

WINDSTAR VISION

 *Dedicated to a Peaceful and Sustainable Future*

Summer/Fall 1997

The Passing of a Poet



John Denver
1943–1997

President and Founder
The Windstar Foundation

The sunshine has left our shoulders for a time. John Denver died. He was killed doing what he loved and I guess that's the way it ought to be. When you finish your work, you are called home and your earthly work is then left for others to continue for great souls exist to educate and inspire.

John was a poet, a singer of songs, a friend to many, an idol of millions the world over. Through the sadness and the emptiness of our hearts, we honor our friend with personal memories of his laughter and his profound intellect. We remember his public gifts of song and self, his harmonies of love and nature, his vision for a sustainable future and all of the joys of life he shared through an extraordinary ability to entertain. His songs would take us to places where troubles couldn't reach, at least for a while. His lyrics encouraged us to seek a higher ground. His hugs were special for they were given without condition and his smile personified his spirit and his love of life.

In time, we will celebrate his life without the salty sadness of tears. And that's right. We all come into this world, make choices, make sacrifices, laugh a little, love a little, cry a little and learn through experience that the true importance of life is to share our gifts, to be true to ourselves and to make the world a little better place to live.

When we acknowledge, with action, the resonate truths within us, as John Denver did, then we honor all life and a piece of us lives forever, for only the body dies.

--Rolland G. Smith
*Newscaster, Poet
Friend to Windstar and John Denver*

Ed. Note: With the exception of pages 1 and 2, this issue of the Windstar Vision was written before John Denver's death in a plane crash on October 12, 1997. More information about John's legacy and achievements will be published in the future, along with news about the continuing work of the Windstar Foundation.

Message from the Board

by Cheryl Charles, Ph.D.

Dear Members and Friends of Windstar,

As we cope with the loss of our friend, John Denver, our hearts extend to you and all the Windstar members and friends who contribute to making the world a better place. You, through your own life and work, live the Windstar vision.

People throughout the world are asking what they can do. We answer, *do something*. Make conscious choices to take responsible action in support of healthy environments and a peaceful future. John cared deeply about children, nature and a world at peace. He inspired us all to live our lives from heart to heart with

conviction and commitment. He cared about being a voice for the wild places. His most recent song speaks to a longing to belong, to connect with all of life's communities, beginning within ourselves and with our relationships to others, and extending, as ever, to the Earth itself.

As the days and years unfold, we will continue to urge people to get involved. We will continue to tell others of personal good works. While John was committed to the work of those organizations that he founded, such as the Windstar Foundation, the Windstar Land Conservancy, The Hunger Project and Plant-It 2000, he saw the value of the many ways people choose to be involved in

tion, we send you our fond best wishes for your good health and continued contributions to a peaceful, healthy and sustainable environment where children are safe and wild places flourish for generations to come.

With Windstar love,



Cheryl Charles
Chair, Windstar Foundation Board of Trustees
President, Windstar Land Conservancy



photo by Jeanie Tomlinson

making a positive difference. He held you and your work in great regard.

As we think about his life work and how much we will miss him, we think also about the work which remains for all of us to share. In the spirit of his loving inspira-



Founded in 1976 by John Denver and Tom Crum, the mission of the Windstar Foundation is "To inspire individuals to make responsible choices and take direct personal actions to achieve a peaceful and environmentally-sustainable future." The Windstar Foundation is a non-profit research and education foundation funded through membership, grants, individual and corporate donations. Based on 1,000 acres in the Rocky Mountains of Colorado, Windstar offers individuals and organizations an opportunity to participate in the creation of a sustainable future through its Windstar Connection program; Windstar programs and projects; and the Windstar Vision Newsletter. Contributions to the Windstar Foundation are tax-deductible. For additional information about membership and the work of the Windstar Foundation, call or write:

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Windstar Board of Trustees:

John Denver, President Emeritus • Cheryl Charles, Ph.D., Chair • Beth Miller, Trustee

The Windstar Vision newsletter is a seasonal publication of the Windstar Foundation. Your submissions are always welcome and should be mailed to the Windstar Foundation. You are encouraged to contact the editor with your ideas as we assume no responsibility for unsolicited materials. Submissions may be edited down for space or clarity.

Sherryl R. Stalinski, Editor

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Friends Warming Globally

Windstar's active Internet-based e-mail discussion list continues to serve as an inspirational place to gather with friends worldwide to share ideas and discuss environmental and other issues with a positive perspective. Visitors and members have joined the discussion from the US, Canada, Great Britain, Spain, Singapore and Australia, making us all more globally-focused. The Windstar Web site, which provides information about the Foundation, its vision and goals has been visited by Internet surfers from more than seventeen countries! The Windstar Palace, developed and maintained by member Sue DiCicco, has created a cartoon "virtual" Windstar — the ranch building, Aiki Tent and Bucky's Dome, classrooms, a campfire and more provide a fun gathering place for members to chat in "real time." Educators are still needed to help develop the content for the Windstar Kid's Web site, and computer-literate volunteers who are willing to learn about the Palace "wizard" duties are needed to "host" the Palace one hour per week during school hours. E-mail Sherryl Stalinski at info@wstar.org for details and information.

Members are encouraged to join in the Windstar discussion list to stay abreast of Foundation news and connect with friends. E-mail Corinne Smith at corinne@mc.net with your request to subscribe to the discussion list.

Top of the World Expedition

On April 20th, six of the ten-member 1996 American Top of the World Expedition team joined forces with the EarthBeat Children's Choir to top off Windstar's celebration of Earth Day with a program at the Aspen Elementary School Theater.

Among the team visiting from Colorado: Ken Zerbst of Littleton and John Jancik and his wife, Dr. Terri Baker of Morrison. "Doc" Terri was the first woman ever to have successfully reached this small 25 x 25 meter piece of land. And from Montana: Steve Gardiner of Billings and Joe Sears, Ph.D. of Bozeman were also in attendance.

The joyous sounds of the EarthBeat Children's Choir opened the evening with melodies familiar to all, followed by a multi-media presentation by team member and author Steve Gardiner, sharing the expedition team's extraordinary adventure across the Arctic Sea to the summit of Star Spangled Banner Peak.

In July, 1996, the Denver-based American Top of the World Expedition team had the chance to follow in the footsteps of American explorer Robert E. Peary—the first person to see much of northern Greenland. Their ten-person team, a diverse group of modern-day explorers representing five states, set out to North Peary Land, Greenland with two clear goals; One: Trek across the frozen Arctic Ocean to reach Oodaaq Island, surveyed in 1978 as the northernmost point of land on earth (no American had ever been there); two: return to the mainland, enter the unexplored H.H. Benedict Mountains, and become the first to climb Star Spangled Banner Peak, the highest peak in the range.

