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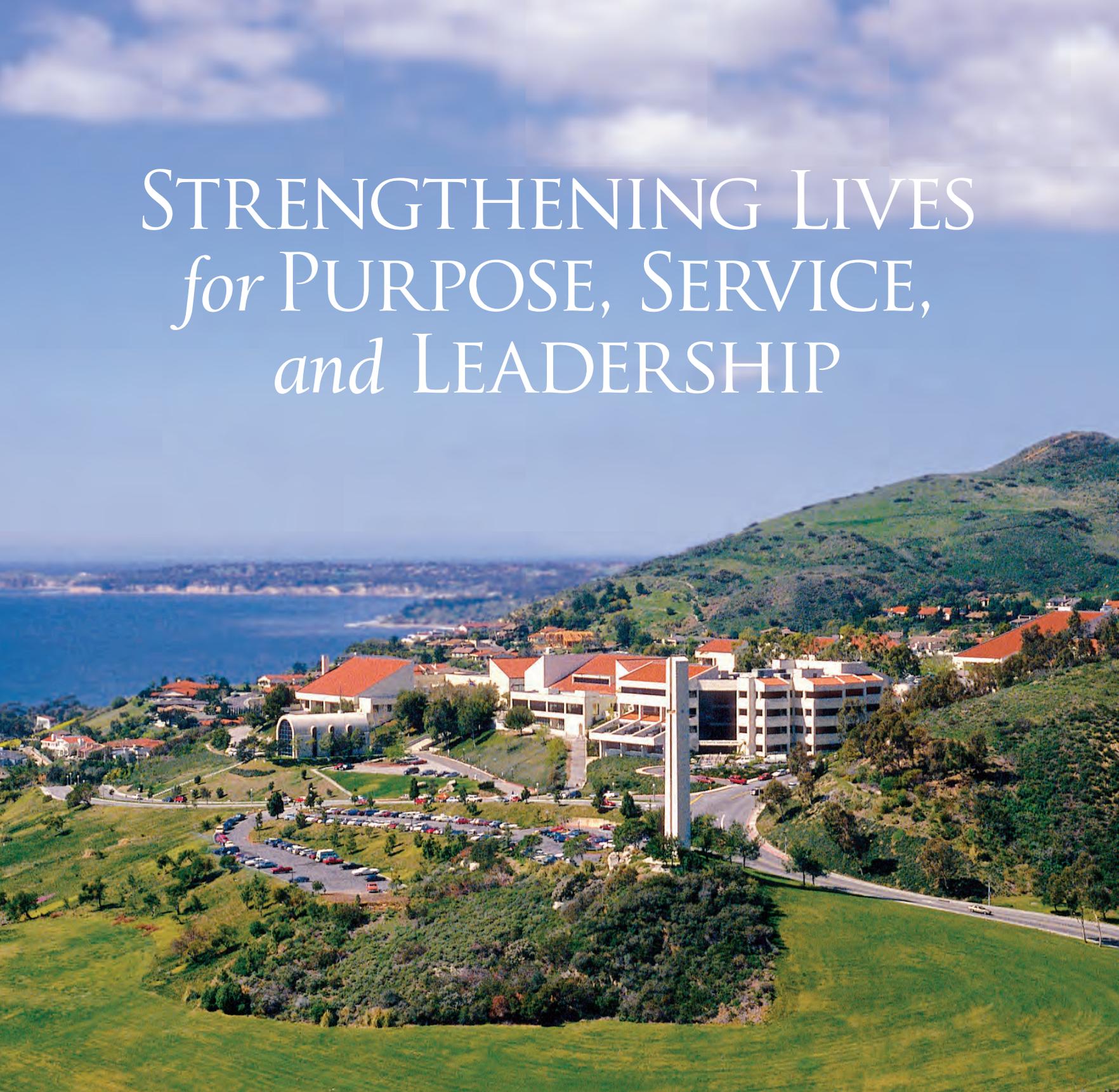


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Editor's letter



Photo by Curtis Dahl

When **Kym Douglas** walks into a room, her joyful positivity osmotically permeates. Aside from her obvious beauty, we chose Kym for our Spring Cover because we want to spread the immense power of positivity. Its incremental effects will change your life - for the better - in significantly small ways. We know that most of you already know that, but Kym is a reminder to all of us that every little good deed and simple smile works its own little miracle on a daily basis. Prepare to be uplifted by Kym's story on Pg 46.

Mercedes-Benz Fashion Week has just taken place and we garnered exclusive coverage of the event. Enjoy the style and creativity that abounds at this premiere extravaganza (Pg 34).

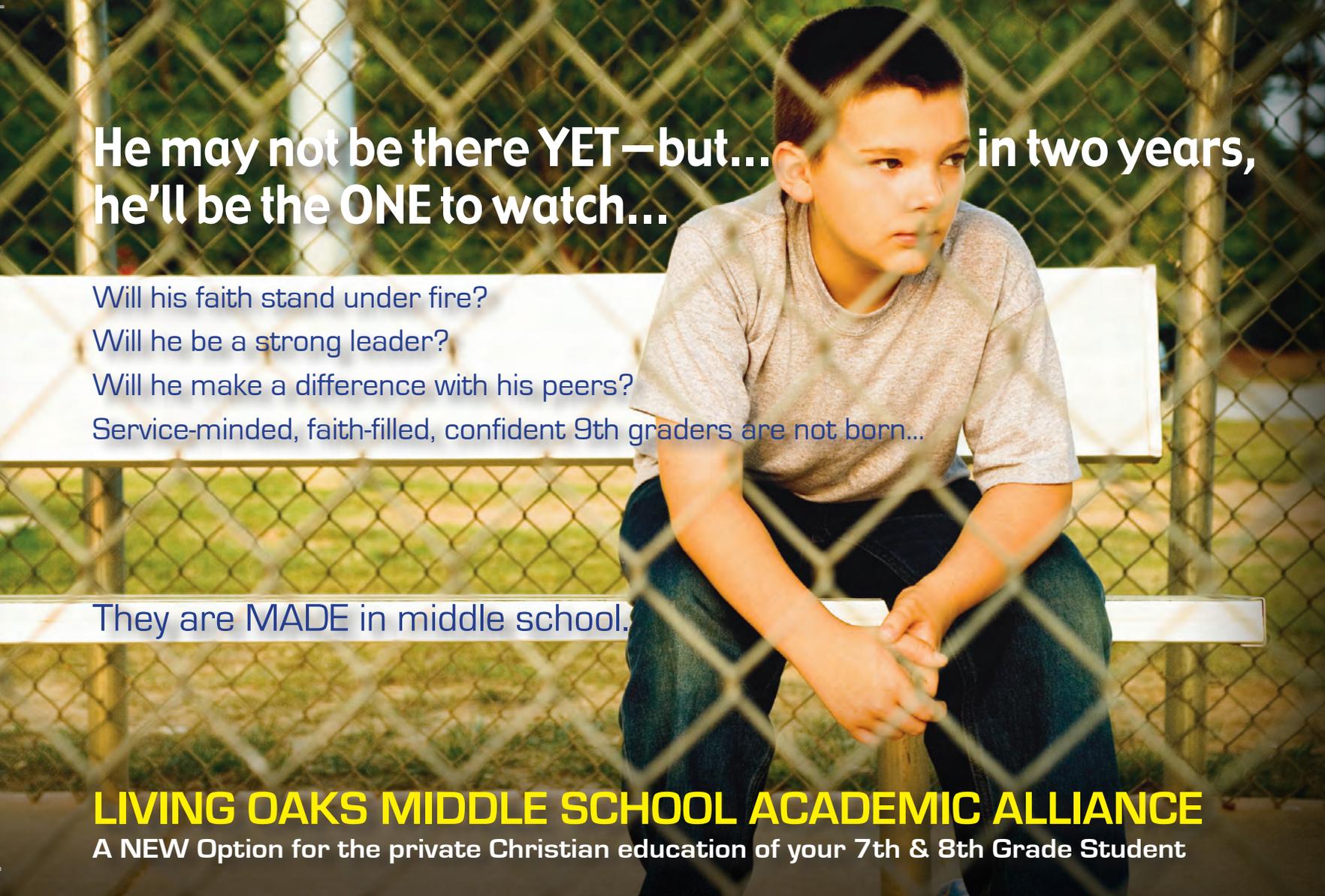
The December **2012 Billabong Pipeline Masters** - in memory of Andy Irons -heralded Australia's Joel Parkinson as the eventual winner. This is the first time that Parkinson has clinched this sought-after title and it was that much more meaningful to him because of his close friendship with the late Andy Irons. Enjoy the beautiful photography on Pg 12.

The Grand Marshal of the 2013 Tournament of Roses Parade (co emceed by our own Bob Eubanks), **Dr. Jane Goodall**, gave us the opportunity to highlight the immense achievements of this world-renowned primatologist, ethologist, anthropologist and UN Messenger of Peace. Dr. Goodall is a tireless advocate for respect of our natural environment (Pg 56).

We take you to magical **Turkey** in our Travelscapes (Pg 94). This is one of the most undersold vacation destinations in the world. Steeped in centuries of fascinating history, Turkey appeals in so many ways - not least of which is its warm Mediterranean climate - an attribute that Californians are particularly partial towards.

Our **Home and Hearth** sections have particularly spectacular homes showcased (Pg 70 - 81) from Jordan Cohen and Stacy Richardson.

Diana Addison Lyle



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cess, engage, dissect, debate and act. We wrestle with understanding others' perspectives and make decisions based on convictions rather than going with the flow. We learn how to think. We study God's Word. And we explore together what it means to impact the world out of boundless love, unencumbered by fears or insecurity.

Before the pressure of high school begins where every minute is scheduled, give them the *gift of time* to spread their own wings. The time to stretch, grow, pursue passions, rest. The time to think deep thoughts about God, their place in the world, life. Examine and test their beliefs for themselves. Carve out time to pursue their unique gifts and talents without busywork and distractions. Spend your school dollars on *their* particular interests—not on overhead.

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Portraits of Champions

2012 Billabong
Pipeline Masters
in Memory of Andy Irons
Photography by Cestari

VANS TRIPLE CROWN of Surfing NORTH SHORE, HAWAII



Yadin Nicol (Santa Barbara, CA) at
Pipe; Kelly Slater in foreground





Parkinson's victory carry at Pipeline

As the final stage on both the ASP World Tour and the 30th anniversary of the Vans Triple Crown of Surfing, the Billabong Pipe Masters lived up to its reputation as the greatest show in surfing. Australian Joel Parkinson - a close friend of Andy Irons - finally clinched two titles that had eluded him for so many years: ASP world champion, and Billabong Pipe Masters champion.

Parkinson celebrating his victory trophy





Portraits of Champions

“Consistency paid off,” Parkinson said. “This is where I wanted to stand at the end of the year. This is what I’ve worked for my whole life. I can’t describe what this feels like. I’ve had runner-ups and ups-and-downs. I’ve been to hell and back and it makes this so much sweeter. All the love from Hawaii and Australia and over the world, I can’t thank you all enough for supporting me.”

Outgoing world champ Kelly Slater, who placed 3rd in the event, was on hand to present the world title trophy to Parkinson, as was Irons’ wife Lindy. For the Hawaii home crowd, Sebastian Zietz (Kauai) enjoyed a dream come true when he was crowned the 2012 Vans Triple Crown champion, pocketing \$100,000 for being the top performing surfer across all three of the Triple Crown events. Zietz now joins the elite ranks of the ASP World Championship Tour for the 2013 season.

Tower at Pipeline



VANS Turtle Bay of Surfing NORTH SHORE, HAWAII



2011 Pipe Masters winner Kelly Slater hands trophy to 2012 Pipe Masters winner, Joel Parkinson





Scenearound

Young Musicians Foundation Presents An Evening with John Williams

Photography by Amir Kojoory Beverly Hills

On February 9, 2013, John Williams conducted the *Young Musicians Foundation* (YMF) debut orchestra at the Dorothy Chandler Pavilion in a program of selections from many of his most beloved film scores. His enormous volume of work has included *Fiddler on the Roof*, *Jaws*, *Star Wars*, *E.T.*, *Indiana Jones*, *Born on the Fourth of July*, *Jurassic Park*, *Schindler's List*, *Saving Private Ryan*, *Harry Potter* - and recently, *War Horse* and *Lincoln*. John Williams' 40-year friendship with Stephen Spielberg has produced a partnership that has enhanced the quality of film-making no end. At the sumptuous Gala after the musical performance, Trudy and Albert Kallis were honored with the YMF Humanitarian Award. Dee Stevens was honored with Living the Legacy Award.

