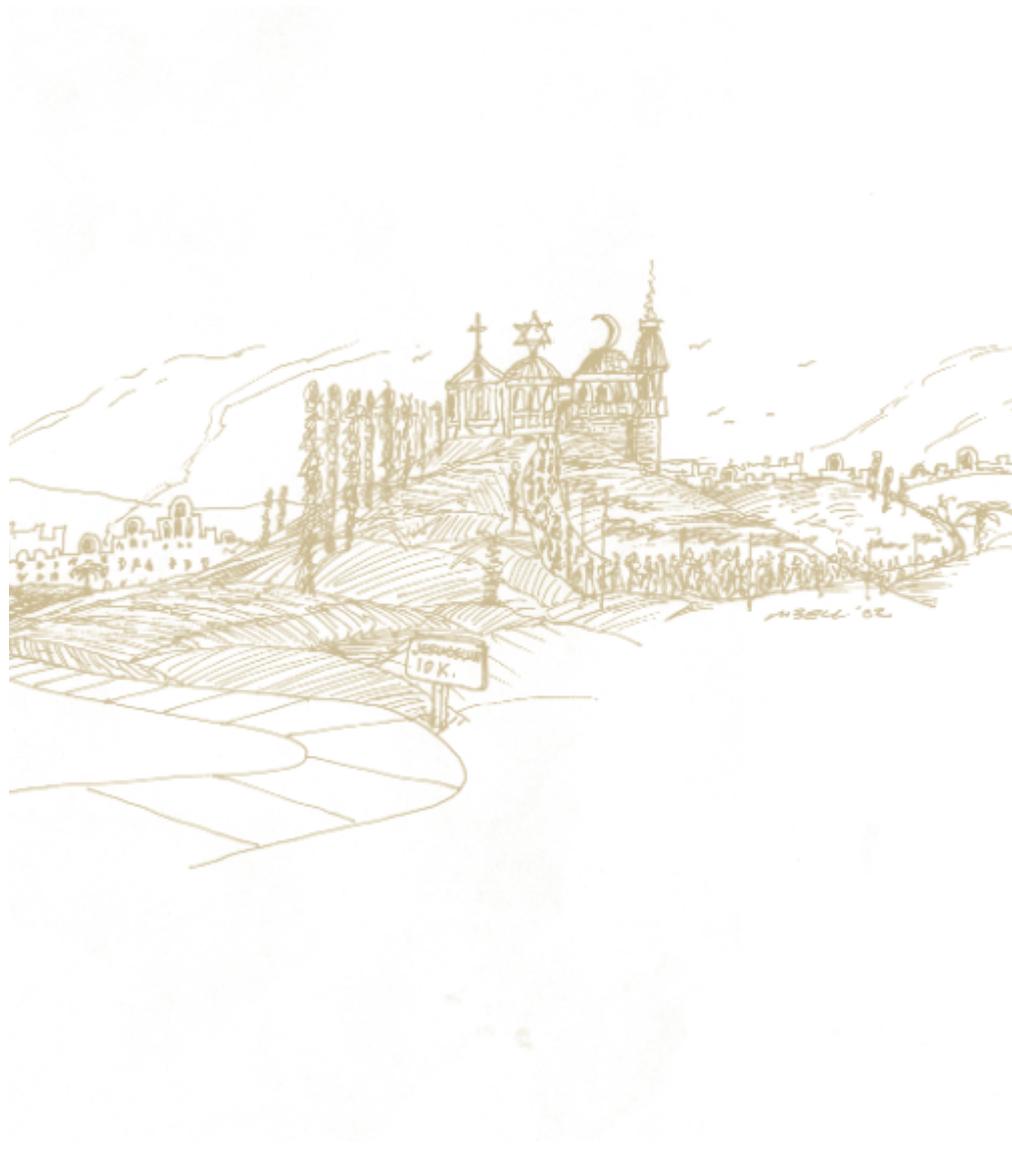
My daughter summed up the message of the day in her usual direct way. "Start tomorrow," she said. It's so pointless to think of the lost hours of yesterdays. The way to make learning a lesson of celebration instead of a cause for regret is to only ask, "How can I put this to use today?"

We convince ourselves that life will be better after we get married, have a baby, then another. Then we are frustrated that the kids aren't old enough and we'll be more content when they are. After that, we're frustrated that we have teenagers to deal with. We will certainly be happy when they are out of that stage.

We tell ourselves that our life will be complete when our spouse gets his or her act together, when we get a nicer car, when we are able to go on a nice vacation, or when we retire. The truth is - there's no better time to be happy than right now. If not now, when? Your life will always be filled with challenges. It's best to admit this to yourself and decide to be happy anyway.

Happiness is the way. So, treasure every moment that you have and treasure it more because you shared it with someone special, special enough to spend your time with... and remember that time waits for no one.

There is no better time than 'right now' to be happy. Enjoy YOUR life while you are on the way to where you are going. 



By

Robert B. Wallingford

Warren, Vermont, USA

When I was young, growing up in one of America's western farm (wheat) states, the one cautionary, moral restraint I remember hearing was: "everything's fair in love and war". Grown-ups added in their nudges and winks. Now, some 60+ year's later, the quaint phrase has grown to: "everything's fair in love and war... and finance... and politics... and religion!" Grown-up's nudges and winks replaced by an attitude – an aggressive one at that.