At midnight on July 10th, 1996, the team who had dreamed of this adventure for some 17 years reached Oodaaq Island. On July 17th, seven members achieved the first ever ascent of the Moore Glacier in the unexplored H.H. Benedict Range, one of the two northern-most mountain ranges on earth.

The historic expedition was featured in a colorful 6-page article in the April 18, 1997 issue of *Life* Magazine. The expedition video will also be featured in surround cinema format at the IMAX theater in Denver this November.

Windstar wishes to thank the members of the Top of the World Expedition team for sharing their adventure with us—their joy and love of the environment and their high environmental ethics were clearly evident in the manner in which they conducted their exploration of this fragile ecosystem of the Arctic. ➤➤



Seasonal Success

by Jeanie Tomlinson

Windstar has had busy recent seasons! We kicked off the spring with an Earth Day Birthday Party. Highlights included Sandy Fuller and the "Eco Pals" from Child Safe; Water Discovery with things that live in our Aiki pond; a tour of Rocky Mountain Institute; a "Toddler's Nature Walk" as well as the self-guided nature walk created by Karl Oliver; volleyball and of course, a giant Earth Day birthday cake. We were delighted to have 6 of the 10-member 1996 Top of the World Expedition Team join us for the day. (see related article, page 3)

The Memorial Day Volunteer Weekend brought Windstar folks together from *everywhere*—California to Tennessee, Arizona to the Netherlands! The Windstar "Cookie Lady", Gracie Bailey, sent us several

batches of her delicious cookies. Special friend and Windstar co-founder Tom Crum joined us on Sunday morning for silent meditation followed by his inspirational stories and some Tai Chi out on the lawn. We

joined JP McDaniel at the Peace Pole for a special commemoration of the power and spirit of both survivors and victims of the Oklahoma City bombing. JP had brought a handful of petals from a rosebud tree which had survived the blast, and as we each said our silent prayers, we broadcast the delicate yet tenacious petals around the base of the Peace Pole.

The last two weeks of June, Windstar hosted the first Camp Windstar for Kids, created and facilitated by Janet Newman. It was such a joy to have the laughter of children grace our new classroom and the land. We look forward to Janet returning next summer.

Windstar also hosted "An Evening with J. Baldwin," editor of *Whole Earth Catalog* and *Whole Earth Magazine* and author of *Bucky Works: Buckminster Fuller's Ideas for Today*. Jay has been spending the summer working with Amory Lovins of RMI. It has been a delight to have him here and listen to his wisdom and the beautiful music he plays on his autoharp. (see related article, page 8)

The spring/summer season culminated with the Connections' Program Leadership Workshop and the first annual Educator's week in August. We wish to express our gratitude to Sharon and Al Janulaw along with Pam Peterson for constructing an incredible week for educators. Next summer's Educator's Week is scheduled for July 19-24.

Very little of what we do at Windstar could be done without the many hours of volunteer service. Here is applause for those who stepped forward recently:

Judy Warner for donating funds to get the Windstar office "on-line." Sue DiCicco; Ian Silver; Ken Arthur; Joseph, Peggy, Soren and Cameron Dunn; Doug MacDonald; Maura

Flaherty and Gene Weinbeck for their patient tech support and to the Windstar Interneters who have contributed to the "keeping Jeanie on the net" fund. Thanks to you all! Thanks also to Sylvia Heidewald for contributing nearly six weeks to assist in the office, and to Dawn Olson for office help. And also to Maura Flaherty and Tresa Dupray for designing and producing the layout for the Spring/Summer events and workshops brochure. Appreciation is also extended to all those who attended the May and October Volunteer Work Weekends. Applause to you all!

As you can see by the above, volunteers are at the heart of Windstar. 99% of the services rendered to the Foundation are done so by these special people. The creation and publication of the *Windstar Vision* newsletter and brochures, program planning, the Volunteer Work Weekends, the Trees from Grass Roots program, the Windstar Web site and the Windstar Kid's site, the Windstar Internet Palace chat room, the Environmental Studies Scholarship fund, and the Educator's Week at Windstar.

It is membership contributions which continue to fund the Windstar Youth Award. The Windstar Environmental Studies Scholarship has grown to enable us to give financial aid to several college freshman.

Windstar has much to offer. We need your continued support to enable Windstar to remain a place of gathering, education and demonstration of sustainable environmental practices, and to give us all the opportunity to reconnect with the natural world. ➤



photos by Jeanie Tomlinson

Love in Action

by Diane Cirincione
and Jerry Jampolsky

Ed. Note: Drs. Jerry Jampolsky and Diane Cirincione have touched the hearts of Windstar members over the years with their presentations at Windstar's Choices symposia. Diane received her Ph.D. this past June from Wright University. She shares here a part of her journey to this goal, written during the last year of her Internship at Hawaii State Hospital. Jerry founded the Center for Attitudinal Healing, based in California with chapters worldwide.

When the student is ready, the teacher appears. In my (Diane's) deep desire to learn how to better serve, I have attempted to be open as to how that could occur. The lesson came five years ago when in meditation I was guided to return to school to obtain a Masters and Ph.D. in clinical psychology. This was surely a mistake—or at least some cosmic joke—and this must be the destiny of someone else who at least thought about or even wanted to go back to school. Four months of grumbling at and arguing with my Inner Voice did nothing to alleviate the message. So began another segment of the journey leading still closer to home; not knowing the “why,” yet accepting and trusting that it would unfold over time.

As I come closer to the end of this expedition, I find myself somewhere near where I began ... in the territory of the heart. I have known for the past year that I wanted to spend my pre-doctoral internship after graduate school in an impatient facility where people were seen as “different” and “separate from.” The pull to this work was so consistent it caused me to stop and ponder as to why I was doing this when there were so many other, more attractive, more available opportuni-

ties around me.

Last summer we temporarily relocated to Oahu, Hawaii to facilitate my acceptance of a year-long internship at Hawaii State Hospital. It is an institution for the severely mentally ill, both voluntary as well as those committed as criminally insane.

Quickly, I came to realize that this was going to be a new and powerful opportunity for me to look past bodies, behavior, personalities and categorical diagnosis. This attempt to remember who both they and I are — innocent and part of God —made them my teachers and me their student. Clear and simple.