John Williams conducting



Ginny Mancini



Jesse Vaughan, Summer Vaughan, Marni Kallis Vaughan, Dr. Doug Vaughan, Trudy Kallis, Albert Kallis

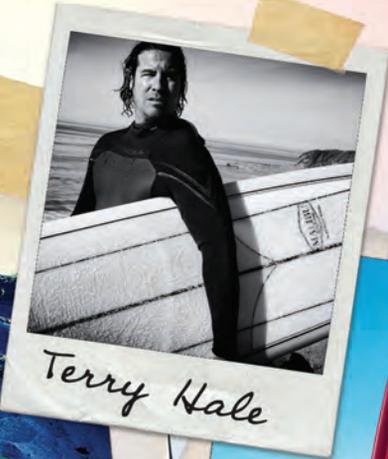


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Scenearound

Young Musicians Foundation Presents An Evening with John Williams

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Anne Jeffreys



John Williams conducts the Young Musicians Foundation Orchestra



John Williams, Bing Wang, Shaun Gong



Lynne Harrell (cello soloist)



Leah Hansen



Danni Kallis, Albert Kallis, Marni Kallis Vaughan, Matthew Kallis, Trudy Kallis



Bing Wang (violin soloist)



Julia Gaskill



Skye Jayne Vaughan, Summer Vaughan, Trudy Kallis, Jesse Vaughan, Albert Kallis



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Portraits of talent

Westlake High School

Fostering the Arts

Westlake High School Studio Jazz Ensemble ;
Photo courtesy Campus Image Vanessa Davis



The Arts are fundamental to our humanity. They ennoble and inspire us - fostering creativity, goodness, and beauty. Equally as importantly, the arts build bridges between cultures - and when life hits us with hurts - it is the arts that help to heal a wounded world. What's also interesting is that studies show students with an education rich in the arts, regardless of socio-economic status, have higher GPAs and standardized test scores. More specifically, students with 4 years of art and music in high school average 100 points better on their SAT scores than students who have not had that exposure. The studies also reveal that art-enriched students tend to be much more involved in community service and are less likely to be influenced solely by pop culture and a tabloid marketplace with questionable values. What the arts do is stimulate

creativity - that sought-after ability to think outside the proverbial box.

Top corporations and universities are well aware that young people who can truly think and create are the invaluable commodities in industry and higher learning around the world. One of our country's most brilliant entrepreneurs, Steve Jobs, recognized the value of creative genius in industry: ***"Creativity is just connecting things. Creative people are able to connect experiences they've had and synthesize new things. And the reason they were able to do that was that they've had more experiences or they have thought more about their experiences than other people. Unfortunately, that's too rare a commodity. A lot of people in our industry haven't had very diverse experiences. So they don't have lots of dots to connect, and they end up with very linear solutions without a broad perspective on the problem. The***

broader one's understanding of the human experience, the better design we will have."

- Steve Jobs.

In the Conejo Valley Unified School District, the school board, Superintendent Dr. Jeff Baarstad, principals, and school administrators understand the importance of fostering the creative side, and recognize that the arts are essential in enriching the lives of children. They believe that when students participate in the fine arts, they are given experiences and opportunities in leadership, creativity and critical thinking, all essential to the highest levels of learning - both in industry and in life. This belief is reflected in the consistently strong performing arts programs available at all levels throughout the district.

At Westlake High School, students are presented with a variety of choices in the Performing Arts. Opportunities in band, choir, dance, drama, and orchestra

involve students in immeasurable creative experiences during their most formative teenage years.

DIVERSITY AND OPPORTUNITY

The Westlake High School Performing Arts Department student participant totals are 200 Choral, 195 band, 94 orchestra, and 135 drama, equaling one in four students on campus. Quality, diversity and varied performance levels abound. Faculty include Department Chair Brian Peter – *Band*, Liz Blake – *Orchestra*, DeDe Burke – *Drama*, Alan Rose – *Choir*. Together, along with top department instructors, they oversee 4 wind bands, 6 choirs, 3 string orchestras, fall and spring drama productions, 2 symphony orchestras, 3 drama levels, 3 jazz bands, technical theater, 4 jazz combos, the musical, the Regiment marching band, student one acts, drumline, and color guard.

INSTRUMENTAL MUSIC

“To provide experiences where students learn and develop lifelong skills; to learn the process and dedication needed to achieve excellence in performance; to provide an environment where younger students are unconditionally accepted and surrounded by upper-class mentors.” This philosophy drives Instrumental Music Department staff Brian Peter, Liz Blake and Mike Gangemi. To achieve this, ensembles are supported equally with no



Wind Ensemble
Photo by Marley Maron

one program more important than another. This has directly led the bands, orchestras and symphonies to receive Unanimous Superior ratings (the highest possible) at festivals across Southern California, and the 100% volunteer 137-member Regiment Marching Band to earn National and State awards. Student experiences also include an unprecedented 3-hour stand-alone concert at Carnegie Hall in New York City, featuring

5 different groups, performances at Walt Disney Concert Hall, and the 2009 & 2011 California Band Directors Association State Conference as featured ensembles. The Department regularly commissions new music from the world's top composers in band, jazz, and orchestra. To date, 10 pieces have been written for Westlake ensembles with composers working directly with WHS students. World-class musicians, Grammy-winning composers and college professors also perform with Westlake in concert. In December, 2012, the Studio Jazz Ensemble 1 was selected and performed at the prestigious International Midwest Clinic in Chicago. The ensemble is only the second high school jazz band from California in 66 years to perform at this, the largest annual conference for music educators in the world. To further develop student character, jazz musicians perform 3 times a year for the homeless at the LA Mission, and are regularly selected to participate in local and state honor groups.

Orchestra students participate and study all styles of music for string instruments, from Mozart, Bach, and Beethoven, to Coldplay and the Beatles. Orchestra classes develop specific techniques, and many students progress to the upper level Chamber Orchestra, which performs repertoire suitable for professional orchestras. Performances include chamber music recitals, festivals and competitions,



Westlake High School's Theater Arts perform 'Oklahoma!'; Picture courtesy Barbara Mazeika



Westlake High School's Choral Music Department; Photo courtesy Hutch Hutchison

a community children's concert, and full-program concerts. Orchestra musicians can be found across Southern California, in honor groups, as competition winners, at the Colburn School, and more locally as members of the Junior Chamber Music and Gold Coast Chamber Music programs, serving as coaches and tutors for elementary and middle school musicians, and in volunteer performances throughout the Conejo community.

THEATER ARTS

The famous words "*All the world's a stage, / And all the men and women merely players; / They have their exits and their entrance, / And one man in his time plays many parts...*" come from Shakespeare's play, *As You Like It*. The Theatre Arts Department of Westlake High School is dedicated to being a building block and a stage for students to enter and exit high school as well-balanced individuals. The district's Focus on the Arts program provides an opportunity for first graders to attend a specially prepared theatre production at the high school; Westlake theatre students also mentor actors in local middle schools, and use their talents to help the community with special service projects. Utilizing all aspects of the performing arts, the Theatre Department incorporates skills in dance, art, and music, in productions such as *Fame*. Every other year, the Theatre Department joins forces with orchestra, choir and band to produce a school-wide musical. In 2012, Westlake presented Rodgers and Hammerstein's *Oklahoma!* Once a year the Theatre Arts Department invests time and energy to perform a Shakespearean play. Some of

the choices have wowed audiences with fight choreography and witty scenes, such as those from *The Taming of the Shrew* and *Twelfth Night*. The highly-anticipated presentation of Shakespeare's *Macbeth* (Spring 2013) should thrill audiences as well, with its intense drama, mystery and touches of humor. Students rehearse and plan for Shakespeare festivals, including DTASC Spring Shakespeare and Chapman University's Henry Kemp-Blair Shakespeare Festival, where the students have taken top honors. Westlake High School's dedication to providing and integrating the performing arts as part of the curriculum establishes key building blocks to well-balanced and responsible individuals.

CHORAL MUSIC

After 28 years of teaching commitment, pride, excellence, self-respect and artistry, Alan Rose, Westlake Choral Music Department's (WHSCMD) Director believes music makes a difference and changes

student lives in many ways. Also known for his "Roseisms" (quotes and stories) his favorite is this: "*If you can talk, you can sing, if you can walk, you can dance*". Believing that excellence is no accident and is a direct result of high expectations, sincere effort and skillful execution, the WHSCMD has subsequently performed on stage with Judy Collins, Dick Van Dyke, The Four Preps and Richard Carpenter. They have also filmed several TV shows, including singing and dancing in the pilot of "The Middle" starring Patricia Heaton and Neil Flynn. These experiences give each student a chance to see what it might be like in the "real" world of performing. The Choral Music Department has over 200 students and 6 different performing ensembles who sing Bach to rock. Aside from the 4 annual choral productions in the Carpenter Family Theatre, ensembles perform more than 40 shows annually for local businesses, private engagements and public schools around the Thousand Oaks community. Choral Music students have traveled and performed extensively from Hawaii to New York to Florida and to Australia to perform in the Sydney Opera House.

AND THE SHOW MUST GO ON

The Performing Arts program at Westlake High School is a flourishing entity, dedicated to fostering creative growth, leadership and independence in its students. A balanced educational diet of the arts and traditional subjects allows the students the richest environment in which to grow, succeed, and soar in life. 🌟

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Westlake High School's Choral Music Department; Photo courtesy Hutch Hutchison

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Portraitsoftalent

Gianna Zufall



Oaks Christian Online High School Freshman Gianna Zufall's Musical and Academic Achievements

Oaks Christian Online High School freshman, Gianna Zufall, is taking Berklee College of Music's online Voice Technique 101 class at the request of her piano teacher in order to learn more about the link between singing and playing. This dual online high school and college credit course includes students from all over the world, including students from as far away as Tokyo and South Africa. At 15, Gianna is the youngest student in the course,

and many of the other students are voice teachers and professional performers. Gianna enjoys the weekly, online meet and greet sessions where students learn about breathing techniques through the professor's web cam and videos. Gianna says it was essential that she fulfilled the course prerequisites of knowing articulation and how to read music ahead of time.

Gianna started playing the piano just 5 years ago but has been playing the violin for 9 years. She studies with UCSB's Robert Koenig, and on February 3rd, Gianna per-

formed in a recital at the Nixon Presidential Library with Julliard-trained violinist Drew Tretick. At the annual Paderewski Festival in Paso Robles, California, Gianna has gone from third place in the junior division in 2009 to first place in juniors in 2010 and then to first place in the senior division in 2012. The award comes with an annual, week-long trip to Poland to live in the famous composer's home, participate in master classes and collaborate with other pianists. Gianna has not had an opportunity to travel yet because she has been active in gifted summer programs, and this summer proves no exception as she has been accepted to UC Irvine's Pre-med Program for youth.

Because Gianna has a brother with autism that expresses himself through the piano, she sees a link between music and neurology. She has an interest in USC's music and neurology program as well as Boston's Conservatory, NYU, or studying abroad in Italy or England. "I'm interested in so many areas: conservatories, science, composing and singing; it's difficult to focus on just one." Gianna studies online with Oaks Christian Online High School because of her busy travel schedule from her home south of San Luis Obispo to her practices and performances. Taking dual credit performing arts courses with Oaks Christian Online High School and the Berklee College of Music is one more way for this budding star and serious student to make her schedule work and follow her passions.

Oaks Christian Online School (OCO) opened for full-time, online students in the fall of 2011. The online high school provides a rigorous and challenging college preparatory education for high school students all around the world in a Christian environment. Oaks Christian Online School continues to enroll part-time and full-time students throughout the school year and regularly hosts information sessions on its main campus, as well as virtual information sessions for prospective student families. 

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Portraits of talent

Oaks Christian Online High School Junior, Helen Kirkby, takes Advanced Placement Courses while Living outside Paris



Dylan Kirkby & Helen Kirkby

Helen Kirkby recently traveled to Paris with her parents while completing her spring semester with Oaks Christian Online High School. Along with three honors courses, Helen is also taking Advanced Placement (AP) Art History, AP World History and AP English Language and will be completing her exams at the Ameri-

can School of Paris in May. Helen's parents are Physics professors and the University of California, Irvine, and her father is participating in research at the Saclay Nuclear Research Lab south of Paris. The family lives near Versailles, and Helen is making use of the busy but flexible online study schedule to participate in the culture and take advantage of this once-in-a-lifetime experience. She even hopes to take her Tae Kwon Do skills as

a junior black belt to a studio in her new city. Helen is a serious student who hopes to attend Stanford, UC Berkley or another top-level school in the future. She is planning on studying pre-law and already has ideas of where she would attend law school. Her aspirations are confirmed through her recent perfect, 2400 score on her SAT exams. She is apprehensive about traveling while studying for high-stakes AP testing but feels better after her recent SAT test scores and knows this opportunity with her family will not come again. An elated Helen states, "With the 2400 SAT

HELEN IS A SERIOUS STUDENT WHO HOPES TO ATTEND STANFORD, UC BERKLEY OR ANOTHER TOP-LEVEL SCHOOL IN THE FUTURE. SHE IS PLANNING ON STUDYING PRE-LAW AND ALREADY HAS IDEAS OF WHERE SHE WOULD ATTEND LAW SCHOOL.

score, I feel that there is no need to explain my scores anymore; my hard work has paid off."

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Motoring pursuits

Tuscany



CREATIVITY: in Primary Colors

Colorful Jim Hull and a life of art and science — Oh, rallye?
By Larry Crane • Photography from the Jim Hull archives

An apple-green spectre from a Cal Arts color lab perhaps, but surprising to find profoundly focused on a vast monitor awash with arcane specifications right next to a Masters certificate for Architecture and Urban Planning from M.I.T., Jim Hull has a lifetime of engineering innovation as his legacy and a wardrobe of Kelly Green as his public persona—his avatar in the culture of fine cars.