The transformation confused me, leading to a personal search for 'why' – ending with a conclusion that something must have been amiss with that early start. Not so much with what was wrong as what was missing. My adult view sees all sorts of serious, obvious things morally wrong. Yet most Western religion is remarkably silent – apparently without strong answers. Silence is a giveaway – weak answers command restraint from a so-called, civilized society. My search led me to venture a small book called "one eighty degrees a locus for God in the new millenium" to fashion personal answers for today.

From the title, one can see I needed to drill deeper, past religion with its dogma, practices and history, down to core theology. I worked my way through the "faith" enigma ("faith" coupled with "authority" evolved into an oxymoron) until there was no place to turn but to the basic concept, God. My research led me to the writings of England's renowned Alfred North Whitehead, mathematician and philosopher, and his 1925 essay "Religion and Science". He wrote then: "When we consider what religion is for mankind, and what science is, it is no exaggeration to say that the future course of history depends upon the decision of this generation as to the relations between them". (It may take a bit longer.) Whitehead went on

Summum Bonum

"The supreme good from which
all others are derived."

Webster's Collegiate Dictionary

to observe that religion, digging its heels into its “books” and history, fails to develop a disciple akin to the “scientific method” – to vet new truths appropriate to new mindsets and evolving circumstances.

With “scientific method” in mind, further research led me to Immanuel Kant, the German Lutheran, philosopher and epistemologist (the study or theory of the nature and grounds of knowledge) who spent time way back in the late 18th century on how we can come to actually ‘know’ that God exists. (History considers Kant a prime founder of the “scientific method” discipline.) Boiled down to its basics, Kant reasoned that: “since we ‘know’ the greatest good exists, the greatest good (for social man – a moving target) must be continually created, which can only mean by the ‘perfect’ creator – the ‘perfect’ creator can only be God – therefore, ipso facto, God must exist.”

Kant developed the categorical imperative that it is man’s duty to God that all his actions support the greatest good. Implied in this duty is the absence of personal self interest. Arriving at this point, then, at a locus and purpose of God, being in man’s mind, establishes a single moral standard for judging social interaction. Authority is achieved for appraising the likes of love, war, finance, politics and religion.

Implied in this is no abandonment of religion. Religion marches right along, as always – with one more adjustment to its story line. Without missing a beat, ways will be found to identify the messages of Abraham, Moses, Jesus and Muhammad with the ‘greatest good’. How could these stories be other than on the side of the ‘greatest good’? Perhaps, this will be the catalyst to pull the three religions together under the one God they continue to profess.

Here are two current conundrums to play out in a ‘greatest good’ exercise:



Israel and Palestine

Viewed from the ‘greatest good’ (setting aside all self interest) what might be put in play as a “best” solution? As a time placemark, go to 1948 when the UN took its place in nation-building and carved out land, occupied by the Palestinians, to turn over to the Jewish diaspora to create a ‘deserving’ homeland. The Jews, supported by a westernized culture and a pocket of its diaspora that was wealthy, quickly blossomed. For the Palestinians, many dispossessed and settled into ‘temporary’ refugee camps; (also) with no wealth producing natural resources; with a Muslim culture typically weak in bootstrapping a way to economic wealth; and, without a supporting diaspora to come to its aid; well, they were simply set back further in their struggle.

Three mistakes could be identified as made by the UN.

First, the UN left unfinished the cold, hard facts of the refugee camps – projecting, instead, some “possible” formula resolving “rights of return” with Israel’s “demographic” concern that would, in reality, revoke a law of physics: “two bodies cannot occupy the same space at the same time”.

Second, further defying that law, the UN left to the two parties the tenuous question of Jerusalem.

Finally, the UN did what most do-gooders have done in nation building – it simply walked away, assuming all would work out amicably. The statehood of a (new) Palestine requires lengthy incubation with outside economic and cultural support. In their absence, we find the ridiculous situation of Palestinians expected to negotiate directly with Israel, of all people, for the very things needed for success, including the UN oversights mentioned.

For starters, the 'greatest good' might best be achieved by re-inserting the UN to clean up unfinished business.

Starting with Jerusalem, it could/should not be the capital of either state. Instead, it could be made independent, on its own, belonging to all three diasporas. As such an entity, it would welcome as its own passport-holding citizens from around the world of the three faiths, all those who wish to be so registered. It would build one major "temple/ mosque" to the one God of the three faiths (with move-able

states as they move towards building more purposeful, value added futures for their own emerging generations – a course they all now profess to.

This brings us to the second conundrum:

Can the 'greatest good' fill a role in educating future generations?

There is a movement in the United States concerning fundamentals to its education system that will shake it to its foundation. This change embraces childhood emotional

current explanation. Blame for this is placed on emotional development, which begins at birth.

These problems for the U.S. are not unique to so-called advanced cultures. They are unique to children everywhere, even the child in us adults. Thanks to the "Information Age", corrective development in the U.S. can be shared immediately for trans-positioning around the globe.