There was some initial fear. I was nervous the first day with all sorts of doubts about my own sanity. During the first week, new interns were taught self-protective maneuvers in case of physical attack. It still amazes me how quickly my own fear vanishes when I choose to see others as fearful rather than attacking. Throughout that week, I found myself repeating [from *A Course in Miracles*], “Nothing real can be threatened, nothing unreal exists. Herein lies the peace of God.”

This hospital, once considered the worst in the country, is now among the most progressive in biopsychosocial rehabilitation. All residents participate in ongoing courses. There are no fences or guard gates and one of the greatest challenges is to get people to leave rather than stay! Needless to say, I feel extraordinarily blessed to be here with such a dedicated and generally spiritual staff. Part of the mission statement of the hospital is “lokahi” meaning harmony and taking responsibility for your own spiritual development. The second week I was there, one of the staff members took me into her office and showed me her

copies of *Love is Letting Go of Fear* and *Good-bye to Guilt* on her bookshelf. She told me there were a lot of people who were spiritually conscious at the hospital and how happy they were that I would be working with them. I took this as a direct confirmation for my choosing to be there this year.

My first assignment was to a ward where a few of the patients were getting ready to be discharged to go back to their community in the next year. I had been told that most of these patients had limited verbal skills and tended not to interact much in group settings. I explained what an *attitudinal healing* group was to my supervisor, who was quite open and interested. I received permission to start a group and was pleased when she asked to be my co-facilitator in order to learn about attitudinal healing.

As in our groups at the Center for Attitudinal Healing in California, we were very informal and on a first name basis with each other. In that first group there was much skepticism and little involvement. I began by exploring some very basic and very simple principles. Subsequently, we talked about the core aspects of attitudes and the powerful effect they have on our lives as well as the lives of those around us. We spoke of being responsible for our own happiness and how we can choose not to feel rejected or like a victim. We spoke of having peace of mind as our only goal, and of not making our peace dependent upon another's behavior. We discussed how to choose peace rather than conflict and love rather than fear. They came to know both themselves and me as students as well

“We spoke of having peace of mind as our only goal, and of not making our peace dependent upon another's behavior. We discussed how to choose peace rather than conflict and love rather than fear.”

—Diane Cirincione

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Affluenza Ails America

by Wanda Urbanska

An Outbreak of Affluenza has been reported in your area. Symptoms: Swollen expectations, whopping fever, hypercommercialism, a rash of bankruptcies, fractured families, social scars, chronic stress, and resource exhaustion. Prognosis: Hopeful if immediate action is taken...

Americans believe that parents who heap material goods on their children in lieu of time and guidance have helped create a “spoiled,” “rude,” and “irresponsible” generation of young people, according to a new poll. The nationwide survey, funded by the Ronald McDonald House Charities and the Advertising Council, reported that nearly all adult respondents to the poll identified a “value vacuum” among youngsters aged 5 to 18 from all socioeconomic groups.

Not that American adults are good role models themselves. More than ever, they are living beyond their means, saying “charge it” when the money isn’t there. In fact, more of us now file bankruptcy than graduate from college each year.

The rampant and corrosive effects of runaway consumerism on our families, the social fabric, and the environment were explored in a captivating one-hour special which premiered nationwide on PBS in September.

Produced by the award-winning team of John de Graaf and Viva Boe for KCTS-TV in Seattle and Oregon Public Broadcasting, and hosted by National Public Radio anchor Scott Simon, *Affluenza* explores a cluster of “symptoms” related to America’s epidemic of shopping, overwork, stress and debt. The film engrossingly demonstrates that overconsumption is undermining everything from personal relationships to civic involvement to civility itself—all the while wreaking untold environmental damage and widening the gap between rich and poor.

“This powerful program exposes the folly of our American obsession with economic growth and consumerism and its consequences,” says David Brower, founder of Friends of the Earth. “The diagnosis is on target and so are the prescriptions.”

The issues of overconsumption and materialism cut across the political spectrum, but as yet no political party has embraced or more than superficially addressed it. “You’ll laugh, you’ll cry, and scratch your head in astonishment at this creative exposé,” says Alan Atkisson, executive director of the San Francisco group Redefining Progress. “You’ll marvel at the extraordinary diversity of people who are concerned about it—from environmentalists (like myself) to religious conservatives.”

For instance, Glenn Stanton, a social research analyst for Focus on the Family, the nation’s largest conservative Christian organization, worries on camera about the effect of advertising on children and families. “The market in a very real sense is hostile to the family...quite tragically, it brings in new consumers at any price.”

With graphic footage, *Affluenza* depicts cynical marketers strategizing about how to pursue, and—in their words—“brand” and “own” children. It shows how as youngsters Americans are trained to be consumers first, citizens second, and how this regimen of acquisition prevents them (and us adults) from becoming fully engaged and alive human beings.

The topic is potentially leaden and depressing—not what you want to watch after a hard day working (and shopping?). But the makers of *Affluenza* have made a film that is enormously entertaining by drawing freely on goofy vintage footage, adding humorous acting vignettes, “uncommercial” breaks, and more.

Delivering an effective wake-up call to our consumer culture, *Affluenza* points to many potential cures for the disease, with inspiring portraits of recovering shopaholics. Readers who are bargain hunters would definitely “catch” *Affluenza* on PBS. Changing your life for the better by spending less—what better bargain could there be for an our of your time? ➤

Ed. Note: *Affluenza* premiered on PBS in mid-September. Check with your local PBS station for local broadcast schedules, or order the video from Bullfrog Films at 1-800-543-FROG. Additional information about the PBS special can be found at the *Affluenza* web site: www.kcts.org and www.pbs.org.

Wanda Urbanska is co-author of *Simple Living: One Couple’s Search for a Better Life* (Penguin; 1993) and *Moving to a Small Town: A Guidebook for Moving from Urban to Rural America* (Fireside Books; 1996). She and her husband and co-author, Frank Levering, run an orchard in the Blue Ridge Mountains of Virginia.

“We act as though comfort and luxury were the chief requirements of life, when all we need to make us happy is something to be enthusiastic about.”

— Charles Kingsley

A totally unbiased and objective review of *Journey to Center* by Thomas F. Crum

by Hal Bidlack

Tom Crum has led, well, an interesting life. He taught mathematics, worked in business, established a Martial Arts school, managed security and a lot more for John Denver, and founded Aiki Works, a company which provides motivational speaking, workshops, publications and other services to aid people in their becoming more effective, happier, more centered humans. The Windstar family knows Tom mostly from his co-founding of the organization with Mr. Denver, and from his key leadership as Executive Director during Windstar's early years. He is also a successful author, having published *The Magic of Conflict* several years ago. I am delighted to tell you that we are only a few short weeks away from the release of Tom's newest book, *Journey to Center*. Let me tell you, it's a gem.