His fabulous, award-winning Delahaye 135 Convertible was the result of an effort to bring exciting form and color to the lives of the H.U.D.D.L.E.(d) masses of Westwood and coastal points south; persons not unlike himself and his wife, with everything cerebral already in place and resources yet to find them.

H.U.D.D.L.E., Hull Urban Design and Development Laboratory, Etc., came to life when a Westwood Village storefront, only days from the





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CLOCKWISE:
 H.U.D.D.L.E. mag art 1971.
 Jim Hull Design. 'Big Toobs'
 H.U.D.D.L.E. bunkbeds,
 1972—Kory Hull at table,
 Heather Hull at desk.

infamous iron ball of finality, was salvaged as life headquarters. “Home” was upstairs where brilliant design was the order of the day and resilience to two toddlers was the unforgiving testing program. In 1968, fresh out of M.I.T., Jim took his degree way down-market to create affordable—and fabulous—children’s furniture. Recycling industrial materials and producing low-cost furniture for cities—sofas started at \$50 and lounge chairs at \$35.

The patent issued in 1973 described “Furniture formed of Arcuate and cylindrical members” is concerned with chairs, bed, sofas, tables, bookshelves, and other articles of furniture, which are formed of arcuate and cylindrical members which may be derived, for example, by cutting cardboard tubes into appropriate shapes...the furniture may be also be composed of metal, fiberglass, plastic,

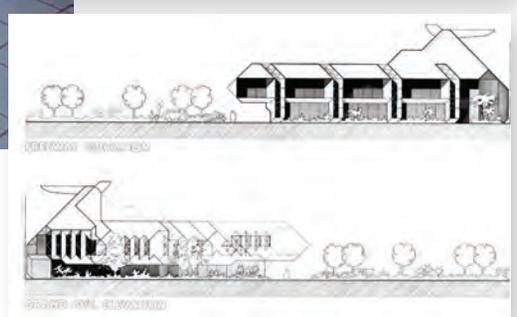
wood, or any other appropriate material.”

“While even the best designs must be brought down in cost to meet the income level of the average city dweller,” explained the designer, “they must also meet the allowances of a healthy (read: active, robust even) urban life. Furniture from fiberboard and other urban waste fits the bill because it relies on the reuse of human talent—the time and technical know-how that invented these strong and durable products people normally throw away.”

The Upstairs-Downstairs style of life and retail was shared by both team members (mom and dad). Should a customer be so inspired by the public display of the powerful convergence of refuse and reuse with color and form, the Hulls were willing to offer unfinished elements of their production materials to take home and create one’s own series of artful forms and surfaces.

Thus the opening chapter in the “greening” of James Hull.

Urban planning and structural design was not left behind. An elegant and early-green public showroom building was designed to be built with H.U.D.D.L.E. sensibilities that included a light-weight triangulated bridge structure, much like an automotive space frame, and ducted venturis that raised



the velocity of the ambient wind against a set of three fans to drive generators—an electric power source, both elegant and effective for the complete requirements of the building. The structure was finally completed next to the Newport Freeway, but the clever ducted fans did not make the financial cut.

Concurrently, Jim oversaw multiple restorations of several fabulous French classic automobiles that now reside in the Mullin Automotive Museum in Oxnard. It was Jim’s brilliant green 1947 Delahaye convertible that launched his neighbor, Peter Mullin, on his much-admired quest for “arts decoratif” and the sensational automotive coachcraft it inspired. A partnership ensued and a number of lost French treasures were unearthed and brought back to their original heart-stopping brilliance—a couple went through decade-long restorations that included an international search for lost components, or historic documentation.

While automotive art pieces have a powerful place in the psyche of our life-long aesthete-car-nut, they remain fundamentally objects of action. To that end, California Classic Rallies were organized, produced and hosted by Jim and Tonya Hull. As with every





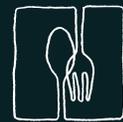
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Hull House in primaries



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element of their art-full life, the car events are produced exclusively for 60 of their most creative friends (read: best dinner companions—who love cars).

“The rallies usually lasted 5 days, and our specialty was taking these friends to places that even having all the money in the world would not usually get one into—such as Larry Hagman’s 25,000-acre Ojai mountain-top home, or a 12,000-acre private hidden ranch in the Carmel back country, or the amazing 700-acre estate and car collection in Petaluma of friends Arturo and Debra Keller (who also came on our Tuscany Rallye—yep.

lin’s 1000-year-old castle in Umbria was part of the tour and it even included Massimo Ferragamo’s 4,500 acre estate in Tuscany—including a *bellissima* lunch and a *personal* tour!”

But Jim describes his dilemma: “I’ve had to twist a lot of arms of friends to open up these amazing private homes, estates, and ranches to our group over the 12 years that we put on those Rallyes ... which is one reason that we can’t keep doing it, since I don’t ever want to go back to the same place twice, or twist the same arm more than once!”

For style, the 2000 California Classic equaled any, without leaving Southern Cali-

fornia. Fortune magazine called the California Classic Rallye of 2000 a “celebration of dirty hands.” If Southern California is the “Elysium of the Automobile”, Rodeo Drive is its *Gates Auri*. On the occasion of the end of the 2000 rally and, coincidentally, the end of the “Automotive Century”, Jim (a partner with Andy Cohen in the Concours on Rodeo), had Rodeo Drive carpeted each year; at least for the cars of the California Classic Rallye!

Jim and Tonya do continue to host gatherings of car friends, including as many as 100 cars, on their elegant Malibu retreat for sequestered dining under ancient trees with a view of the Pacific and the cars below... *Elysium*, indeed. worldclassmotoring.com 🌿

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New York Fashion Week

Herve Leger by Max Azria Show. Fashion Editor/Producer: Damien King

Fashion Producer Assistant: Grant Gould

Photography: Eden Vaschon & Nathaniel Johnston

New York Fashion Week is arguably the most important venue in the world when it comes to defining upcoming trends and highlighting mega-talented designers whose flair and creativity abound. The city that never sleeps attracts artists who raise the bar in their craft at this all-important week.



Herve Leger







Scenearound

New York Fashion Week

**Herve Leger by Max Azria Show. Fashion Editor/Producer: Damien King
Fashion Producer Assistant: Grant Gould
Photography: Eden Vaschon & Nathaniel Johnston**

Max Azria's Herve Leger line is known for its form-fitting dresses but at this year's New York Fashion Week, the designer put a new spin on his designs - showing a collection that was smart with an edgier line.



A woman with long blonde hair, seen from behind, stands on a sandy beach. She is wearing a vibrant red, strapless, floor-length dress with a cutout at the back. Her arms are outstretched, and she appears to be walking or dancing. The background features a calm ocean with gentle waves and a bright, hazy sunset sky. The overall mood is serene and romantic.

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Scenearound

New York Fashion Week

Herve Leger by Max Azria Show. Fashion Editor/Producer: Damien King
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What's new in town

Mary Powers, M.D. FACS

Dr. Mary Powers, Diplomate of the American Board of Plastic Surgery, a member of the American Society of Plastic Surgeons, American Society of Aesthetic Plastic Surgeons, and the California Society of Plastic Surgeons, recently opened a new office location in Westlake Village (she has a well-established practice in Long Beach). Dr. Powers is also a guest speaker at the USC Annenberg School of Communication where she discusses "The Effects of Media on the Concepts of Beauty". "Discrete and discerning" is her practice philosophy. Her focus is quality, not quantity, as she wishes to personally provide the best plastic surgery care-- before, during, and after surgery--for each patient.



PHOTO BY VERONICA PULEO

With more than twenty years of experience in plastic surgery, Dr. Powers brings many unique perspectives to a plastic surgery consultation. As a female surgeon, she understands the need for trust, rapport, and the "leap of faith" between patient and doctor necessary to have a successful outcome. Dr. Powers comes from a family of four generations of doctors. An interesting dimension to her is that since childhood, she has been painting in oil, acrylic and water color media. This longtime endeavor adds an artistic eye to help her envision, create, and recommend a balanced, aesthetic transformation--and, to safely and realistically accomplish a patient's goal. Dr. Powers' has a certified, state-of-the-art specialty surgery center and, soon to be added is a surgery aftercare facility. Her emphasis is on the quality of the experience--discrete and discerning.

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Dr. Mary Powers

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Chatroom



Short Stories About Big People

By Bob Eubanks

Hello again, welcome to more Short Stories About Big People. As you may or may not know, I was involved with the rodeo world for many years. Roping became a passion for me and I spent a lot of hours on the road going to rodeos. But if my kids had to live off of what I won, they would have starved to death.

The rodeo cowboy is one of the funniest characters I've ever run into. What is about to follow made me laugh and I hope you will too.

When President Ford held office, his son Steve went on a wild horse round-up in South Dakota with rodeo icon, Casey

Tibbs. The first day out was a very grueling day and Steve had secret service protection. The secret service agent asked Steve on the second day if he could stay at the ranch house because he couldn't get back on a horse one more time. So Casey and Steve left the agent, and rode up over the hill out of sight from the ranch house. Casey took his rifle and fired two shots in the air and Steve laid across the saddle as if he'd been hit. Casey led him back to the ranch. Casey and Steve thought it was funny. The secret service agent about had a heart attack.

Speaking of Casey Tibbs, he was notorious for practical jokes. One time in Reno, Nevada, Casey and a guy named Stu Carnell were sitting outside of a hotel. They had had a few drinks and what took place



Casey Tibbs

next was typical of these two guys. It seems in the parking lot of the hotel, there were two cars pulling U-Haul trailers parked close to each other. So Casey and Stu did what any drunk cowboys would do, they switched the trailers on the cars. Can you imagine the surprise on the faces of these poor people who hauled their precious cargo when they opened the trailers and saw nothing of what they owned!

One last Casey Tibbs story; He got a kick out of running over the suitcases of hitch-hiking cowboys after the rodeo, so some of the cowboys got together and loaded a suitcase with solid cement. Needless to say, Casey didn't run over anymore suitcases after that.

One more cowboy story; I did the TV commentary for several years for the National Finals Rodeo. One of the other commentators was 6-time World Champion, Larry Mahan. Mahan, like most of the other cowboys, had a real sense of humor. He also, being a many times world champion, could afford to fly his own airplanes to the rodeos. I only flew with him one time, but it was a memorable flight. Mahan had a rule; it's a \$5.00 penalty if you pass gas in his plane. The only problem was the rule didn't apply to him. Thank God I only flew with him one time.

I'll leave you with one thought; never squat with your spurs on or as Merle Haggard's manager, Fuzzy Owen, once said "I've seen a lot of things and this is one of them."



Bob Eubanks roping

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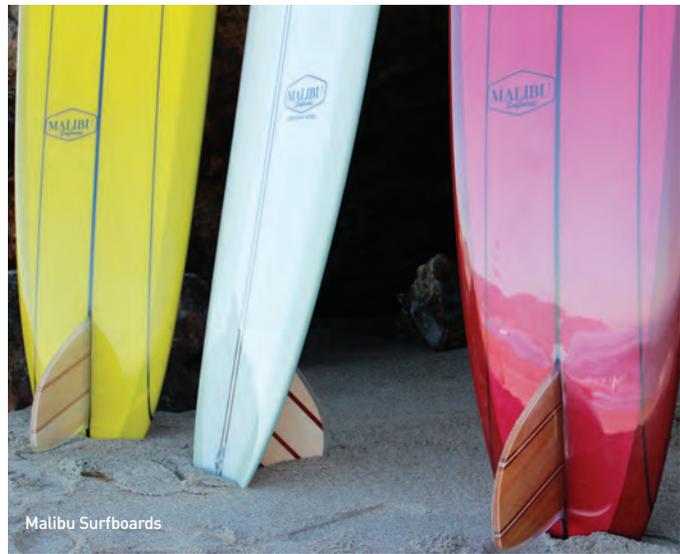


What's new in town

Malibu Surfboards

Surfboard shaper and designer, Terry Hale, from Malibu Surfboards is introducing the "Third Point Model" longboard - bringing back quality traditions of the 1960's Classics. Beautiful triple wood stringers and hand-crafted custom wood fins, which are glassed in just like the originals, are being used.

These boards are a work of art and a conversation piece. Each board is hand crafted with the attention to detail from the opaque tints and a glass loop-bridge for your leash. You can order your own custom design in any color or size. Allow 3 weeks for custom orders or visit the online store for in-stock boards to choose from



Malibu Surfboards



Terry Hale

along with their line of Malibu Surfboards apparel. It's the all-encompassing way to really capture the Malibu lifestyle.

The Malibu Surfboards "Third Point Model" is shaped with a flatter bottom from the original of its kind. The design gives it a smooth ride with maneuverability so you can paddle with ease and catch more waves in less time. The boards are surprising lighter with a thinner scooped tail and a larger nose for performance. This allows the right amount of balance for even a newbie to ride the nose!