As to the 'greatest good', we turn to a definition of emotional competence found at this web site:

<http://www.zerotothree.org/brainwonders/glossary.html>

Emotional Competence:

A child who is emotionally stable is self-motivated, can stick to a task, is capable of understanding others and can build trusting relationships, can cope with stress and is able to manage strong feelings.

Each of these five points opens a wide realm for discovery. The 'greatest good' centers in the third: "is capable of understanding others and can build trusting relationships". To understand how, we return to Kant who recommended that children, starting at their earliest age, be indoctrinated in the 'greatest good' and encouraged, through game-play and other means, to see how the concept works out in simple, social inter-action. Through this grounding, they slowly develop standards as to how and whom to trust.

Obviously, this opens new avenues for the three religions to be more participatory, current and inter-faith cooperative in their integration of the central message from their common God.

Conclusion

In fact, no conclusion is meant. The goal is to put the 'greatest good' in play as this is the means and attitude by which God's 'greatest good' finds its voice. In the end, it is destined to be win-win for all, everywhere – now, for those just being born and those yet to be born. **J.L**



"sets" and a closely monitored schedule of holy days). Palestinians from the refugee camps would start as citizens of this bustling, "bee-hive" Jerusalem as they set out for where-ever.

The oil-rich Arab community should come to Palestine's economic aid in creating an experiment in a totally new form Islamic state – with a modernized bent. Palestine must create a value adding asset in an educated, participating citizenry. (See Hong Kong and Singapore) Palestine could then serve as the model/resource/guide for other Muslim

development in lockstep with traditional education as preparation for value-adding citizenship. This movement is being forced from two fronts – first, the recognition that despite annual public investments ranging from \$5,000 to \$10,000+ per child from age 6 to 18, the results show far too many young people failing either to move on to higher education or to full-time productive participation in the finest opportunity in the world. Second, even before age 18, too many students drop out, become pregnant or just plain explode in behavior beyond

For free downloads of Mr. Wallingford's writing -
please go to: www.SummumBonum.org



THIN'K'ERS CORNER

LEAD THIN'K'ER – Carolyn Young

THIS MONTH

THE RAINBOW BRIDGE

Just this side of heaven is a place called Rainbow Bridge.

When an animal dies that has been especially close to someone here, he or she goes to Rainbow Bridge. There are meadows and hills for all of our special friends so they can run and play together. There is plenty of food, water and sunshine, and our friends are warm and comfortable.

All the animals who had been ill and old are restored to health and vigor; those who were hurt or maimed are made whole and strong again, just as we remember them in our dreams of days and times gone by. The animals are happy and content, except for one small thing; they each miss someone very special to them, who had to be left behind.

They all run and play together, but the day comes when one suddenly stops and looks into the distance. His bright eyes are intent; His eager body quivers. Suddenly he begins to run from the group, flying over the green grass, his legs carrying him faster and faster.

You, have been spotted, and when you and your special friend finally meet again, you cling together in joyous reunion, never to be parted again. The happy kisses rain upon your face; your hands again caress the beloved head, and you look once more into the trusting eyes of your pet, so long gone from your life but never absent from your heart.

Then... you cross Rainbow Bridge together

~Author Unknown



On April 10th of this year, I lost my best friend, my dog, Molly. It's a mystery to me how possible it is to feel your heart so full of love – while at the same time feeling as if it has a gaping hole right through it. In the middle of my business day, a wave of emotion will flow over me... and I'll break into tears. To everyone that knew her, she was 'beautiful' in her long snowy, white fur and big, brown, smiling eyes. Little did they know. Molly was without guile. She was trusting. Two months in a humane society prior to adopting one another had not broken her spirit. She went through life with an accepting, make the most of it mentality. My father had said "if you look up 'kind soul' in the dictionary, you will find her picture." So many fond memories, so many happy times and so many, many veterinary visits.

If there is anything you would like to see [CLICK HERE](#)

When my boyfriend of the time and I adopted her, I knew that our time with Molly would be relatively brief. Two years. But it felt much longer. My life's emotional investment became her. My love for her – my evening walks regardless of weather. I would not have had it any other way.

One day, when the last snow had left, Molly suddenly stopped eating, refusing to walk. She lay in one place and wondered about the heavens above. I often wondered: how will I know when it is time to let go? With her varying illnesses from the day I got her – I was always told that if you listen – you'll know. They will tell you. She was telling me. I heard and did the hardest thing I've had to do for a very, very long time.

YES! and our E-Help CamPUS speaks of bridges to optimism. For pet owners, as so many of you are, my gift to you of love is the poem... of the greatest bridge to optimism. It holds significance to me at this time and I'm sure to you, my friends whoever you are.

Rainbow Bridge: www.petloss.com

People do seek assistance, comfort and information from others. This is why YES! has such a large audience.

Be sure to check out the list of topics in our CamPUS. www.yesintl.com

SEE YA! 

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



Politically Red



Lani Silver

Eight things you can do to end Genocide in the world.

By Lani Silver, San Francisco, California

1 BECOME EDUCATED: 200 million people died in the last century from war and genocide. This is a partial list of those who died: World War One, 27 million; World War Two, 60 plus million; Cambodia, 1.5 million; American soldiers in Vietnam, 58,000; Vietnamese people, three million; Rwanda, 200,000; Armenia, one and a half million; The Soviet Purges of the 30's, 30 million; East Timor, 300,000; Tibet, 1 million; Mexican Civil War, 4 million; German East Africa 1902, 2 million; The "Disappeared" in Argentina and Chile, 40,000; The "Disappeared" in Mexico, 275; and elsewhere.