In his second major book, Tom writes about *centering*. What, you may ask is centering? Tom says:

"Centering is not an abstract term, but rather a practical tool available to all of us. We each have the ability to unify body, mind and spirit in a manner which will make us more relaxed, energized, and integrated than ever before. We can release stress rather than acquire it."

This book helps show the way to a more centered state. If Tom's first book was a "how-to" on centering and other concepts, this book is the user's manual. With great humor, self-

deprecating and otherwise, Tom explains how life's pressures can cause us to become uncentered. More importantly, he teaches how to find center again. That doesn't mean we ignore life's problems, nor do we deny their importance. But it is truly up to us as to how we react, and how we can "turn a life of work into a work of art."

Even if you are always perfectly centered, and can easily handle the slowest checkout line or the rudest co-worker (or in Tom's case, the nearby wild elephant), you will enjoy this book. Tom teaches without seeming to teach. *Journey to Center* is filled with wonderful stories of uncentered moments, both his own and other folks'. (1) We learn with Tom the lesson of attachment taught by a young Monk and an old (but well-toothed) monkey in Thailand. We see powerful lessons in centering taught by the Dalai Lama when he and Tom co-led a workshop. Tom tells touching stories of friends who taught *him* powerful lessons by facing death with centered and calm temperaments.

Tom tells of how he discovered the secret of perfect golf, only to leave the document in the seatback of an airliner. The book contains several stories of how Tom has dealt with some unusual problems by functioning from center, including the gentleman who rode his mules into Aspen in tribute to his certainty that

John Denver was actually John the Baptist. We learn what really went on when Tom took his then 14-year-old son out of school for a year and they traveled around the globe as a team. Jungles, beaches, mountains, and a whole heck of a lot of golf courses all played roles in teaching Tom, who now helps to teach us through this terrific book.

Tom honored me by allowing me to be part of the editing process for *Journey to Center*. I have read the entire manuscript perhaps seven times, and I find more richness and enjoyment with each re-reading. (2). I envy you in getting to read it for a first time; you are in for quite a treat. ➤



Tom Crum

Journey to Center is *A Fireside Book*, published by Simon & Shuster. ISBN 0-684-83922-9

Dr. Hal Bidlack recently returned to his teaching position at the Air Force Academy in Colorado Springs, after spending the summer working in Vice President Al Gore's office in Washington, D.C.

This issue of the *Windstar Vision* is printed on tree-free Rubicon paper, using vegetable-based ink products, water soluble pressroom chemicals and recyclable film and plates.

In April, the *Vision* was recognized for the second year in a row for quality and design in Southeast Michigan's Gallery of Printing.



(1) This reviewer would, however, like to strenuously deny the alleged uncentered moment Tom claims took place on a golf course involving a mule deer and myself. Readers of the chapter entitled "The Big Draw" are urged to skip over the slanderous assertion of Mr. Crum that I "lurched anxiously down the fairway, flailing his arms in a desperate attempt to alert the deer..." My crack team of lawyers is currently assessing Mr. Crum's net worth, and is considering action. Therefore, please buy the book. (2) Except, of course, for the outrageous slander noted above. Still, buy the book. I want to send my kids to private school.

A Conversation with Author Jay Baldwin about his new book:

Bucky Works: Buckminster Fuller's Ideas for Today

Windstar Vision: Tell us about your relationship with Bucky. Early in the book, you refer to yourself as an "artifact" of Bucky rather than a protégé.

Our relationship was student/teacher at first, then grew to be collaborator. But I never worked for him, or sat at a desk next to him designing, and I didn't worship him like so many people do. Those things made him uneasy, and it simply wasn't my nature. I wanted to make sure when people read the book they didn't think I was someone who sat at his knee. I wanted to make it clear I wasn't a protégé. Frank Lloyd Wright, for instance, had lots of protégés, but Bucky went out of his way not to have any.

The first time I heard him, he spoke for 14 hours nonstop. It was the University of Michigan in 1951, I had just turned 18. It really startled me to hear someone talk about things I had always wondered myself. Much of what he said that day struck a chord with me. My father was an engineer and I always wondered why, if engineers were so smart, they didn't deal with these simple things that didn't work well. I was at U of M to learn about car design because a friend of mine had been killed in a car accident. His death was the direct result of bad car design, so I decided I was going to design safe cars.

When Bucky came to the U of M, he wanted a single, private room to stay in so I offered him mine. I had all sorts of car models and he asked me about my ideas of car design. Then he started telling me about his dymaxion car and I insisted it wouldn't work with a single rear tire. I told him it might blow out and cause the car to lose control. Some of his students, myself included, went on to



use and build on some of his ideas and that's the purpose of the book: to encourage people to build on his ideas and more importantly, to learn to *think* like he thought, and that's not an easy task. His major books, *Synergetics I & II* are really difficult to read.

WV: As a matter of fact, you preface the chapter on Synergetics by saying in essence, "This chapter is going to be difficult to get through, but get through it anyway, because it's just that important." You spend a lot of time in the book encouraging people to learn from and build on Bucky's ideas. Why is this so important to you?

For one thing, if you imitate, you're doing what has already been done so you're not cutting any new ground. Also, when people imitate, they sometimes begin to focus on the erroneous parts of the personage and approach them as a celebrity. Bucky was so much not like that, and he did have foibles. I mention some of these in passing in the book, like his strange diet and sleeping habits because these were examples of how he lived as a guinea pig.

WV: Bucky is considered by some to be the "Leonardo DaVinci of the 20th

century." You even mention this in the book and yet his work is not as widely known as one might expect. Why do you think that is?

Our society places great value on material success. He didn't make any money off his ideas. In any given year, he might see a half million dollars go through his hands and yet I bought him lunch more than once.

WV: Additionally, you talk about him not being taken seriously by the scientific community and branded a "generalist."

Or a 'pseudo-scientist' which is even worse! This is because, as he said, "I leave the mathematical proof of this to others." He was very intuitive and believed that all good ideas come from individuals working from their informed intuition. Some people are better at it than others. Bucky taught that you can train your intuition. I agree.

WV: You say perhaps he would have had more credibility if the term "comprehensivist" were more accepted.