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Village Fish Market

Village Fish Market is located at The Summit in Calabasas in a 5000 sq foot free-standing building with a large outdoor patio including a fire pit and a nearby pond. It is both a restaurant and a fish market. The fish market has a 35-foot display. Customers can purchase fish to prepare at home or to have prepared for them and enjoy in the restaurant - which has seating for over 200 guests. The Village Fish Market offers the highest quality, freshest seafood at reasonable prices, and fast service. There is also an oyster bar, a mezze and ceviche bar and some Asian-inspired dishes including sushi rolls.

The owners, Barry Cohen and Gerald Cigliano, are veterans of the seafood industry. Cohen founded Olde Port Fish Market, Olde Port Inn, and Olde Port Fisheries, a seafood processing plant in Avila Beach, that supplied many of the wholesalers and distributors in Southern California including Santa Monica Seafood Company, which Cigliano owned and



was the president of for over 20 years. Both Barry and Gerald know fish and know quality and have built their reputations by maintaining the highest standards.

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Ecoconscious



Fishing for our future

A steely metaphor for us • By Larry Crane

Assistance and inspiration from Rosi Dagit, Senior Conservation Biologist, Resource Conservation District of the Santa Monica Mountains and Melina Sempill Watts, Malibu Creek Watershed Advisory Council

Fredrick Hastings Rindge became a man of substance equal to his international experience and Harvard education when he, the only surviving child out of six, lost both his parents and inherited \$3,000,000.00—he was 29. It was 1887. Rhoda May Knight became his wife that year and five years later co-owner of his dream home: “A farm near the ocean, under the lee of the mountains, with a trout brook, wild trees, a lake, good soil, and excellent climate, none too hot in summer.” That would be 23 miles of Malibu coast, known at the time as Rancho Topanga Malibu Sequit. Fredrick wrote passionately about the farm he called Malibu Ranch, its wildlife and its preservation in his eloquent memoir,

“Happy Days in Southern California,” first published in 1898.

A 2005 land grant research project suggests that there were as many as 20,000 head of cattle on Malibu Ranch, after the turn of the last century. Great swings in the volume of local annual waterfall inspired Mrs. Rindge to construct a dam and take charge of available agricultural water volume in 1924, to the exclusion of up-stream steelhead habitat. It would have a dramatic effect on the population of her husband’s prized trout.

Mr. Rindge’s “peerless graceful trout,” the Steelhead (*Oncorhynchus mykiss*) could as easily been called Steelwill Trout. Its curious Latin title appears to suggest its encore highjinks—a return from near extinction—and the affection it has drawn from a broad range of scientific communities and charac-

ters. While under attack by non-native species, Louisiana Crayfish, New Zealand Mud Snails and Euphorbia Terracina (Geraldton Carnation Weed), all of which adversely affect the Southern Steelhead food chain—and the Rindge ranch dam - and despite the impediments to ascending the canyon to propagate the species in its aboriginal home, the upper reaches of Malibu Creek tributaries - the Steelhead continue to survive in a much-altered habitat.

They are not alone in their plight nor in the resources organized to secure the safety of all our indigenous species and the very canyons we count as fabulous human habitat. Malibu Creek is supported by 109 square miles of watershed, with 22% in human habitation development as of 2004 report. There were once 70 miles of steelhead suitable habitat that is now down to 2 miles.

Trout season runs from the last Saturday in April through November 15, with spawning season between May and June. At one time the season was so important to the Southern California culture that opening day was announced on the front page of the Los Angeles Times. A well-



AT ONE TIME TROUT SEASON WAS SO IMPORTANT TO THE SOUTHERN CALIFORNIA CULTURE THAT OPENING DAY WAS ANNOUNCED ON THE FRONT PAGE OF THE LOS ANGELES TIMES.

known local judge took a 30-inch steelhead on opening day, but was humiliated and punished when it was discovered he had taken “his field of dreams fish” a day early to avoid the rush. Post WWII the trout population would tempt as many as 50 fisherman to the base of the Rindge dam and the first day limit could be as high as 30-50 fish.

The Pacific Ocean and its indigenous species and temperate climate have left a rich resource of dna reaching into paleontology, worthy of preservation and study. Human manipulation/contamination of the canyon watercourses has damaged a priceless asset that supports thousands of species in an ecosystem the value of which contemporary bioscience is only just beginning to discover. The damage is not irreversible, but every year hundreds of species are lost that might have opened a dna window to a life-saving molecule.

“I tell my classes that we’re all children of Rachel Carson (celebrated author of Silent Spring),” says Daniel Anderson, a biologist and brown pelican expert at the University of California at Davis. “Basi-

cally, her work started the environmental movement. She stirred things up.” He watched brown pelican colonies on islands off Southern California shrink by more than 90 % during the ‘60s, pinpointed pesticide DDT, lobbied to have it eliminated, and has seen the brown pelican come back from the brink. We know decisive action can have a profound effect and leave species research opportunities as yet undreamed.

The Resource Conservation District of the Santa Monica Mountains (RCDSMM) is dedicated to providing education and leadership in the creation of programs to conserve and enhance the natural resources of the District; inspiring and mobilizing public conservation involvement; and identifying natural resource issues. Dozens of environmental teams are working under long program titles reduced to multi-letter acronyms as daunting as the Cyrillic script or Guanhua characters. The political reality is that green passions trump red and blue politics in the Santa Monica Mountains National Recreation Area (SAMO).



Steelhead Trout

And a final word from Mr. Rindge, composed in 1898: “If we follow the course of the stream upward, we pass many spots where we must tarry awhile; to look into the shaded pools, trout homes, watching the fish dart under the shelving rocks... The loveliest place in my mind, is a wooded cañon which opens to the sea, offering the crystal waters of its limpid brook as libation to the spirit of the sea.”

With remarkable powers of observation and extrapolation, Rindge concluded: “Clinging to the trees you see the mistletoe, furnishing us with nature’s illustration of retribution; the mistletoe kills the tree, and then has to die itself.”

A worthy addition to any local library is “**Living Lightly in Our Watersheds Guide.**” 🌿

When Style Matters



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KYM DOUGLAS

THE ART OF GENUINE BLISS

I first met Kym Douglas 5 years ago when she was unselfishly giving her time to speak about Alzheimer's at a local Assisted Care facility. She spoke with passion and compassion about taking care of our loved ones when Alzheimer's robs them of their memory and their physical well-being (her father is currently fighting the disease). That first impression I gained of Kym Douglas - it turns out - is the essence of who she is: a person whose beauty emanates from the inside. This well-known Author, Hollywood Beauty & Lifestyle Journalist, is the antithesis of the stereotypical notion of tinsel town. The reason people gravitate towards Kym is that once they are in her blissful orbit, it's impossible not to imbibe her genuine, heartfelt joy. As the regular Beauty/Lifestyle contributor on *The Ellen DeGeneres Show*, her humor-filled presence is the first step towards a beautiful, reinvigorated you. The fact that she also shares ingenious, affordable beauty tips is the final cherry on her joy-filled segment of the Show. Kym is also a regular on *The Doctors*, *The View*, *The Marie Osmond Show*, and *Good Day LA* - sharing everything she knows about leading healthier, happier more beautiful lives.

STORY BY DIANA ADDISON LYLE · PHOTOGRAPHY BY CARLA GATES

Hot off the press is Kym's 6-week plan to a happier, prettier, thinner, and richer life. The book - entitled "*Bliss Happens*" (thebooknook.com) - has taken on a life force of its own - leading Kym to people and places she would never have imagined. The momentum from the simple, relatable message in her book has touched people's lives and created vast incremental changes - enough to start a **2013 Bliss Movement**. There's literally a Bliss social media explosion going on with emailed exchanges of how people have applied Kym's principles to their lives and experienced the gratifying rewards. As one reader put it, "I simply started by giving BLISS to others in the form of a smile or a sincere compliment. My day became instantly brighter. The more bliss I gave - the more I received back." All too good to be true? Absolutely not. When you meet Kym Douglas in person, her grateful heart is the first impact. Her happiness is ingrained in the way she wakes up in the morning and the attitude with which she greets the world - every day - 365 days a year. Even through her trials and tribulations, Kym counts her blessings, and treats everybody from the person serving her coffee to the person packing her groceries at the store - with the dignity and respect they deserve.

Kym resides with her family at Lake Sherwood and attributes her own bliss to the two people who have brought more bliss and light into her life than she could ever have thought possible: husband, television star Jerry Douglas, who walked into her life over 20 years ago, and their cherished 15-year-old son, Hunter, a scholar and football quarterback at Oaks Christian School. Even the family's yellow lab, (Tom) Brady, spreads his athletic bliss on a wag-filled, daily basis!

WHAT ARE YOUR ABSOLUTE PRIORITIES IN LIFE?

KYM: I remember my first time being on THE VIEW. I was talking with one of my childhood idols, Barbara Walters, and she said, "You can have it all but you just can't have it all at the same time". I decided I would try to do it anyway but make some adjustments, so while my career gives me much joy and excitement, it is truly my family that is my number 1 top priority - by far. During my entire pregnancy I was on television doing a show called appropriately enough "Home & Family" on Fox Family Channel, but shortly after Hunter was born I refused to take any contract jobs and only did freelance shows and TV appearances so I could be with Hunter as much as possible. We do just about everything together as a family and it makes even the daily chores and tasks so much sweeter.

WHAT HAVE BEEN 3 SIGNIFICANT LIFE-CHANGING OCCURRENCES IN YOUR LIFE?

KYM: First, interviewing Jerry Douglas - the star of The Young & The Restless. Little did I know during that first celebrity interview I ever did in my life, that I would wind up marrying my interviewee! We tease each other that it was a blessing that I wasn't asked to interview Chubby Checker or Charles Manson! Who knows what could have happened. Second, having Hunter my son. He is the light of my life and teaches me every day to be a better person. He has a very kind heart and a wonderful disposition! Everyone thought I would have a tiny petite blonde-haired little ballerina feminine girl and I ended up with a 6 foot 165-pound football player. He brings his friends over after 4 hours of football practice in the summer heat and they are dirty, sweaty, stinky

and hungry. After they eat me out of house and home they all come upstairs and say. "Mrs. Douglas I have a date tomorrow; can you give me a mask?" I line them all up on the sofa, with toners, masks and then moisturizers and I am in heaven! Even big brutes want to look beautiful! The old saying is true: "God knows exactly what to give us". Third, getting to be a regular on The ELLEN DeGeneres Show. Overnight, it literally took my career to another level. Ellen is a comedy genius and an amazingly talented and kind person. Her team is second to none and the show is run flawlessly. It is such a joy to go to work there and I still pinch myself when I walk into my dressing room at Warner Brothers Studio and I wonder how this little girl from Detroit Michigan, who was a carpenter's daughter, ended up here!

HOW HAVE THOSE 3 SIGNIFICANT LIFE-CHANGING OCCURRENCES SHAPED YOU AND THE WOMAN YOU ARE TODAY?

KYM: I was very fortunate to know very young what I wanted to do with my life and I never wavered from it. I remember at 12 years old telling my mother after seeing a female anchor woman on TV, that I was going to do that when I grew up and my mom just turned to me, looked me in the eyes and said, "Well, then you WILL!" So when I interviewed one of my favorite TV stars from The Young & The Restless many years later as an anchor woman, it did change my life. One day I was a small town anchor in Marquette, Michigan; a few months later I was in Los Angeles engaged to be married and working at E! That was over 20 years ago.