2 RESEARCH ONE CONFLICT: Identify one issue you really care about. Study the topic and think about how you can make a difference. Think big. Sketch out a plan about what you could do to help. There is a genocide going on this very moment in Borneo. Did you know that? How can you help bring peace to the Middle East? If this is too daunting a task – which it will be - think about what you can do to help just one person. Help one homeless person; clean up a polluted river or save one whale.

3 SPEAK OUT (NICELY): If there is a genocide or an injustice occurring, speak out. Speaking out includes: writing a letter to an editor; setting up an information booth in your neighborhood; starting a letter writing campaign; setting up a workshop or conference; or starting an e-mail campaign. Start a newsletter; have a house party; or teach a class.

4 BE BRAVE: Be proud that you are doing something. Think about the courage it takes to take a stand. The psychologists and philosophers tell us that all of this killing is about fear and a lack of compassion. It's about thinking that our way is better than someone else's way. Your 'letter to the editor' is going to make a difference! Be peaceful and loving in your actions. Be modest. Encourage others to think in a loving way.





continued...

5 ANALYZE THIS: WHY ARE SO MANY PEOPLE ANGRY? But before you answer that question you'll need to think about your own level of anger. Too many people are too aggressive and violent. We all need to bring out our nurturing and compassionate sides, rather than our fearful and judgmental parts. Understand that the purpose of life is to enjoy life and understand its glorious lessons. All of life is precious. All opinions and ideas, precious. We need to understand our divine nature.

6 UNDERSTAND THAT NO ONE'S WAY IS BETTER THAN ANYONE ELSE'S: Compassion is a willingness to feel what your neighbors and friends feel, and to realize that we are all the same. It is only an illusion to think that we are separate from each other. We think: "We are better than them". We think the Northerners are better than Southerners. The Hutu's are better than the Tutsi's. None of this is true. We are all the same. The Irish are the same as the British. The Palestinians are the same as the Israeli's. There is no difference. We are brothers and sisters.

7 FIGURE OUT WHAT YOU CAN DO TO REDUCE RACISM AND PREJUDICE IN THE WORLD: We should not know the names James Byrd Jr. or Mathew Shepherd. What if we all put in one hour a week to end racism? If we did this, we would reduce the amount of racism and prejudice in the world.

8 TAKE STRONG ACTIONS: Picket whoever needs picketing. Protest all forms of social injustice. Speak out every time someone says something racist. Call the President of Indonesia about Borneo. Don't wear fur. Dance more. Laugh more. Think big. Help the world. More than anything else don't be a bi-stander to one more act of genocide. 

ANALYZE THIS: WHY ARE SO MANY PEOPLE ANGRY?

** 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

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

Did you know? That according to the Joint United Nations Programme on HIV/AIDS, {2001 end} HIV has become a worldwide epidemic. Statistics show that 40 million people are living with HIV/AIDS. Of these – 37.2 million are adults. 17.6 million – women. 2.7 million – children under 15. 3 million people died in 2001 with the majority, now living in the developing world.

Please visit our site www.yesintl.com The E-Help CamPUS will answer / will solve whatever questions / problems you may be facing yourself or with loved ones.

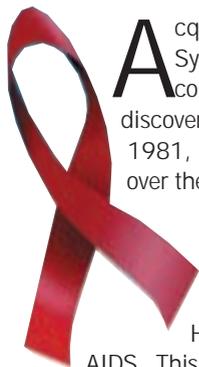
CRAZZY ABOUT short stories are based around the multitude of topics in the YES! E – Help CamPUS where millions each month – come to solve their problems. Acclaimed as the meeting place of the new century, the CamPUS is driven by those in the know.

Crazy about R&D

MANAGING EDITOR'S COLUMN

Nahidah Malik
Nairobi, Kenya

LIVING WITH AIDS



Acquired Immunodeficiency Syndrome, or AIDS as it is commonly known, was first discovered in the United States in 1981, but most likely, existed all over the world, many years before.