To my knowledge, there is not a school anywhere which teaches a course in comprehensive thinking. I tried myself at Sonoma State this year and they wouldn't go for it. They said it would mean I would have to stand and lecture my students and they couldn't possibly learn how to think without participating. I explained that the class would actually consist of *all* student participation. Their response was that students wouldn't know how to participate. "That's right!" I said, "they'd have to *do* it to learn it." Just like you can't teach someone to be a painter by lecturing. What are you going to say to them? "No, no! Don't put the red there! Put it here! No! Not that red, stupid! A different red... a better red!" Ha!

"[Bucky] was very intuitive and believed that all good ideas come from individuals working from their informed intuition. Some people are better at it than others. Bucky taught that you can train your intuition.

I agree."

—J. Baldwin



by Sherryl Stalinski

The way to teach is to force students into a position where they have to use intuition to get out—where they have to think for themselves. I've developed ways of teaching this effectively, which is why I approached Sonoma State.

WV: Why weren't they interested?

If you're going to teach an interdisciplinary class, FTE (Full Time Enrollment) units must get split between departments, which is viewed as weakening the department financially and politically. It's compounded by the problem that "disciplines" themselves don't occur in nature. Nature doesn't have a department of ecology and a department of biology and so on; so the very word "interdisciplinary" forces compartments, which nature doesn't have. Fuller was a proponent of an *omni-disciplinary* approach, where there isn't any single discipline and the goal is to look at the interaction between the way things fit together.

WV: Bucky had deep convictions about our society of "specialists"; our future as a human species, politics and the environment.

If you look at Bucky's writing, he evolved, as did his ideas. For instance, his car was originally supposed to fly. Can you imagine after the Superbowl, for instance, 50,000 cars lifting off from the parking lot?! On the other hand, the idea that you can fly and land where you need to and not have to worry about roads is a very good idea. Back in 1927, he thought that by recycling, eventually we would have to do very little mining. The whole idea of doing more with less, or as we say today, *replacing mass with information*, Bucky expanded on this, believing that eventually we would get so metaphysical we would hardly be using anything. By studying

patterns and connections between phenomenon, we would learn to harmonize and do synergetically as nature does, do our thing without harming or infringing or disturbing other systems, but rather incorporate them in a seamless way which isn't destructive. The older I get, the more I agree this is how it's going to be. For instance, one communications satellite takes the place of approximately 75 thousand tons of wire. Computers are taking the place of file cabinets. The dome I built is down to a half pound per square foot and yet can withstand hurricanes better than conventional buildings weighing hundreds of tons. One dome sustains temperatures such that when the weather outside is 15 below, with no furnace, inside vegetation is growing—with less than 12/1000th of an inch of material! And we can still do better.

WV: Bucky is probably most noted for his work on domes and geodesic structures. Windstar's biodome project is featured in the book. Why was this dome significant?

It was bigger than anyone had tried before as a solar-powered dome in that climate. Also, the Windstar biodome used a different frame system. It was still geodesic, but much more sophisticated. Very little material was used. Eventually, condensation began to form between the layers and less and less sun was able to get through. But nonetheless, it was a great big thing that for the money was a large building which produced well. It needed another prototype. One always needs three prototypes to get something to work right. The next one will be terrific.

WV: You talk about 3 prototypes. Why?



photos by Jeanie Tomlinson

The first one is concept. "Let's just put something together and see if it works." And you do. The second prototype is actually an improvement on the first. It's a learning process and people are usually goal oriented. I have never been goal oriented and I teach my students not to have goals. What you should strive for is direction. So with the second prototype, you modify: extra weight here, less bracing there. Too much light here, not enough fasteners over there. It ends up looking like a third grade art project but now it's really working. The third prototype is built from scratch, incorporating the improvements. This one is *it*. The third is a prototype of what will be manufactured in quantity.

WV: If you could have your readers walk away with one thing...

Pay attention! Pay attention and try to understand what's going on in the universe around you. Don't settle for simplistic explanations and the limiting labels of names. One of the really great things Bucky had in his dymaxion house, which he thought should be in every home was a "go ahead with life room." In that room, he said in 1927, should be a calculator, a television (which had just been

"Fuller was a proponent of an omni-disciplinary approach, where there isn't any single discipline and the goal is to look at the interaction between the way things fit together."

continued on page 10...

Love in Action,

continued from page 5

as teachers to each other, and loved it. One member said that no one had ever thought of him as a teacher of anything. Later, I witnessed him helping teach another resident in another group. He smiled at me and said, "I'm a teacher right now."

Unlike the first meeting, no one seemed to be getting sleepy or bored. Patients who rarely talked began to become involved and alive, offering thoughts and ideas and experiences.

A caring and compassionate family began to form. People began to listen to the inner goings on of each other with a loving heart and loving ears. They began to sit and walk differently and began to believe in themselves and the power of love and forgiveness. With sincere listening, respect for each other emerged.

The group was so successful that we started an advanced group with the same members. A beginning group is about to start on another unit as I change rotations and work with persons with dual diagnoses, including some with mental retardation. I am continuing to learn that when we let go of our negative and limiting thoughts about another person as well as ourselves, joy, freedom and a state of limitlessness begin to be experienced by both parties.

While respecting psychiatric diagnosis as a valuable tool for rehabilitative treatment, we have been learning to see a person not as their diagnosis and all the fears and limitations that go with it. Both Jerry and I are beginning to experience in a new way what is meant when we choose not to see the shadow of the past in another person. What a wonderful release it is for all of us. We are beginning to realize that

"We are reminded that love is all that is real. We are God's love and it is the only thing that is eternal and never changes. As we stop limiting ourselves to controlling or fixing up bodies and concentrate on the light of spirit that is in each of us, the miracle of Love begins to be experienced."

attitudinal healing can be a most important ingredient in treatment programs in other mental hospitals, not only for the patients, but for the staff as well. We are reminded that love is all that is real. We are God's love and it is the only thing that is eternal and never changes. As we stop limiting ourselves to controlling or fixing up bodies and concentrate on the light of spirit that is in each of us, the miracle of Love begins to be experienced.

I (Jerry) have thought many times that if I were given the responsibility of writing the Psychiatric Nomenclature on Diagnoses, I would have just one page which would state: "Insanity is when we are not experiencing ourselves as love and giving that love away."

If we accept this definition, it would then mean most of us are insane most of the time and it is just our form which is different.

If we could, as author and friend Hugh Prather once said, put a television set on top of our heads which would broadcast for all to see all the thoughts in our mind, we might all look insane. Perhaps some of us just wear better costumes to hide our insanity from others as well as ourselves.

And since "Perception is a mirror, not a fact," what we see in another person is a projection of what is going on in ourselves, whether that person is in a mental hospital or not.