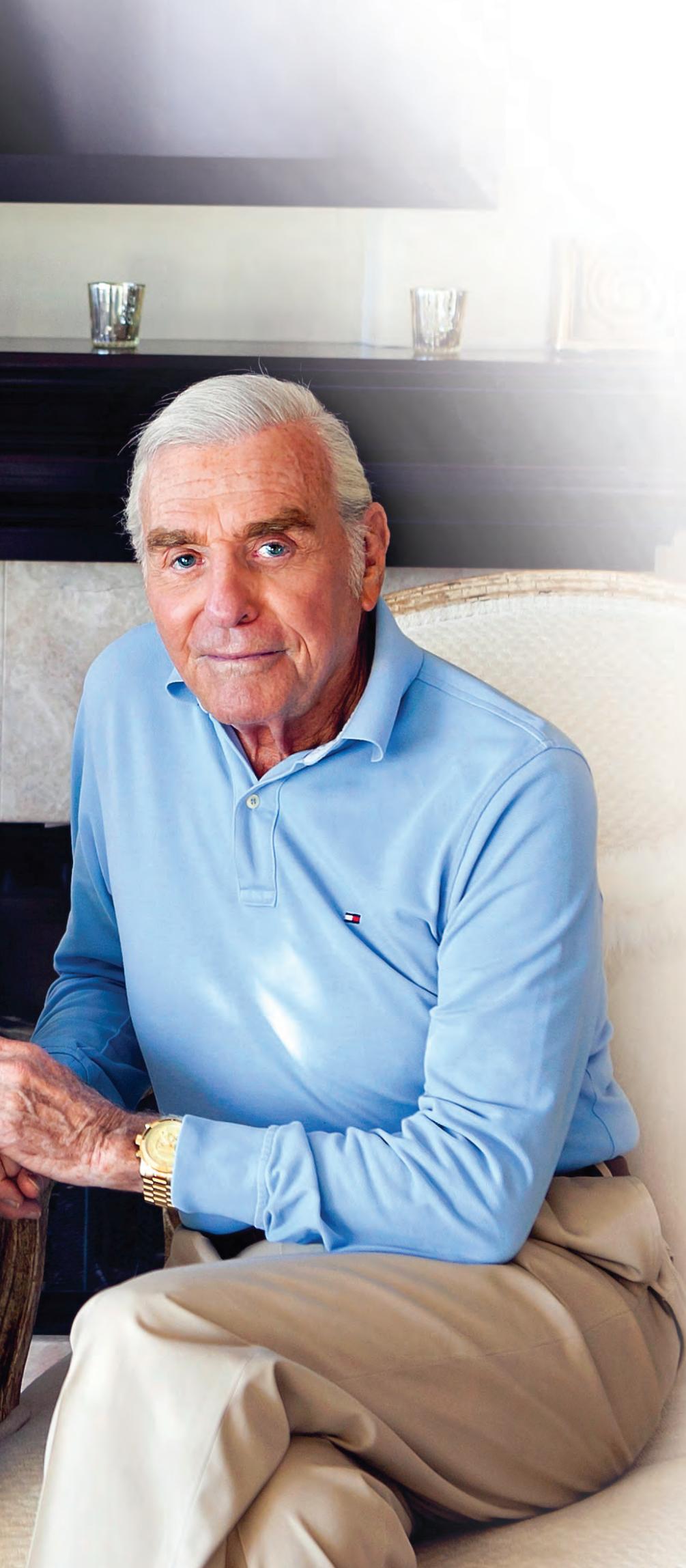
Having Hunter changed my life the same way it changes every young woman's life... I went from career first

I REMEMBER MY FIRST TIME BEING ON THE VIEW. I WAS TALKING WITH ONE OF MY CHILDHOOD IDOLS, BARBARA WALTERS, AND SHE SAID, "YOU CAN HAVE IT ALL BUT YOU JUST CAN'T HAVE IT ALL AT THE SAME TIME". I DECIDED I WOULD TRY TO DO IT ANYWAY BUT MAKE SOME ADJUSTMENTS, SO WHILE MY CAREER GIVES ME MUCH JOY AND EXCITEMENT, IT IS TRULY MY FAMILY THAT IS MY NUMBER 1 TOP PRIORITY - BY FAR.



Hunter, Kym & Jerry Douglas





to baby first and I have loved every second of being a mom. It not only gave meaning to my life, I think it has made me a better journalist and reporter too. Finally, being on The ELLEN show did a lot of things for me. She is an inspiration and watching Ellen's love towards her audience and her audiences' love towards her is awe inspiring; it actually was the stimulus for my new book, "Bliss Happens". I felt the Bliss each gave to the other and it is contagious. Just as negativity and bad things can snowball, so can kindness and goodness. It literally builds and grows, and it's such a constructive addiction.... you feel the Bliss and experience it and then you want more in your life because of the untold benefits. I am going on my 6th year on The ELLEN show and each time is my favorite.

HOW DID YOUR HOLLYWOOD BEAUTY CAREER EVOLVE AND HOW DID YOU ARRIVE AT THE PLACE YOU ARE NOW?

KYM: My beauty career was by default. I was working at E! on an entertainment show in the early years and they wanted me to be a bit more "gossipy" & catty about the A-listers I was interviewing. I didn't really want to go that route and decided that instead of asking about their personal lives I would ask about their beauty regimes. How did J. Lo get her skin to glow like that, or how did Nicole Kidman get that flawless complexion? They gave me some interesting answers and it was a hit with the audience so my gossip career was avoided and my beauty career was launched. I continued at E! while doing the Donny & Marie show (as a lifestyle reporter), as well as a show called Home & Family, while I was pregnant with Hunter. Then came the local news show and Good Day LA as a fashion reporter. During this time I flew back and forth to New York to do beauty segments on The View. After writing my first book, "The Black Book of Hollywood Beauty Secrets" (penguin) in which I revealed all the beauty secrets I learned from interviews with the stars, I was asked to get ELLEN ready on camera, to host the Academy Awards with my fun and affordable beauty tips and tricks. That was 6 years ago. Now, I'm on her show monthly, demonstrating and discussing the delights of avocado hair masks and Ramen Noodles baths!

YOUR RECENTLY PUBLISHED, BEST-SELLING BOOK, 'BLISS HAPPENS' HAS CAPTURED PEOPLE'S IMAGINATIONS IN MORE WAYS THAN YOU EVER IMAGINED. WHEN YOU WROTE IT, WHAT WAS YOUR MOTIVATION BEHIND THE WORDS AND WHAT WAS THE PRINCIPLE MESSAGE YOU WERE WANTING TO CONVEY IN THE 'BLISS FACTOR'?

KYM: Bliss is an interesting phenomenon and such a non-threatening term. It is a deep form of happiness, gratefulness and thankfulness that anyone can accept and absorb. A few years ago there was

a saying going around about “S#*&% Happens”. People were so quick to jump on the band wagon of what a bad day it was and it was only gonna get worse. When you dwell on the negative - it grows and festers. So does Bliss. When you make yourself more aware of the good things around you - and when you take a moment to notice and acknowledge them, they start to grow and build and it becomes contagious. People tell me about the thrill and Bliss they get when they stand in line at the Westlake Coffee Bean and Tea Leaf and pay for the 2 people behind them and quickly leave without anyone knowing who did it. Others tell me about paying the toll for several cars behind them on the freeway or thanking a military service person or paying for their meal or movie or dropping coins in a stranger’s parking meter - even though they will never know who did it. One of the secrets to real lasting Bliss is doing something nice for someone and not expecting anything at all in return. If

you don’t expect anything - it becomes all the more blissful to the person doing it! That is powerful stuff. Westlake and Malibu to me are areas filled with Bliss. Maybe we should change the names to BlissLake Village or Malibliss. In a nutshell, I want to inspire and motivate people to look for the good in their lives every day; to truly seek it out, acknowledge it and spread it around.

DO YOU THINK THAT ACTIVELY PURSUING HAPPINESS AND POSITIVITY IS A CHOICE THAT WE MAKE - NO MATTER OUR LIFE CIRCUMSTANCES?

KYM: Here’s a news flash. Nobody wants to be around negative people. Happiness and positivity are a choice and it’s like a muscle; you have to work it every day - especially in difficult circumstances. Right now I am shouldering my aging parents through severe health problems but I choose to find the positive in it. I have friends that constantly tell me how lucky I am to

have my parents. I have made plans to move them out from Michigan to California. It will be Blissful having them here with us, so something as difficult as an illness has turned into a gift of having family closer. In every negative you can find a positive.

COMPARED WITH THE REST OF THE U.S. AND THE REST OF THE WORLD, OUR STANDARD OF LIVING IN WESTLAKE VILLAGE AND MALIBU IS VERY HIGH - AND SO TOO ARE OUR STRESS LEVELS. WHAT DO YOU THINK ARE SOME OF THE POSITIVE MESSAGES WE CAN TEACH OUR CHILDREN IN A HIGHLY-COMPETITIVE ENVIRONMENT SUCH AS OURS?

KYM: Teens in our area have so much pressure and stress on them and they have so many blessings and gifts as well. I think we have to model compassionate behavior to our children. Giving back, being grateful, teaching compassion and gratitude for all we have - is the first step towards a meaningful life.



Kym on The Ellen DeGeneres show

PHOTOGRAPHY: MICHAEL ROZMAN/WARNER BROS





I'm a firm believer in "to whom much is given, much is required." Competitiveness builds characteristics such as discipline and dedication. In sports it promotes team work and camaraderie - characteristics that will last a lifetime.

WHAT ARE YOUR PERSONAL BLISSFUL MOMENTS?

KYM: I love being in my home with my

son and his school friends and buddies strung all over the house while Jerry watches sports on the big TV - pretending he is getting paid by the NFL to coach the game from our couch! All the while the dog lies on the balcony over-looking the lake and I'll be on the computer or in the kitchen. That to me is bliss! While I enjoy getting dolled up for the Hollywood red carpet and all its

glamorous women, I am also a home body . It's all about balance.

WHEN KYM DOUGLAS DOES EVENTUALLY HAVE SOME DOWN-TIME - HOW DO YOU MOST ENJOY SPENDING IT?

KYM: At home in a bubble bath with a mask on!

WHO ARE YOUR INSPIRATIONS IN LIFE?

KYM: I may be losing parts of him right now but my greatest inspiration is my father, John Barton Bankier. He is a Scottish immigrant who was a carpenter for most of his life. Can you imagine being raised by a man who never raised his voice once to me, never spanked me or yelled at me, and always told me he loved me. He is the wind beneath my

WHEN YOU DWELL ON THE NEGATIVE - IT GROWS AND FESTERS. SO DOES BLISS. WHEN YOU MAKE YOURSELF MORE AWARE OF THE GOOD THINGS AROUND YOU - AND WHEN YOU TAKE A MOMENT TO NOTICE AND ACKNOWLEDGE THEM, THEY START TO GROW AND BUILD AND IT BECOMES CONTAGIOUS.



wings. My Dad has always been kind to everyone he meets; he is a happy person and he always quoted the bible to me saying, "what does it profit a man to gain the whole world but lose his own soul?" From that I always took that you have to be true to your heart. You can have all the money and fame this world has to offer but if your heart is not happy, then what is the point? Arriving at a blissful place is priceless.

YOU HAVE A YELLOW LAB NAMED 'TOM BRADY'. HOW DID YOU ARRIVE UPON THAT NAME?

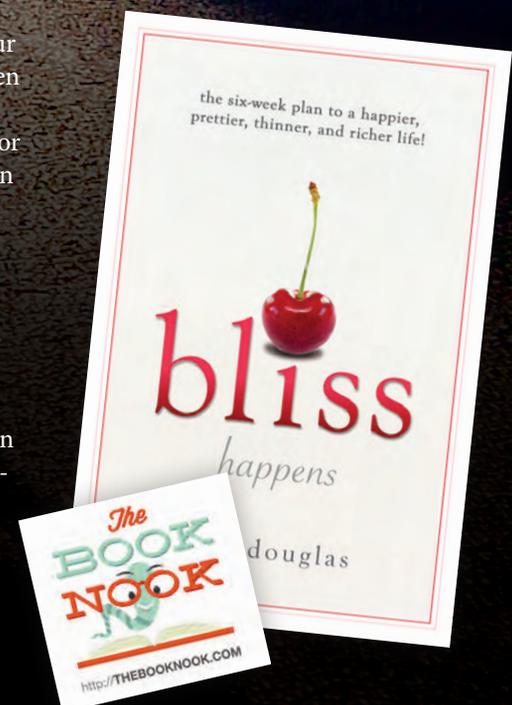
KYM: My husband was a quarter back way back in the day at Brandies College in Boston and Hunter was practically born with a ball in his hand, so it's been a

total football house. The Patriots are our favorite team so when we got our golden lab (when Hunter was only 8), we let Hunter name the dog... I was rooting for Daisy or Gatsby but it was either Peyton (Manning) or (Tom) Brady. I was out-voted yet again!

THE ROLE OF HUMOR IN YOUR LIFE?

KYM: Joking around is the way we three Douglases deal with the best and worst things that happen - and everything in between. Nothing is off limits to us when it comes to joking and laughing. You really can't take yourself too seriously. I mean no one else does! 🍀

facebook.com/Hollywood Beauty Expert
Twitter @Kymdouglas
thebooknook.com ('Bliss Happens')







Enviroconscious

Dr. Jane Goodall

Champion of Chimpanzees & All Living Creatures
By Diana Addison Lyle

The Grand Marshal of the 2013 Tournament of Roses Parade was the distinguished Dr. Jane Goodall - highly-respected British primatologist, ethologist, anthropologist, and UN Messenger of Peace. Her life's work has been and continues to be a passionate commitment to improving global understanding and treatment of Great Apes - as well as all living things - through research, public education and advocacy. At the Rose Parade, her words reflected the consistency of her life's work: "New Year's Day symbolizes an opportunity for all of us to work together towards new goals. There are places we can go to - to make our world a better place."

Dr. Goodall's achievements are vast and widespread. Particularly promising for the future is the way in which she's impacted young people who have understood her vision crystal clearly: to create a worldwide network of responsible people who care deeply for their human community, for all animals, and for the environment. Dr. Goodall's message has resonated deeply because of its simple truth - that people, animals and the environment are all interconnected - and if we don't respect, nourish and protect all living things - we all lose out in the end. Dr. Goodall fervently believes that each one of us has the ability to make a positive difference, and that flexibility and open-mindedness are essential elements that enable us to respond to a changing world. Her final, triumphant message is that we require integrity and compassion in all that we do and say.