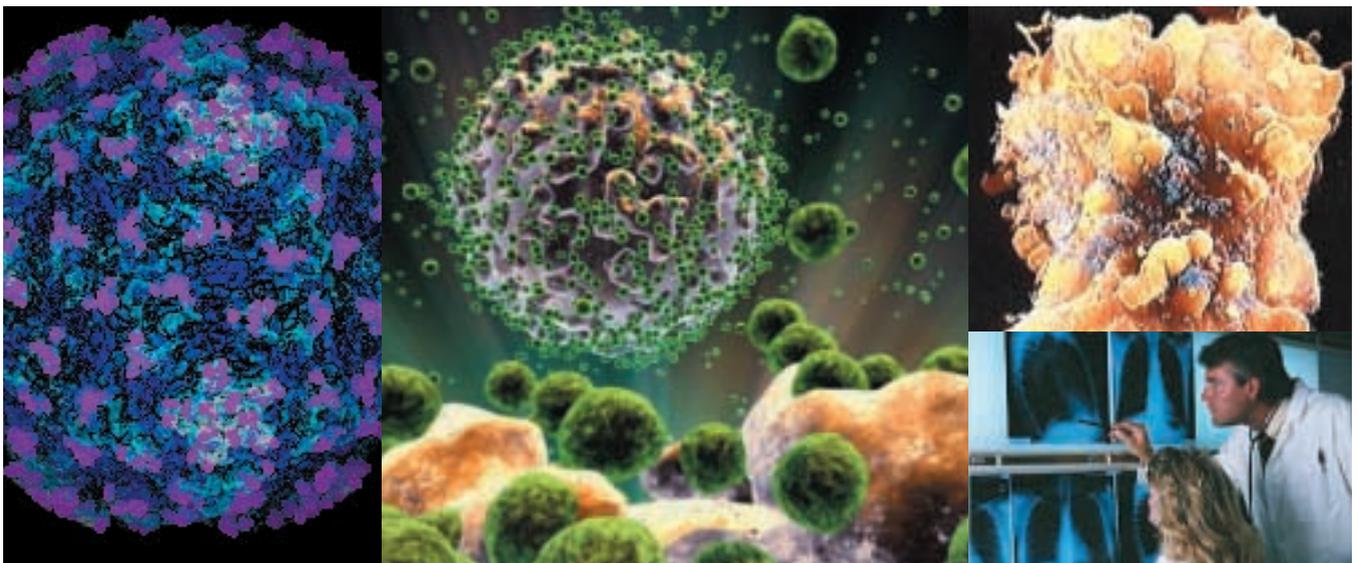
Scientists have confirmed that the Human Immunodeficiency virus or HIV, is the virus that causes AIDS. This virus is passed from one person to another, through blood to blood or

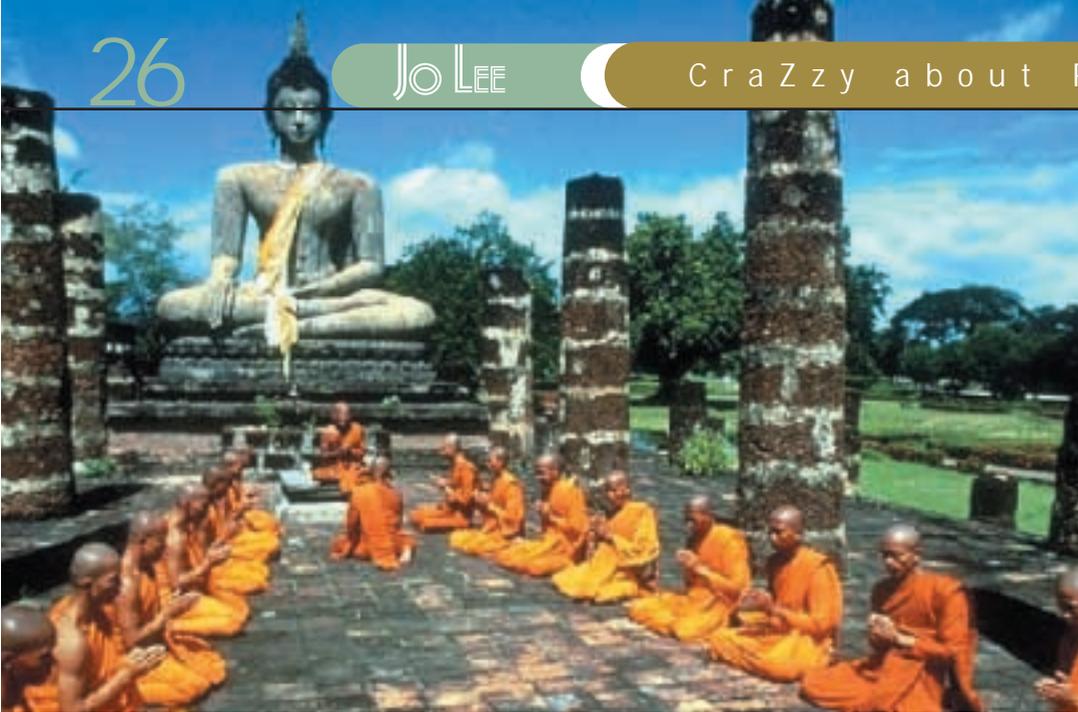
sexual contact. The body fluids that have been proven to spread HIV are blood, semen, vaginal fluid, breast milk (if the woman is HIV positive), and other body fluids containing blood.

Most people with HIV infections, will develop AIDS. HIV attacks the immune system, whereby the person is unable to fight off infections and diseases. Living with AIDS can be a challenge but – there are definite pluses that can be implemented to help one along the way.

Be exact!! Follow your doctor's instructions. Stop smoking / doing drugs, unless these drugs have been prescribed by the doctor. Ask the doctor about getting immunization shots to prevent infections such as pneumonia and flu. Eat healthy foods. Exercise regularly. It is important to remain strong. Get enough sleep / rest. **MANY PEOPLE HAVE BEEN CURED.** Let this be 'you'!

To read more about Living with AIDS... please go to our E-Help CamPUS at: www.yesintl.com.





LIFESTYLES AROUND THE WORLD

How wonderful this planet is with all its creatures, especially humans, who have lifestyles so completely different to what we may be use to. Often we pause in amazement. This, is what makes us all so special and unique in our ways.