What a small, yet meaningful step it is to leave the insane world and to choose to experience and accept the universe's eternal love in ourselves and in everything we see.

More information about The Center for Attitudinal Healing can be found at the Center's website: <http://www.healingcenter.org>

Bucky Works,

continued from page 9

invented), books, maps, globes, a telephone line... so children could teach themselves. He used to pronounce the word "ignorance" as "ignore-ance", which is what it is. If we are going to have any hope of world peace, any hope of a promising future, we have to provide a "living" environment for our children. We have to provide opportunities to learn how Universe operates. Show kids everything there is to see. Bucky used to say "Universe" all the time—not *the* universe—because Universe is an evolving changing thing all the time; it's a verb—not a noun—it is action and living and growing.

We need to operate in an intuitive, integrated way. It is our duty to learn how Universe works and then solve local problems to the best of our ability. If we do that, we won't have to worry about "making a living." Universe will take care of us if we do what we're supposed to be doing. Squirrels don't have to go to the market to buy nuts and berries. I've found, if you do what needs to be done, what you need comes to you. The idea of the book then, is simply this: "If you think this way, here's what you can come up with." It's about learning and evolving.

Underscoring his final statement, Jay closed with the following anecdote:

In 1979, Bucky and I were eating lunch and he looked up across the booth and said to me, "You know, old man, you were right about that rear tire." He showed me the patent drawings with a second rear tire in place.

Published by John Wiley & Sons, Bucky Works: Buckminster Fuller's Ideas for Today is now available in paperback.

Making a Difference

*by Michelle Scott
Program Director, Kids F.A.C.E.*

With all the negative publicity today's youth are receiving, it is important for the world to know there are youth out there who are making a difference in their hometowns. Children even as young as the age of three are learning that they, too, can have an impact on the world. Ten years ago, when children would ask how they could help the world be a better place, many adults would simply tell them they were too young...they could help when they were older. For one nine-year-old girl, that answer was simply not good enough. She wanted to do something *then*. So, in 1989, Melissa Poe started Kids For a Clean Environment (Kids F.A.C.E.), a club which kids could join to learn how to help the environment.

Now, with the help of organizations like Kids F.A.C.E. and conferences such as the President's Summit on Volunteerism, today's youth are learning first-hand what it feels like to do their part to help make the Earth a cleaner, healthier place to live. Parents and teachers work with even the youngest of children to educate them about environmentally-safe practices. The children of today are learning to recycle, conserve water, reduce pollution and find many other ways to slow the demise of our planet. By the time these children are adults, hopefully these new ways of life will be second-nature to them.

As the program director for Kids F.A.C.E., I have had the privilege of watching many children take the first step into their communities by joining our organization and getting involved in the environment. We teach them that whether it is picking up the litter in an entire neighborhood (which shows a twelve-year-old how a little hard work can really pay

off) or recycling just one aluminum can (which makes a five-year-old feel as if he or she has cleaned the whole world), even the smallest of acts has a positive impact on the Earth. As Melissa Poe once said, "It doesn't matter how big or little you are, you can still make a difference."

We receive letters everyday from children around the world informing us of the activities they are undertaking. Some are in charge of recycling in their homes, others are in charge of recycling in their schools. Many organize neighborhood or stream clean-ups. Many of these same youth have been recognized either at the local or national level for their efforts.

One young man in Illinois organized and carried out his plans to develop a wetlands area in front of a shopping center in his hometown. This area now serves as an outdoor classroom for local schools, as well as being open for the public to view. Another member in Illinois visits various elementary schools in her city explaining ways to help the environment. Now that she has graduated from high school, she plans to combine college courses in elementary education and environmental studies. In this way, she can be a positive influence in the lives of many more children in the future. In Arkansas, a member has developed a web site where kids can log on to get information on environmental issues. The site also allows kids to e-mail other kids.

The organization's home chapter in Nashville, Tennessee developed a series of award-winning public service announcements to educate both children and adults about the importance of protecting the environment. These announcements were played on radio stations across the

country during Earth Week 1996. A guide was also designed to teach other youth how to develop similar PSAs.

So the next time you turn on the television and hear about the destruction of society and the terrible things in which some of our youth are participating, stop for a moment. Then remember the 300,000 members of Kids For A Clean Environment (not to mention the many other youth who make their impact in areas other than the environment or participate in other environmental related organizations). Remember, these are the people who will be the leaders of tomorrow. They are ones shaping the hopes and dreams of today. They are the ones proving they are making a difference. And maybe, just maybe, these remarkable young people can teach us adults a thing or two about leaving a positive mark on this beautiful Earth we call home. ➤✳

Michelle Scott, now 25, has been involved with Kids F.A.C.E. since the age of 10. Melissa Poe was the recipient of the 1995 Windstar Youth Award.

photo by Jeanie Tomlinson



by Maura Flaherty

News from the Connections

The Windstar Connection Leadership Workshop took place on Saturday, August 2nd, on the Windstar Land Conservancy property in Snowmass, Colorado. The attendees drew on their Connection experience and input gathered from telephone calls and written questionnaires to make an assessment of the Connection Program and to map out possible future actions. The main agenda included dialogues of several topics, including the following:

Statistics

Connection statistics are still incomplete as of this writing. We know some groups are strong and

- Human Energy
- Actual implementation of ideas
- Communication (more information to all Connection members)
- Our relationship with the Windstar Foundation itself
- Technical/legal requirements (By-Laws conformance, 501(c)3 regulations and State filing requirements)

Without discarding any of the topics, the group agreed to focus on what it considered to be the highest priorities which include:

Connections Relationship to the Windstar Foundation

The Connection Program is inextricably linked to the Foundation itself. The Connections were originally established to support the Foundation and to further its goals and philosophies. Connection membership is, for the most part, drawn from members of the Windstar Foundation and their commitment to the concept of the Windstar Family is what keeps Connections together. (Technically, by-laws require Foundation membership for all Connection members.)

To ensure the success of the Connections, members must work to ensure the success of the Foundation. Several ideas for action around this were discussed at length.

Communication

One recurring theme found in the questionnaire responses and attendees' comments was the need for enhanced communication. The issue accounted for a large number of entries on the "wish" and "idea" lists. Further discussion of this fell under the newsletter heading.