GOODALL'S HUMBLE BEGINNINGS

Jane Goodall founded the *Jane Goodall Institute* (JGI) in 1977, but its birth can be traced back to 1960 when, at the age of 26, she traveled from England to Tanzania and bravely entered the little-known world of chimpanzees. She was equipped with nothing more than a notebook and a pair of binoculars. Her journey began when she stepped out of a game warden's boat onto a pebbly beach at what was then the *Gombe Stream Game Reserve* in Tanzania, Africa. Jane had a daunting assignment: to find and get close to wild chimpanzees - in order to carefully document their behavior. With her unyielding patience and characteristic optimism, she won the trust of these initially shy creatures and managed to open a window into their sometimes strange and often familiar-seeming lives. She very quickly made the first observations of any wild animals making and using tools. Jane also observed chimps hunting bushpigs and other animals, disproving the widely-held belief that chimpanzees were primarily vegetarians.

UNDERSTANDING CHIMPANZEES

Through subsequent years, Jane opened the world's eyes to the complexity and richness of chimpanzee communities, writing of close family bonds, dominance struggles among males,

human-like communications such as pats on the back and hugs, and much more. She established a nonthreatening pattern of observation, appearing at the same time every morning on the high ground near a feeding area. The chimpanzees soon tolerated her presence and, within a year, allowed her to move as close as 30 feet to their feeding area. Jane used her newfound acceptance to establish what she termed the “banana club,” a daily systematic feeding method she used to gain trust and to obtain a more thorough understanding of everyday chimpanzee behavior. Using this method, she became closely acquainted with more than half of the Gombe Reserve’s 100 or more chimpanzees. She imitated their behaviors, spent time in the trees, and ate their foods. By remaining in almost constant contact with the chimps, she discovered a number of previously unobserved behaviors. She noted that chimps have a complex social system,

complete with ritualized behaviors and primitive but discernible communication methods, including a primitive “language” system containing more than 20 individual sounds. She is credited with making the first recorded observations of chimpanzees eating meat and using and making tools. Tool making was previously thought to be an exclusively human trait, used, until her discovery, to distinguish humans from animals. She also noted that chimpanzees throw stones as weapons, use touch and embraces to comfort one another, and develop long-term familial bonds. The male plays no active role in family life but is part of the group’s social stratification. The chimpanzee “caste” system places the dominant males at the top. The lower castes often act obsequiously in their presence, trying to ingratiate themselves to avoid possible harm. The male’s rank is often related to the intensity of his

entrance performance at feedings and other gatherings.

Ethologists had long believed that chimps were exclusively vegetarian. Goodall witnessed chimps stalking, killing, and eating large insects, birds, and some bigger animals, including baby baboons and bushbucks (small antelopes). On one occasion, she recorded acts of cannibalism. In another instance, she observed chimps inserting blades of grass or leaves into termite hills to lure worker or soldier termites onto the blade. Sometimes, in true toolmaker fashion, they modified the grass to achieve a better fit. Then they used the grass as a long-handled spoon to eat the termites. Today the Gombe chimps are the world’s best-known, and the Gombe Research Program represents the world’s longest continuous wildlife study. JGI’s *Gombe Stream Research Center* is a hub of scientific inquiry for researchers from all over the world.





RESPONDING TO ENVIRONMENTAL CHANGE

In the 1980s, rampant deforestation and its effects on the chimpanzees in Africa compelled Jane to shift her focus from research to conservation. She began traveling the world speaking about the amazing beings she'd come to know so well. Here and there, she learned of individual chimpanzees in need, many orphaned by poachers and being sold on the black market or kept chained in backyards as 'pets'. As a result, the Institute's *Sanctuary Program* was born.

CONSERVATION AND COMMUNITIES

The harsh realities facing villagers in the Kigoma region outside Gombe shaped the Jane Goodall Institute's evolution further.

On a flyover of Gombe one day in the 1990s, Jane saw hillsides denuded in every direction, right up to the park boundary. Thus she cemented a broad vision for species conservation: to be effective, it had to address the needs of the human population's surrounding habitat. Jane started the TACARE (Take Care) program in Kigoma in 1994. This community-centered conservation and development program partners with communities to create sustainable livelihoods while promoting conservation goals.

Jane Goodall is on the road more than 300 days per year. At any given time, she could be on any continent. She returns to Gombe at least twice per year to see what her now-famous chimpanzees are up to. Passion, curiosity, courage and steadfast

hope for a better world - are Jane's defining qualities. She has helped to create leaders for tomorrow through example and the global youth program called *Roots & Shoots*. Those carefully-chosen words convey the essence of its purpose: Roots & Shoots nurtures values of civic responsibility, environmental stewardship, and peace. The essential message that Jane Goodall conveys is this: "*The greatest danger to our future is apathy.*" As a United Nations Messenger of Peace, she summed up the 2012 International Day of Peace message like this: "*If we ever want to realize peace among nations, we must recognize the need for peace with the natural world.*" 🌱

www.janegoodall.org





Fashionsense



Jumping Up and Down with Nostalgia

By Magda Pescariu

I get lost in research like in a magic forest. I may look up the most mundane phrase on Thesaurus, chasing for a more meaningful substitute, and find myself a while later drowned in the rhythmic waves of a long-forgotten poem. I may start to study a shade of blue, trying to decide if it's cerulean, azure, aqua or turquoise, and disappear into the emotional maze of some beautiful and strong heroine fighting the battles of her love and despair.

My line between research and life has become fuzzy with years and I cannot see its fine trace in the sand anymore. I notice and file away in my nosey mind quirky details and snapshots of reality, treasuring their future research-value like a demented squirrel. That saggy cleavage sabotaging a temptingly revealing slit, or the Valentino red number beckoning me from across a crowded restaurant; the matchy-matchy disaster everybody tip-toed around at a posh soirée, or the completely crazy put-together reminder of something the cat dragged in – I record them all with a secret pleasure akin to vice. Having a business degree I should be mortified by these frivolous transgressions, but the truth is that I like to explore and know what I love, and fashion is simply that dear to me.

So it comes as no surprise that I felt rewarded and delighted to spend hours canvassing the runway photos of the **Spring-Summer 2013 Collections** and tidying up my scribbled notes on the shows, in search of **the most visible fashion trends for the upcoming season**. What I discovered doubled my pleasure with the task at hand: a light, happy and smiling puzzle, **a clear detour from the hibernal baroque, Victorian and gothic references**.

This summer fashion is colorful and relaxed, full of joy and enthusiasm. Its leitmotif is the youth-culture of the '60s interpreted by the 21st century's IT-woman; it is the beat-generation's woman, who wants to feel the wind in her hair, yet she is now set on a journey without constrictions and old-fashioned rules. **The clothes are practical and comfortable, easily morphing to serve the purpose of any given moment of the day,** but they keep the **elegant and sophisticated lines** required by a modern, decision-making feminine exigency. **What makes this season unique and fresh is the homage paid by designers all over the world to the most influential fashion elements of the past-WWII decades.** We get a bit of everything that meant something in the history of fashion, revisited with media mogul clout and blogger boldness. **A quick look at the fashion trends shows a kaleidoscope of iconic styles from the 1950s to the late 1990s,** infused with the athletic vibrancy and cool self-assurance of the new century, in a zigzag of inescapable progress and joyful nostalgia.

The '50s are present through the **pencil skirt**, which is this season's fashion gold, with a **ladylike and demure look or sexy and sophisticated**. Introduced by Christian Dior in the late 1940s, the pencil skirt is the classic look of the '50s - the symbol of a subtly-repressed femininity on the verge of discovering its profound and untouchable power. For this summer the pencil skirt comes in clashing colors or in-trend patterns, in lace or vertical stripes, with the hem right below the knee.





From the same decade we have the **theatrical white**, proposed this time in a *drama*-portrayal, on maxi dresses bordering on bridal, on crisp separates, or layered angelical-style on fluid fabrics and lots of lace.

Sexy '60s are staged for the summer on the concept of retro flower-power with a twist of maturity and wisdom. The legendary **shift dress**, originally designed (in black) by Hubert de Givenchy for Audrey Hepburn in "Breakfast at Tiffany's", has a higher hem this season and comes in zany prints, iridescent fabrics grounded with a neutral or solid color, shockingly neon hues, or in vertical stripes. Other season's designs inspired by the '60s are the **ultra-mini dress with jacket**, preferably checkered, in macramé, or in paisley print, and the **three-quarter coat** with feminine collar or in leather, with asymmetric zip front.

Omnipresent candy stripes sweeten our spring and summer days, proving yet again how the simplest graphic can erupt with liveliness and take over an entire season as the most important fashion trend. **Horizontal, vertical or diagonal stripes**, large or narrow, glossy and matte, black and white, or white and cherry, navy, grass-green, or yellow-



neon - they breathe the **'70s perky life** into the present day's more sedated estival elegance. The boldness of the same decade is recalled through **passionate graphics**, from swirls and pixel-prints, to floral and geometrical or animal prints, and fantasies in plaid.

I said a few things already about **fluorescent shades** refreshing designs from various decades for the swimming-pool parties of this season. Coming directly from the **disco floors of the '80s**, the **neon colors** in unusual combinations – punchy pink, loud lemon, sea-foam green, armor silver – liven up sheer blouses, silky sheath dresses, and even delicate lace pants. Other nods to the intensity and magic of the 1980s are the **leather bomber jacket** (that will stay for

the spring) with added volume at shoulders and long or three-quarter sleeves, and the **loose-fitting Bermudas** falling right above the knee, paired with oversized layered tops or with delicate, elegant blouses. Vertical stripes on Bermudas and crisscrossed zippers on the leather jackets add pizzazz to these celebrated styles.

The **'90s** nostalgia has its signature look in this summer fashion



trends as well. **Baggy jeans, high-waisted matador trousers, broad padded shoulders, flowy jumpsuits with deep V-neck** are back in business, and - most surprisingly - we see revived **the grunge spirit and the Police style** with all its striking leather, chains, military caps, and hobo gloves. **The military femininity** is very chic these days, particularly when the camouflage and Saharan-style are featured in fluid fabrics, luxuriously fine leather, and mini-attires with transparent inserts.

All these eclectic trends, so illustrative of certain past decades and so undeniably distinctive, have something essential in common: they are reinvented with the fashion sense of our times, which is techno-romantic, discerning with an edge, structured and powerful. The contemporary woman knows fashion and her personal style, and *been there-done that* through all these glorious decades evoked by designers today with such playful nostalgia. And she entered the second decade of this century empowered as only self-knowledge can empower, streetwear smart and wised up, with an

acquired taste for relaxed elegance and lucid luxury.

They say there are three privileged categories of people destined to reach unattainable places and understand the abyssal depth of human nature like nobody else: the soldier, the savant and the woman who knows what she wants. This is precisely the woman I described today: a strong, independent woman, who knows what she wants and nods to her past with complicity, for she has learned her lessons and lived to enjoy their magnificent outcome. This woman I know now, confident in her skin and sure of her style, is you. Yet to inhabit this fascinating character is not a walk in the park, nor is it a chick-flick

scenario. Like upholding hope or defending faith, it takes spirit and bravery. Like any work of art or love, it takes time to be acknowledged and even more to be properly understood. Because this woman is not the one people see at first. She does not turn heads coming into a room. She may go unnoticed for a while. But once they see her, really see her, there is no looking anywhere else. How about that. 🍀

Thingswelope



1

1. Clarisonic micro massage. The sonic action massages skin and clears pores so that serums and moisturizers are better absorbed. Kouros Azar, M.D. 425 Haaland Dve. Ste 200. Thousand Oaks. 805.373.7073

2. Stonehaus at the Westlake Village Inn - a lifestyle gathering place in the morning; gourmet grab & go food at lunch; wine bar & tasting room reminiscent of Italy. 32039 Agoura Rd. Westlake Village. 818.483.1152. the-stonehaus.com.

3. Leather tote handbag \$100. Vintage crystal necklace w/bakelite floral design \$220. Ilene's Boutique 1145 Lindero Cyn. Rd. Westlake Village. 805.373.6633

4. Mineral Radiance Crème Powder Foundation. Lightweight 2-in-1 compact gives smooth, luminous finish. Kouros Azar, M.D. 425 Haaland Dve. Ste 200. Thousand Oaks. 805.373.7073

5. RLX Ralph Lauren Sunglasses. 3835 Cross Creek Rd. Malibu. 310.456.5375 ralphlauren.com



2

6. Authentic rodeo cowboy hat. Boot Barn. 7020 Topanga Canyon Blvd. Canoga Park. 818.593.4200 bootbarn.com



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7

7. Imported from **Turkey**. Fun, colorful bracelets in Sterling Silver, Rose Gold & 18 K gold plated. Huge selection of fun costume jewelry at fantastic prices! **Tempt**. Plaza Calabasas. 4774 Park Granada, Calabasas. 818.225.8758 shoptempt.com



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8. **Fla-de-Dahs Custom Invitations** - the front door to your event. Award-winning designs for your wedding, Bar or Bat Mitzvah, bridal shower or special event. 31139 Via Colinas, Studio 201, Westlake Village. 818. 597-9375. fla-de-dahs.com.