From the Tibetans to the Indians, the Chinese to the Philippines, Aborigines to the Samoans, Russians to the

Kazakhstans, Egyptians to the Afrikaans, Arabs to the English, Irish to the Scots, Italians to the Swiss, Native Indians to the Eskimos – and the thousands and thousands of other people with such a spectrum of lifestyles... that fascinate, intrigue and fire our imaginations.

From their foods, to their festivals, to religions and greetings. The way they speak, their languages, gestures, to the beliefs in ways one raises their children, treats their peers, their elders, and the

clothes, shoes and hairstyles they wear. Their magnificence of art, embroidery to the furniture and homes they live in and the tools that are used to accomplish this feat. Is this not an incredible world! What a tremendous array of lifestyles to enjoy and to learn from.

Prepare to be amazed and fascinated when you visit our E-Help CampUS at www.yesintl.com

CAN'T SLEEP?

Finally, the day comes to an end. You slip into your nightclothes and slide beneath the covers for a good night's sleep. Sleep! No more tired bones, a refreshed mind and certainly wonders for your complexion!

Soon, soon, sleep will come. You lay there... wondering! It was only 48 minutes ago that you got into bed. Give it a chance! So, you turn / toss to find that comfortable position and finally settle in. Okay, now you're ready for the blessed sleep to overcome you.

Nope. Sleep does not come. A glance at the watch, 3 hours have gone by! Now – you try harder and begin to worry. If you don't sleep, you'll be tired, you won't perform well at work, the drive in will be dangerous, you've got to make that deal at the 10:00 AM meeting and 'some-where' during the early hours – you fall asleep. Minutes later, the alarm goes off.



Another day. Tired.

Well, let me tell you what works! Have you ever tried some of your great, great-grandmother's remedies? Don't laugh. At this point, I'd say you're pretty serious.

Sleep deprivation CAN be overcome. Do not permit yourself to become victimized by the challenge. Force yourself to find a remedy and then... write and tell us how you did it.

For more and important information on not getting enough sleep, please visit our E-Help CampUS at www.yesintl.com

Research and Development is searching for International Minds. 



One of these WILL work!

Only minutes prior to getting into bed, soak for 5 in a 'hot' bath

A hot-water-bottle or heating pad does wonders for soothing the mind into a deep sleep

Easy reading as poetry and rhymes or documentaries on late night television

Rubbing a warm stimulating cream / oil on your chest

And 'the best' – is reciting an uplifting message that... you've written to yourself!

KUDOS

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

CHOCOLATE MATHEMATICS !!

It takes less than a minute

CHOOSE the number of times each week –
YOU would like to have chocolate

More than once – less than ten

Multiply this number by 2 – Be bold

Add 5 – For Sunday

Multiply by 50

IF you have already had your Birthday this year

Add 1752

If you 'have not'

Add 1751

Subtract the 4 digit year when you were born

You should have a 3 digit number

The 'first' digit was your 'original' number

That is - the amount of times you choose to
have chocolate each week!

The 'next' 2 numbers are YOUR AGE!

OH Yes! It is !!

2002 is the ONLY year this will work.

DRIVING

One hand on wheel, one hand out of window:
CHICAGO

One hand on wheel, one hand on horn: NEW
YORK

One hand on wheel, one hand on newspaper,
foot solidly on accelerator: BOSTON

Both hands on wheel, eyes shut, both feet on
brake, quivering in terror: OHIO - in CALIFORNIA

Both hands in air, gesturing, both feet on
accelerator, head turned to talk to someone in
back seat : ITALY

One hand on horn, one hand greeting, one ear
on cell phone, one ear listening to loud music,
foot on accelerator, eyes on female pedestrians,
conversation with someone in next car :
Welcome to IRAN!



QUICK EYE EXAM

This will blow your mind...!

Just do it – don't cheat!!!

Count the number of F's in the following text

READY – SET – GO

"Finished files are the result of years of scientific
study combined with the experience of years."

DONE ?

Scroll down only after you have counted !

OK ?

How many F's ?

Three?

Wrong... There are six – no joke!

Read again!

The reasoning is... the brain cannot process
the word OF!



CELEBRATIONS

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

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

Flower of the Month: Rose

Latin name: Rosa

This flower means: Each rose has a different meaning

ROSE {Bridal} – Happy Love

ROSE {Christmas} – Tranquelize My Anxiety, Anxiety

ROSE {Demask} Persian – Ambassador Of Love

ROSE {Dark crimson} – Mourning

ROSE {Hibiscus} – Delicate, Beauty

ROSE {Leaf} – You May Hope

ROSE {Pink} – Perfect Happiness, Please Believe Me

ROSE {Red} – LOVE, I Love You, Passion

ROSE {Tea} – I'll Remember, Always

ROSE {Thornless} – Love At First Sight

ROSE {White} – Innocence and Purity, I Am Worthy Of You, You're Heavenly, Secrecy and Silence

ROSE {White & Red together} – Unity, Flower Emblem Of England

ROSE {White dried} – Death Is Preferable To Loss Of Virtue

ROSE {White withered} – Transient Impression, Fleeting Beauty, You Made No Impression

ROSE {Yellow} – Decrease Of Love, Jealously, Try To Care, but alas, to a Texan, a yellow rose means devotion, loyalty and beauty.