The Connecting Windstar Connections Newsletter

Reaction to the new newsletter so far has been very positive. It is clear members appreciate the effort to

produce a timely/frequent publication, and urge its continuance. Some suggestions and thoughts about future content and direction for the newsletter were discussed including the importance of membership contributions to content. Additionally, distribution was a topic which became increasingly important in addressing the communication issue. A proposal was made to change the distribution method of the Connections' newsletter, with a choice presented to the membership of two options: a) Each Connection would pay a prorated annual fee to the newsletter, based on the number of registered members. Newsletter issues would be mailed directly to those members. This method would require accurate membership lists to be submitted to the Connection Program Coordinators. b) The Connection would pay a flat fee to the newsletter in return for the right to make copies for distribution to all its members. Connections choosing this option must commit to follow through with the actual distribution.

A review of production costs will be made in order to facilitate the decision process, with details appearing in the newsletter. Connection input will be solicited on the next conference call.

A notice will be made in the next *Windstar Vision* informing all Connection members of the new distribution plan. In this way, individual members will know what to expect from their Connections.

For more information about the issues and suggestions for action discussed during the Leadership Workshop, call one of the Connection Program Coordinators: Maura Flaherty (California), (818) 405-9940 ext. 2162; Doug & Marge MacDonald (Massachusetts), (617) 449-2565.



Windstar members looking for a Connection Group in their area are encouraged to contact Maura Flaherty, or Marge and Doug MacDonald at the numbers listed at the end of the article.

growing while others function with only a few members. As soon as complete figures are available we will publish a profile of Connection membership, if only to reassure small Connections that they are not alone and their issues are not unique.

Brainstorming

The brainstorming session resulted in several lists of ideas, wishes and possible action items which were then organized into these broad categories:

- Membership (building and maintaining)
- Fundraising

Ancient Juniper Discovered

The Windstar property in Old Snowmass, Colorado may be the home of the world's largest juniper tree, according to a report in a recent edition of *The Aspen Times*. The article says County Wildlife Biologist Mike Villa estimates the tree is at least 1,500 years old. "There are junipers estimated at 1,000 years old that aren't this big," reports Villa in the article.

The tree is already protected by a conservation easement that has been placed on close to 1,000 acres at the Windstar Land Conservancy.

The ancient juniper is but one find wildlife officials have uncovered in the Roaring Fork Valley this summer, the *Times* reports.

Colorado Natural Heritage Program Project leader Susan

Spackman reports that in addition to giant junipers, Windstar is also home to a rare community of plants—Gambel oak, mountain mahogany and elk sedge, all sharing an area as the dominant plant species. There are less than 100 known occurrences of the tree species together.

Places like the Roaring Fork Valley, where development pressures are threatening tracts of land which may contain rare species are priority areas for biological inventories, Spackman explained.

Local officials plan to measure the juniper tree at Windstar, and if it appears close to the record, they will call out the Colorado State Forest Service to take an official measurement. ➤➤

In Memoriam

Steve Blomeke, who served as Windstar's Director of Development beginning August of 1990 and later served as Executive Vice President from January 1991 to October 1993, died on July 17, 1997 of cardiac arrest at the age of 50. Steve was the director of the National Wildlife Federation's Prairie Wetlands Center in Bismarck, North Dakota at the time of his death. We extend our sympathy and condolences to his family and co-workers. Steve's family has requested that donations be sent to:

Steve Blomeke Memorial Fund c/o Bing Edwards, Development Department, National Wildlife Federation, 8925 Leesburg Pike, Vienna, VA 22184 ➤➤

Windstar Membership Information

All Windstar Memberships include a one-year subscription to the Windstar Vision Newsletter. Sustainer through Corporate membership levels entitle the member to additional discounts on products, events and workshops (discount noted to the right of each level, benefit events excluded). If you are already a member, consider giving a membership to a friend, co-worker or family member!

\$35.00 Basic	\$250.00 Director (15%)	\$1,000.00 Benefactor (25%)
\$100.00 Sustainer (10%)	\$500.00 Patron (20%)	\$5,000.00 Corporate (25%)

*Please add \$15.00 if publications are to be mailed outside of the U.S.

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Print Name: _____ Exp. Date: _____	

Mail your membership contribution to:
The Windstar Foundation, 2317 Snowmass Creek Rd., Snowmass, CO 81654.

"The tree which moves some to tears of joy is in the eyes of others only a green thing which stands in the way." —William Blake

by Patty Burrell

Trees have meant different things to people in cultures worldwide. Following is an article printed in a tree planting handbook entitled Growing Greener Cities written by Global Releaf. The article might inspire us to ask ourselves the meaning of trees in the 21st century and what is the myth which we are creating in the pages of history? The handbook contains information on urban forests, planting and caring for trees, community organizing and educational art projects for children. For more information on Global Releaf call 1-800-677-0727 or write to Global Releaf, P.O. Box 2000, Dept. GGC, Washington DC 20013.

Trees, Myths and Paradise

"The groves were God's first temples," wrote William Cullen Bryant, the American poet. Trees have always inspired us and captured our imagination. The Bible relates the tale of the Garden of Eden, with its Tree of Knowledge and Tree of Life.

Hindu mythology tells of the great primal forest and its central tree, the mighty Jambu, which bore fruit as large as an elephant and from whose seeds flowed the purest gold.

In Asia, the Buddha achieved enlightenment under the Bo tree, whose leaves are still considered a symbol of spirituality.

Samoans believed that a coconut tree grew near the entrance to Puluotu, the World of Spirits. Should a wandering spirit strike the tree, it would have to return to the body for another lifetime of earthly existence.

In Norse mythology, Yggdrasil, an evergreen ash tree, held the universe together, its roots in the underworld and its branches extended into the heavenly realms of the sky.

The Greeks and Romans felt that the human race was the fruit of trees. "These woods," wrote the poet Virgil, "were the first seat of sylvan power and savage men who took their birth from the trunks of trees and stubborn oaks."

Often a particular type of tree was thought to have magical powers. Ancient Danes believed that the good mother of elves—the Elder Queen—

lived in the roots of the elder tree. Before removing a branch or cutting down an elder, it was necessary to ask permission of the Elder Queen herself to prevent misfortune. In Russia, the elder tree was used to keep evil spirits out of houses. And in England, the elder was often found growing beside country cottages to keep evil at bay. (An elder twig in the pocket was also said to cure rheumatism.)

Other trees served equally well as guardians against the forces of darkness. "Witches have no power where there is a rowan-tree wood," goes one English madrigal concerning the red-berried rowan, or European mountain ash. Many a person would place a rowan branch under his or her bed to keep witches away; a small cross made from the rowan's branches placed in the churn protected butter and cheese from the evil influence of errant sorceresses.

French Canadians believed that Jack Pine, a spirit with evil and capricious powers, dwelt in the stump and roots of the pine tree. Rather than cut it or remove it, they would pile brush around it and burn it.