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NELSON MANDELA

THE GREATEST STATESPERSON OF THE 20TH CENTURY

BY DIANA ADDISON LYLE

The greatest statesperson of the 20th century, and one of the greatest statespeople of all time, Nelson Rolihlahla Mandela (affectionately known by his people as ‘Madiba’), recently emerged from hospital in South Africa after eluding mortality in his grand 94th year. The nation was asked to pray for the Father of Africa who continues to lead an exemplary life of distinction. If ever there is a person who epitomizes the very definition of humanity - it is Nelson Mandela. After being silenced and imprisoned for 27 years because he opposed the violent apartheid regime in South Africa, Nelson Mandela’s resolute determination to extinguish the festering sores of racial discrimination and inequality, won through. In 1994, South Africa held its first democratic elections and Nelson Mandela was sworn in as the first President of a just and free nation. In his acceptance speech he said, “*Never, never and never again shall it be that this beautiful land will again experience the oppression of one by another.*”

But the jubilant tenor of that day could so easily have given way to violence as emotions soared in a country whose people were angry about the long-held violation of their dignity and basic human rights. There was talk of revenge and pay-back amongst South Africa’s people and the fear of an impending civil war loomed far larger than many people were prepared to admit. It’s at times like this when the power of gifted leadership is so incalculably valuable. Nelson Mandela read and understood the pulse of his people. In his calm, measured way, he set the example and made a firm, strong plea to the simmering nation: “*Let’s surprise our opponents with compassion, restraint and generosity, and give them all the things they denied us.*” The magnitude of Mandela’s grace touched people and out of respect - they listened to the strength in his words.



Nelson Mandela congratulating South African rugby team captain François Pienaar after the team won the 1995 Rugby World Cup. (BELOW) Morgan Freeman acted the part of Nelson Mandela in the acclaimed movie, 'Invictus'

Morgan Freeman recently acted the part of Nelson Mandela in the acclaimed movie, *'Invictus'*. In it he so aptly portrayed the statesman's complete lack of ego; his humility; his extraordinary capacity for forgiveness, and the depths of his human compassion and wisdom. The Springbok Rugby team in South Africa was considered the bastion of the 'white man'. During the apartheid years, rugby stadiums were packed with beer-drinking white men and the racial demarcation lines were stark. Mandela knew this and against strong advice from his party, the ANC (African National Congress) he crossed the



Rubicon and held out his conciliatory hand to the Springbok Rugby Captain, François Pienaar. Both men saw the humanity in each other and Mandela's vision of breaking down the racial boundaries during the

1995 Rugby World Cup - bore fruit in the most miraculous of ways. To his critics in the ANC he made this human calculation and expressed it to his detractors like this: *"The (white) minority in South Africa is important; we cannot lose them. If we take away what the white man cherishes - the Springbok emblem - their national anthem, we reinforce the cycle of fear. I will do what I must to stop that cycle of fear or it will destroy us."*

Mandela abhors racism of any kind - be it white on black or black on white. He is one of the few leaders in Africa who has had the courage to publically denounce President Robert Mugabe of Zimbabwe - for practicing the very racism that the

African nationalists fought to overthrow.

Mandela's super-human qualities extend into every facet of his life. Instead of feathering his own nest with material acquisitions while his people starve - he has continued to lead a simple life - both during and after his Presidency. Money and wealth have no relevance to his core values. In 1994 when he was informed what his Presidential salary would be, he responded by saying: ***"That is too much."*** He insisted on a lower salary and donated a third of his monthly income to charity. An ego? Non-existent. He famously said, ***"It is better to lead from behind and put others in front of you."*** He has also famously said, ***"Arrogance, superficiality and being uninformed - have no place in leadership."*** These are not merely hot words. Mandela has steadfastly practiced everything for which he's stood. There is no other leader whose ethical convictions have played out so consistently in actions. His undying dream during his 27 years of imprisonment was that South Africa would one day be a "democratic and free society in which all persons could live in harmony and with equal opportunity." He achieved that dream. But more importantly, it is Mandela's humanity that continues to leave such a profound and lasting impression on society. He said: ***"Our human compassion binds us the one to the other - not in pity or patronizingly - but as human beings who have learned how to turn our common suffering into hope for the future. The two roads I dream about for a truly beautiful South Africa are the roads of Goodness and Forgiveness. Man's Goodness is a flame that can be hidden but never extinguished."***

July 18 each year is designated as 'Mandela Day' - a day dedicated to promoting global peace - a goal that Madiba fervently cherishes. ***"If you want to make peace with your enemy, you have to work with your enemy. Then he becomes your partner,"*** says Mandela. No leader in our lifetime has offered as many peace branches to trouble-makers - and contrary to the voice of cynics - his gestures of peace and good will have reaped extraordinary efficacy. The great Nelson Mandela has been a front row observer of current leadership failures in worldwide peace - and in his advanced years where he is no longer able to actively participate at the negotiation table - this must trouble him deeply. What's truly remarkable about Mandela is that he has never become a politician. Power-plays and political shenanigans are far removed



Initiative called MINESEEKERS; Brad Pitt, John Paul DeJoria, Sir Richard Branson & Nelson Mandela. Picture courtesy John Paul De Joria's library

MANDELA'S SUPER-HUMAN QUALITIES EXTEND INTO EVERY FACET OF HIS LIFE. INSTEAD OF FEATHERING HIS OWN NEST WITH MATERIAL ACQUISITIONS WHILE HIS PEOPLE STARVE - HE HAS CONTINUED TO LEAD A SIMPLE LIFE - BOTH DURING AND AFTER HIS PRESIDENCY. MONEY AND WEALTH HAVE NO RELEVANCE TO HIS CORE VALUES.

from everything he is. He is the archetypal leader of distinction.

The most undisputable appraisal of Nelson Mandela's life and leadership is that he has always and continues to do the 'right' thing. Nobody can debate the moral premise upon which he stands. We hope he will live a great deal longer because apart from the respect and love within which his people hold him

- he is the undeniable moral compass of Africa. Inevitably, though, mortality will catch up on the great Nelson Mandela, and when he does eventually go to his final resting place, there can be no doubt about the magnitude of his illustriously good life. The greatest respect we can pay him is to continue his tireless work of justice for all - service to others - and a love that liberates all people. 🌱

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Villa Bellosguardo - Ron Firestone
designed masterpiece inspired by
the style of the great Italian architect,
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“Villa Bellosguardo” - is an awe-inspiring Ron Firestone designed masterpiece inspired by the style of the great Italian architect, Andrea Palladino. Located behind private gates in the prestigious White Stallion Estates of Hidden Valley, this nearly 21-acre compound boasts everything expected and desired by the most discriminating buyers. Breathtaking unobstructed 360-degree views are enjoyed from everywhere! The main residence spans over 12,460 square foot and boasts a tremendous master suite with his and hers separate bathrooms and closets. There is also a dramatic two-story entry, great room with wet bar, HUGE bonus room (easily converted to additional bedrooms), elevator, office/library, 7 fireplaces, private wells and more! The spacious center island kitchen boasts high-end stainless steel appliances as well as beautiful limestone counter tops and an adjacent breakfast room. In addition, there is an approximately 800-square-foot detached guest house with temperature and humidity-controlled wine cellar that can accommodate approximately 3,800 bottles. The magnificent grounds are truly second to none! Infinity pool, tennis court, lush manicured lawns, walking paths, mini golf course with 3 greens and sandtraps, and two additional large building pads for horse facilities, etc. One of Southern California’s Finest Estates.



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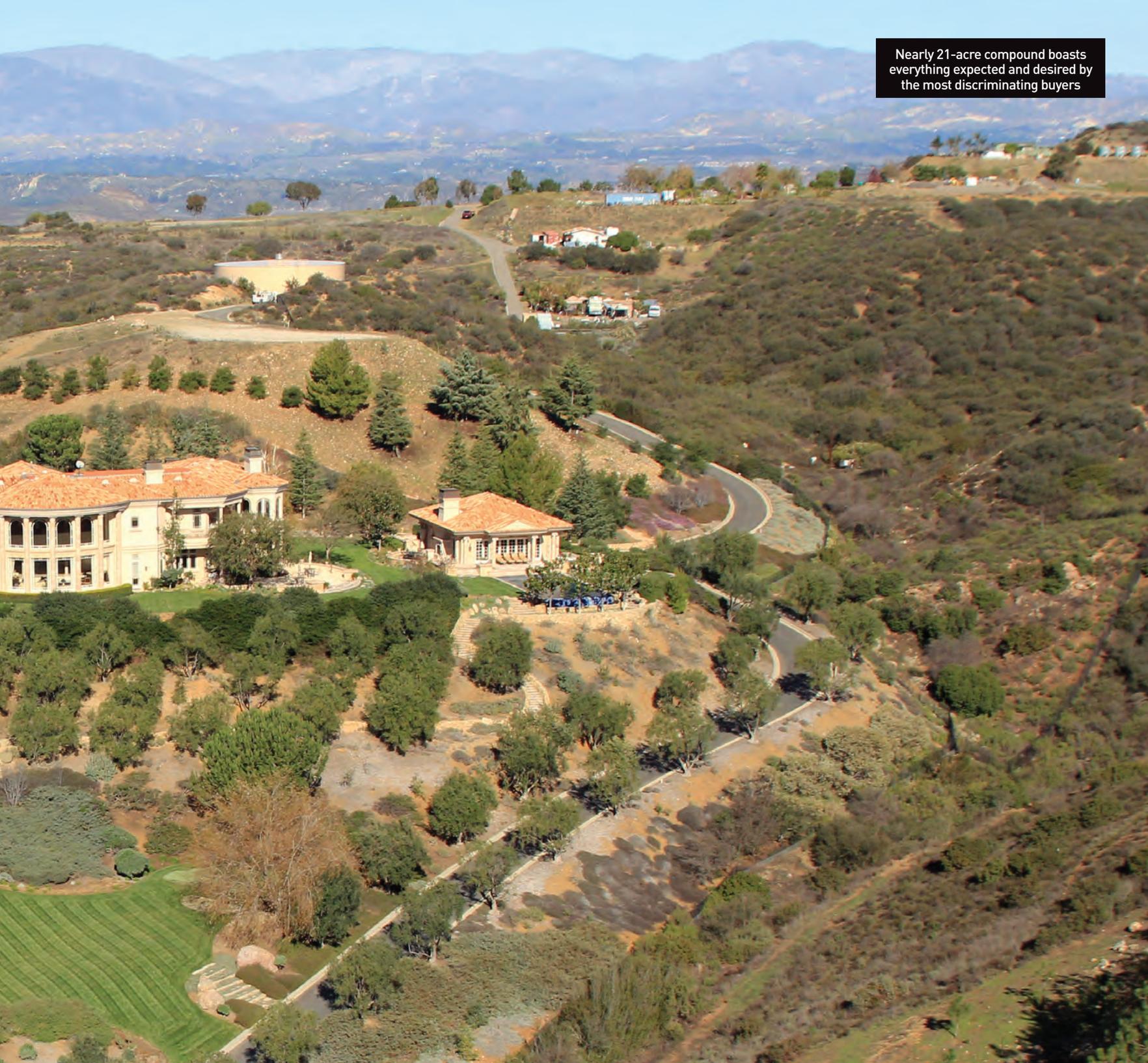


Breathtaking unobstructed 360 degree views are enjoyed from everywhere



The main residence spans over 12,460 square foot

Nearly 21-acre compound boasts everything expected and desired by the most discriminating buyers



Spacious center island kitchen boasts high-end stainless steel appliances & beautiful limestone counter tops



Magnificent grounds boast Infinity pool, tennis court, lush manicured lawns

2617 Newbern Ct, Thousand Oaks, CA 91361
Offered at \$11,950,000
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La Grande Maison, Lake Sherwood's premier French estate! Set behind private gates, on over 6.3 acres, is this masterfully-designed showplace. Boasting the finest unobstructed lake, golf course and mountain views Sherwood has to offer, this one will take your breath away!