ROSE {Musk cluster} - Charming

ROSE {Single full bloom} – I Love You, I Still Love You

ROSE {Garland or crown of} – Beware Of Virtue, Reward Of Merit, Symbol Of Superior Merit

ROSEBUD – Beauty Of Youth, A Heart Innocent Of Love

ROSEBUD {Red} – Pure And Lovely

ROSEBUD {White} – Girlhood

ROSEBUD {Moss} – Confessions Of Love

THE MONTH OF JUNE

Adopt a Shelter Cat Month

Candy Month

Rose Month

1st... Stepparents' Week

2nd... Fishing Week

2nd... Great Turtle Races

2nd... Yell "Fudge" at Cobras

5th... World Environment Day

8th... Best Friends Day

8th... World Ocean's Day

11th... Email Week

14th... Dragon Boat Festival

14th... U.S. Flag Day

16th... Father's Day

16th... Forgiveness Week

18th... Take Your Pet to Work

19th... World Sauntering Day

21st... Midsummer's Eve

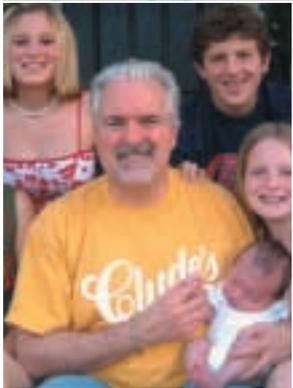
21st... Summer Solstice

22nd... Cancer (Zodiac) Begins

24th... Full Moon Day

24th... St. Jean - Baptiste Day

26th... Beautician's Day



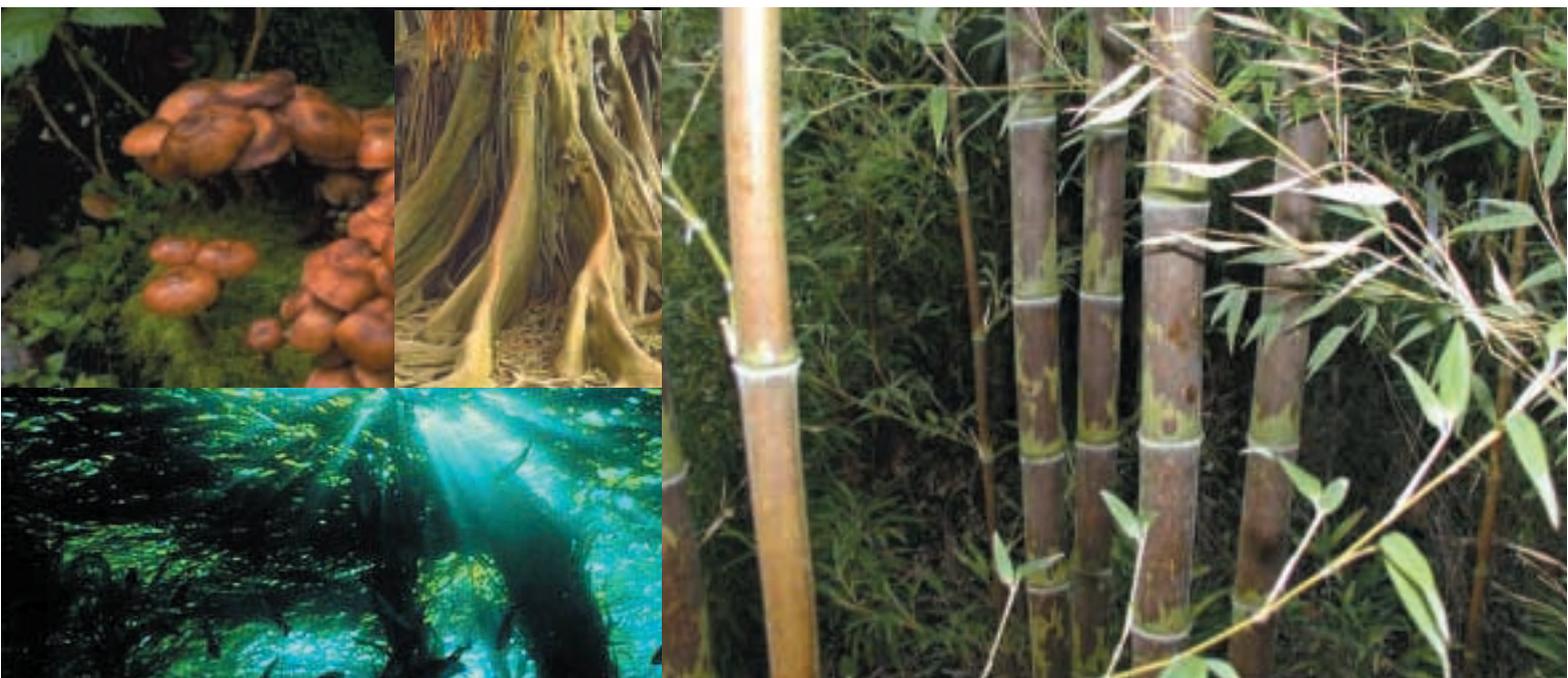
WEIRD AND WACKY FACTS

THE TREE / PLANT WORLD

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



- 01 **Oldest Plant** – King's holly (*Lomatia tasmanica*) discovered in New Harbour, Tasmania, Australia in 1934, was estimated to be at least 43,000 years old.
- 02 **Heaviest Fungus** – One living mass of *Armillaria bulbosa* covering 37 acres of forest, weighing 110 tons (about the same as a blue whale), in Michigan.
- 03 **Fastest Growing Plant** – Some species of bamboo grow at a rate of up to 3 feet per day, or 0.00002mph.
- 04 **Longest Seaweed** – Pacific Giant Kelp (*Macrocystis pyrifera*), does not exceed 200 feet in length but can grow 18 inches in a day.
- 05 **Largest Flower** – The Stinking Corpse Lily (*Rafflesia Arnoldi*), weighs 36 pounds, whose blooms are 3 feet across, with petals-inch thick, and smells like rotten meat.
- 06 **Largest Cactus** – *Cereus Giganteus* or *Carnegiea Gigantea*, native to Mexico, California and Arizona, can reach a height of 50 ft and live for 200 years. One specimen discovered in 1988, reached the height of 57 ft 11-3/4 ins.
- 07 **Tallest Tree** – Mendocino Tree (*Sequoia Sempervirens*) at Montgomery State Reserve in California, is the tallest tree at 367ft. 6in. in height with a diameter of 10ft. 4in, and about 1000 years old.
- 09 **Biggest Tree Canopy** – The great banyan (*Ficus Bengalensis*) in the Indian Botanical Garden, Calcutta, has 1,775 supporting roots and a circumference of 1,350ft, covering an area of approximately 3 acres.
- 10 **Remotest Tree** – A Norwegian spruce on Campbell Island, Antarctica, is believed to be the remotest tree, nearest companion more than 120 nautical miles away on Auckland Islands.
- 11 **Oldest Tree** – 'Eternal God', a 12,000 year old redwood in Prairie Creek Redwoods State Park in California, standing at 238 ft tall and 19ft. 7in. in diameter.
- 12 **Largest Seeds** – The giant fan palm (*Lodoicea Maldivica*), commonly known as the double coconut, growing in Seychelles, producing single-seeded fruit that weigh up to 44 pounds and can take as long as 10 years to develop.
- 13 **Smallest Seeds** – The epiphytic orchid has the smallest seeds, taking a total of 992.25 million seeds to make up 1g (28,129.81 million/oz). 





R&D

EDITOR AT LARGE