Many Native Americans believed tall trees were the homes of spirits who cried out when the trees were cut down. Members of the Hidatsa tribe in the Upper Missouri Valley felt that the cottonwood tree had an intelligence of its own and would come to

the aid of individuals if beckoned. Tribal elders held that the irresponsible cutting of sacred cottonwoods in the last century led directly to the Hidatsas' later misfortunes.

Germans and Slavs often planted a tree in front of a newlywed couple's house. Many families in Europe would plant a tree upon the birth of a baby, especially an heir, whose fate was then tied up with that of the tree's.

Trees were used to help fortune tellers to divine the meaning of dreams. In medieval Europe, dreaming of a green oak tree indicated a long life; a cypress was the harbinger of problems in business. Dreaming of a palm tree was the best of omens, while the vision of a pine was a dark hint of looming problems. ➤

Patty Burrell is the Pacific Northwest Windstar Connection and Plant-It 2000 Washington State Coordinator.

Share Your Vision!

What better way to recycle this newsletter than to pass it on to a friend?!



Environmental Studies Scholarship

Beginning this year, Windstar will make available scholarships for college freshmen and sophomores pursuing degrees in the environmental sciences. Windstar encourages you to let your local school district know about the availability of these scholarships, ranging from \$250 - \$500. Scholarships will be awarded based on the student's grade point average and essay submission.

The application below may be photocopied to distribute to local schools. All applications should be sent to: The Windstar Foundation, c/o Environmental Studies Scholarship, 2317 Snowmass Creek Road, Snowmass, CO 81654.

Student's Name:

Address:

City/State/Zip:

Home phone:

Parent's name and phone (if student is under age 18):

School:

School address:

City/State/Zip:

School phone:

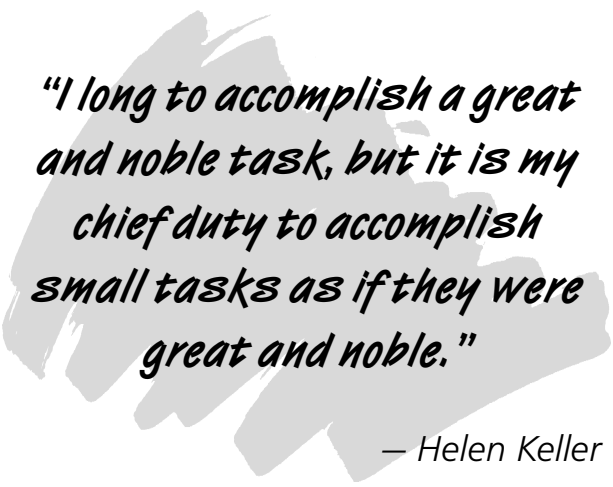
Teacher reference (name):

Phone:

1. Attach copies of last two semesters' report cards, showing gpa and essay submission (must be typewritten)

Essay topic:

What is the role of technology in creating an environmentally sustainable future?



"I long to accomplish a great and noble task, but it is my chief duty to accomplish small tasks as if they were great and noble."

— Helen Keller

Submissions Sought

Windstar member, Cath Meadows, is compiling a book made up of prose, poetry, anecdotes and photos from Windstar members and friends reflective of the Windstar experience. The theme is about how you, your children, your community celebrate and care for humanity and nature and how we each can be responsible for making a difference toward a peaceful, healthful and sustainable future.

Although this is an independent project by a member, it is being produced with the encouragement and blessings of the Board of Trustees. Proceeds will benefit the Windstar Foundation and Plant-It 2000. To send your submission, mail it to:

Cath Meadows, Apt. #4 - 2358 Esplanade,
Victoria, British Columbia, V8R2W2, Canada.

E-mail: <cmeadows@cln.etc.bc.ca> or
<cmeadows@ampsc.com>

Phone: (250) 598-0385, Fax: (250) 598-0353.

Blessed be the Peacemakers

by Sherry Stalinski

Ed. Note: The following article was written in mid-September, before the passing of John Denver. A few last changes were tearfully made before publishing.

When I was a young girl, our family drove north in Michigan one day to attend a wedding. We were seated at the same table as my great-grandmother's "little" sister and her husband. Aunt Anna and Uncle Mike must have been married nearly 50 years at this particular gathering. It was the first time I remember spending a significant amount of time with them.

They held hands while they sat at the table, and they laughed together when they danced. Uncle Mike, easily well into his 70s, would not let Aunt Anna sit out one polka. When Aunt Anna finally earned a reprieve while Uncle Mike made a trip to the bar, she glowed, anticipating his return. These two were so vibrant and full of life, and the very essence of love between them was visibly an entity unto itself. And I could sense it irrefutably even at the age of twelve. That evening, I consciously vowed to have a marriage just like theirs.

I thought of Aunt Anna a lot the

first week of September. While the rest of the world mourned the loss of two women who were heroines and symbols of compassion to millions around the globe, I thought how less does Universe honor those who may have simply inspired but one life? I doubt Aunt Anna is held in any less reverence in our Creator's heart, for she inspired choices of love in my life.

In his inaugural address, Nelson Mandela quoted Marianne Williamson, saying, "Our deepest fear is not that we are inadequate, our deepest fear is that we are powerful beyond measure... We ask ourselves, who am I to be brilliant, gorgeous, talented and fabulous? Actually, who are you not to be... We are born to manifest the glory of God that's within us."

When we understand this fully, in that inner place of *knowing*, our lives are transformed. We become the hero. We become the miracle. We take action on our passion and we touch and transform lives around us. At the same time, we find we have little time to live vicariously through others—our children, our friends and even celebrities begin to offer nothing more than inspiration for our own choices and actions. News reports

which don't nurture this inspiration simply hold no interest for us—we have our own lives to live—nothing is accomplished by judging the human foibles of public figures. We have our own shortcomings to heal so that our lives can matter.

When those who inspire us die, we mourn. The air of grief resulting from the loss of Mother Teresa, Princess Diana—and our own John Denver—could be felt around the globe, which is fitting testimony to lives who inspired compassion in so many. Aunt Anna had a quiet funeral a couple years ago, I didn't even find out about it until it was over. But one day, several years ago, when Patrick and I were experiencing some of the inevitable stresses of marriage, I remembered Aunt Anna and Uncle Mike and my youthful vow. I made a choice that day. And my life, and my marriage, were transformed again.

Be touched by your own Aunt Anna, by John, by Diana, by Mother Teresa. Then, resolve yourself to one simple act: Touch just one more life with your own inspiration. The world will be a better place indeed. ➤✕



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