After celebrating our mothers last month, our dearest fathers become the focus of love this June. My research into a worldwide journey about Father's Day – made me a little bit angry. Why? Not only did I find less data on Father's day compared to Mother's day but... did you know that just a few countries around the world honor their fathers with a special day. Isn't this sad? Being "daddy's little girl", you would understand why I found this so... unfair.

So – from JO LEE Magazine to all the fathers in the world... with or without a special day – all our love and thank you for being our friends.

Tati {means daddy in Romanian}. I love you and you mean the world to me!

THE STORY OF FATHER'S DAY

The origin of Father's Day is not clear. Some say that it began with a church service in West Virginia in 1908. Others say the first Father's Day ceremony was held in Vancouver, Washington.

The late president of the Chicago branch of the Lions' Club, Harry Meek, is said to have celebrated the first Father's Day with his organization in 1915; and the day that they chose was the third Sunday in June, the closest date to Meek's own birthday!

Regardless of when the first true Father's Day occurred, the strongest promoter of the holiday was Mrs. Bruce John Dodd of Spokane, Washington. Mrs. Dodd felt that she had an outstanding father. He was a veteran of the Civil War. His wife had died young, and he had raised six children without their mother.

In 1909, Mrs. Dodd approached her own minister and others in Spokane about having a church service dedicated to fathers on June 5, her father's birthday. That date was too soon for her minister to prepare the service, so he spoke a few weeks later on June 19th. From then on, the state of Washington celebrated the third Sunday in June as Father's Day. Children made special desserts, or visited their fathers if they lived apart.

States and organizations began lobbying Congress to declare an annual Father's Day. In 1916, President Woodrow Wilson approved of this idea, but it was not until 1924 when President Calvin Coolidge made it a national event to "establish more intimate relations between fathers and their children and to impress upon fathers the full measure of their obligations," that the tradition took hold.

TRADITIONS AROUND THE WORLD

Father's Day is celebrated in much the same way around the world, although on different days in some places. Father's are presented with cards and gifts. In the U.S. – many have Bar-B-Q dinners / picnics. Families may play outside sports, as well. It is also customary to wear a red rose if your father is living and a white rose if your father has passed away.

Let us all remember then, from the largest countries to the smallest, that even though people almost everywhere do not celebrate Father's Day – we say: "go ahead and honour your father anyway, in some special way."

CARLA DRAGNEA

Bucharest

[Click Here For Carla](#)

JO LEE

ROOTS & WINGS

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

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

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

Tell us what you think.
[Click Here](#)

TOGETHER WE'LL
BUILD BRIDGES TO OPTIMISM!

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

THE THOMAS D. SMYTH
E – Help CampUS

Chairman / CEO, retired
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