Spectacular double island gourmet kitchen



Recently and extensively remodeled with the finest of finishes

Set behind private gates, on over 6.3 acres, is this masterfully-designed showplace



2617 Newbern Ct, Thousand Oaks, CA 91361
Offered at \$11,950,000 www.EliteSherwoodEstate.com

Recently and extensively remodeled with the finest of finishes! The main house boasts 7 bedrooms, 7 baths plus 4 powder rooms with over 12,200 square feet. Among the homes many attributes are a 943 square foot detached guest house, huge bonus/theater room with wet bar, paneled office/library, two living rooms, temp controlled wine room, spectacular double island gourmet kitchen and a dramatic two story entry foyer with graceful cascading staircase. The grounds are simply magnificent! Among the many amenities are an infinity pool and spa, fire pit, BBQ center and tremendous lush manicured lawns, all with complete privacy! Other features include two separate four car garages, smart home system, video security surveillance and so much more! This is a one of a kind French masterpiece in prestigious guard gated Lake Sherwood!
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Unobstructed lake, golf course & mountain views



Infinity pool and spa, firepit, BBQ center and tremendous lush manicured lawns

Old-world charm & elegance exudes from this magnificent property



The drive leads through an exquisite porte-cochere and up to the impressive front door



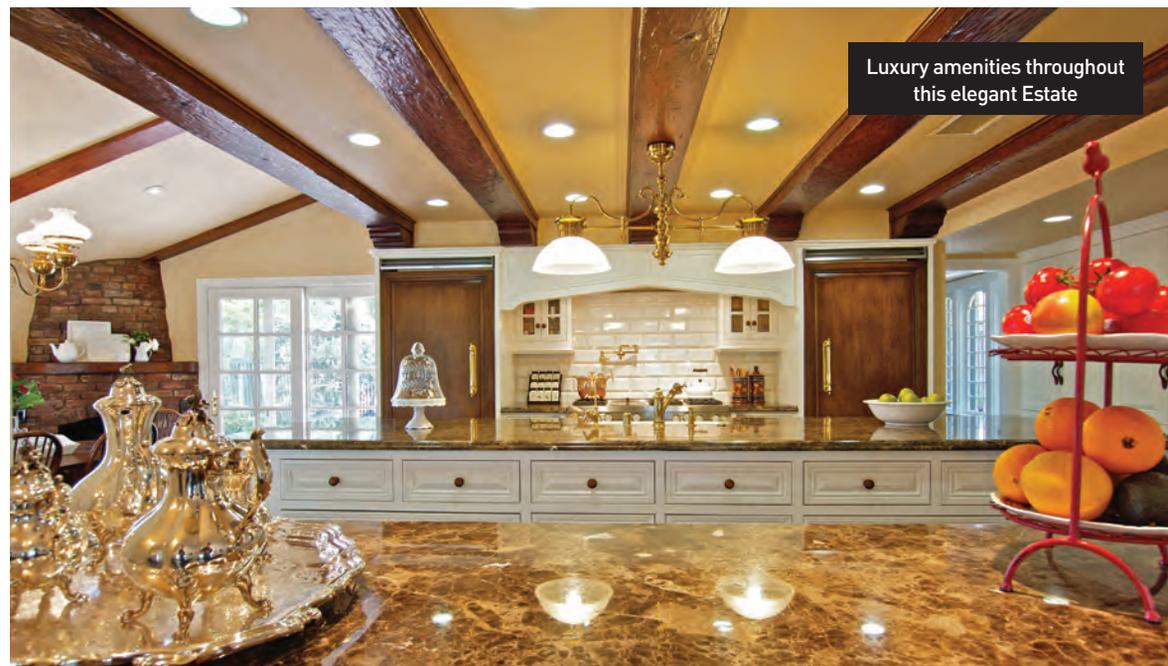
Kitchen has top-of-the-range Viking appliances & large Butler's Pantry



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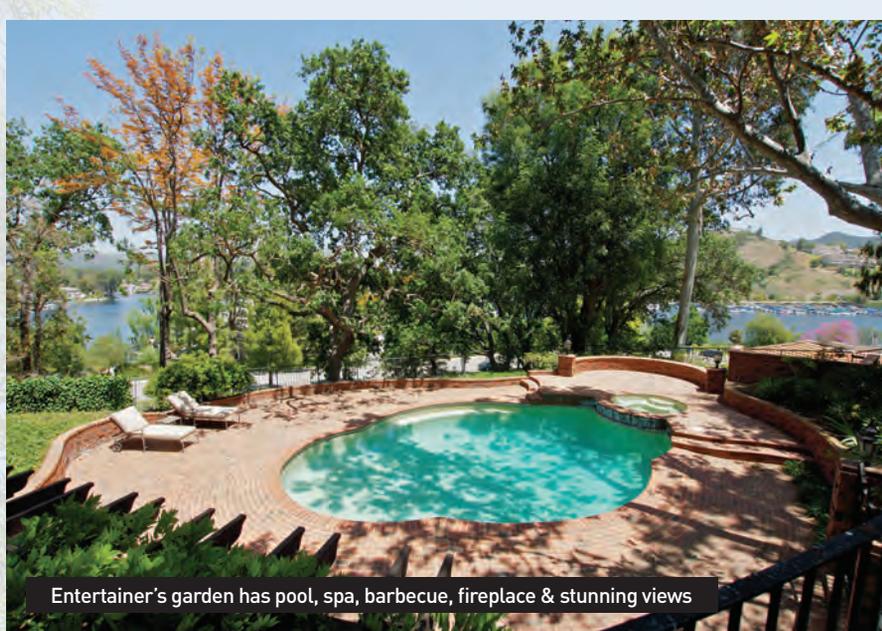
**Lake Pleasant, Westlake Village, CA 91361
Offered at \$2,999,000**

“Lake Pleasant” is a magnificent, landmark home in Westlake Village that exudes old-world charm and elegance. Over \$1 million has recently been spent on the property. The drive leads through an exquisite porte-cochere and up to the impressive front door, which itself opens to an ornate entrance hall with beautiful spiral staircase. The formal living room and dining room both offer large windows with views of the gardens.





Paneled family room with custom mantel



Entertainer's garden has pool, spa, barbecue, fireplace & stunning views



Stunning views of the lake, marina & mountains



Formal dining room



Master suite has marble vanity bath & dressing room

Lake Pleasant, Westlake Village, CA 91361 Offered at \$2,999,000

Food-lovers will be in heaven thanks to a kitchen with top-of-the-range Viking appliances, a marble island, a fireplace, and a large Butler's Pantry. Continuing the focus on luxury amenities, the master suite boasts a marble vanity bath and dressing room. The garden is perfect for entertaining with a pool, spa, barbecue, fireplace and stunning views of the lake, marina and mountains.

- 5,673 sq ft on interior space
- 0,63-acre Estate
- Library, bar and paneled living room with custom mantel

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Cope versus Hope

By Robert J. Katch

Many investors will be surprised to discover that 2012 was a great year. Despite all the unhappy headlines, angst over America's finances, a highly partisan election, anxiety about the Eurozone, and the potential for recession, stocks quietly rewarded investors with double-digit gains. The Wilshire 5000 – the broadest measure of U.S. stocks – rose 16.1% for the year. Every single industry sector in the S&P

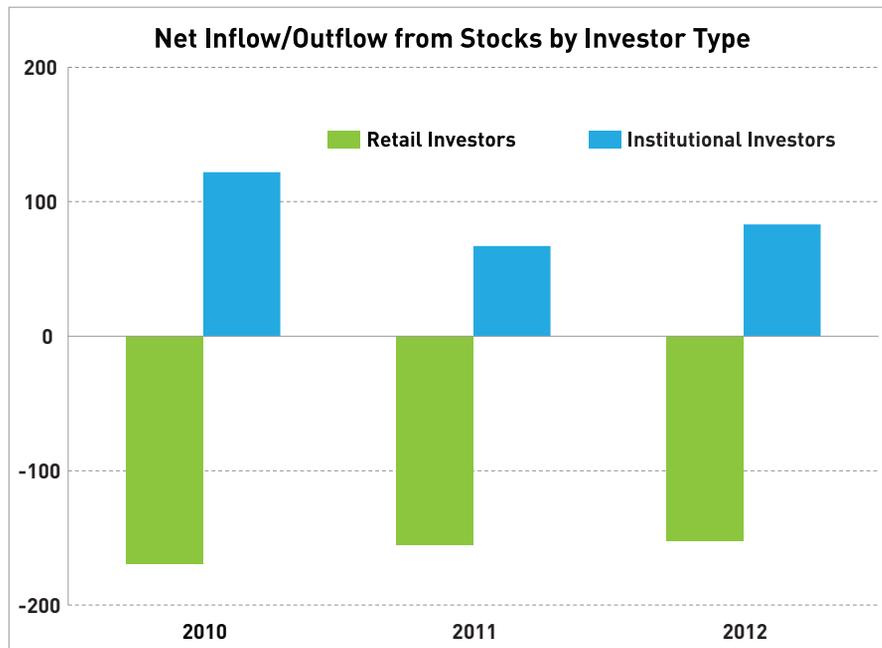
500 posted gains except utilities. Real estate investments were among those with the biggest gains, with the Wilshire REIT index returning 17.6%.

Stock market gains occurred despite the fact that retail investors generally believed the negative headlines and pulled their money out of the stock market. As stocks rallied, retail investors pulled over \$150 billion from the stock market and moved nearly \$350 billion to the perceived “safety” of bonds. Heading in the opposite direction, institutional investors

added over \$80 billion to the stock market. (see chart on opposite page)

It is helpful to remember that the year started off with lots of dire predictions that never came true. As the old adage goes, economists have predicted 9 of the last 5 recessions. And, they were no better in 2012, so let's review what five of the major brokerage firms were telling you as the year began. Without naming names, top stock market strategists at these firms predicted -7.2%, -25% (based on a Euro collapse), and three expected near 0%.

Thus, as we move further into 2013, all the experts are back on stage with their crystal balls telling you with calm certainty where the markets are going in 2013. It's pure folly to state with certainty



what tomorrow holds for all of us, let alone what will transpire over the next year! So, what is an investor with money at risk to do?

Endowments, foundations, and pensions have such long time horizons that they've determined their best course is to simply buy and hold. Prior to the 1970s they were largely restricted to income investing using only investment grade bonds. But, as interest rates rose and their portfolios suffered, they worked together to change the rules and switched to a "total return" approach that allowed them to distribute capital gains over time. Forty years later, most now have a static asset allocation that approximates 1/3 in bonds and 2/3 in risk assets (1/2 in stocks and 1/2 in illiquid alternative investments such as private equity, real estate, commodities, etc.) With their long time horizons they can afford to ride through treacherous market cycles to capture the higher returns this approach can deliver.

Individuals, unfortunately, do not have such long time horizons. They also differ because they have major life events along the way, like retiring or selling their businesses, that completely change their risk profile and cash flow sources. You cannot divide an endowment's infinite life into anything like working for 30 years to accumulate money for retirement and then living off those retirement savings for the next 30 years. Institutions have

one time period called "the long run" whereas individuals face two very different shorter time horizons: accumulation and distribution.

Top that off with the fact that most investors are emotional about their money, where entities like endowments are not, and you have a recipe for bad timing decisions compounding inappropriate "buy & hold" investing advice. Because most investors do not adequately distinguish how to best protect their future by properly investing during these two distinct time periods, and how to properly transition between them, they maintain too much risk just when they should not.

Buy and hold research and strategies that were developed for infinitely-lived institutions such as endowments are being inappropriately applied to relatively short-lived retired individuals. A large drop in value of a buy & hold retirement portfolio early in your retirement years can be nearly impossible to rebuild over your remaining life. An endowment, however, has many decades or centuries to rebuild and can raise more money through fund raising capital campaigns to fix the damage. Unfortunately, your capital campaign is the less glamorous position of a Wal-Mart greeter.

Several times over the past hundred years, markets have taken 10-20 years to climb back up to break-even after major corrections. In fact, we are now over 12

years into just such a cycle and the previous one took 14 years from 1968 to 1982 to return to break-even. Buy and hold earns nothing when markets are flat and if you're drawing money out of your portfolio to live on during those years, you're eating well into your principal.

Because most investors try to adhere to the buy & hold theory they've been taught by retail Wall Street advisors, they resist making calculated, strategic changes along the way as conditions evolve. If they let the pressure build too much, they often capitulate to their emotions and sell near the bottom or buy near the top. This emotional element can damage portfolios even further than buy & hold. Thus, buy & hold is like a life-long restrictive diet that does not allow you to adjust to changing culinary options or conditions. Emotional buying and selling, however, is the more dangerous binge & purge that is more damaging to financial health. As with most things in life, reflection, adaptation and moderation get the best results.

While you may try to invest for the long-run, you live in the short-run where markets are driven by raw human emotion. Emotional investor money flocked to stocks in 2000 with the hope of making lots of money and now it's swamping bonds with the hope of safely making a little money. Hope is not a strategy! Rest assured, the swamping will end as poorly as the flocking did. It's usually irrational and always dangerous out there, but that is precisely what creates opportunity. Plan on it. Even better, plan on using it to your advantage! A well constructed portfolio, with a strategic plan that fosters adaptation and allows you to cope with an ever changing world, provides better results and more peace of mind. 🌱

This material provided for general and educational purposes only, and is not legal, tax or investment advice. For each strategy or option mentioned, there are detailed tax rules that must be followed.



Robert J. Katch is the founder of Manchester Financial, an Investment Counsel/Wealth Management firm located in Westlake Village. For more information call 805-495-4405



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Giving a Rapid Improvement Plan

By Doug De Groote, MBA, CFP®

A bit of clarity clouded by confusion - If our elected leaders did anything in 2012, it all came down to the eleventh hour. It was not until the last day and the last hours that our leaders agreed to handle a portion of the Fiscal Cliff. While they agreed on revenue and taxes to run the government, they did nothing but increase the cost of government and un-

fortunately we will be glued to their every move over the next few months as both parties will continue to argue over the debt ceiling and continued cost of running our government as demands continue to grow. The debt issues are alive and well and for all of us still growing at record pace.

What to watch for - The reality is that raising the debt ceiling will probably not happen without real concessions on spending. Since the financial catastrophe

of 2008, our markets have recovered, but for many Americans, their net worth has been decimated. Startup capital is still difficult to get and loans are even harder to find - all while debt has been shifted from Wall Street to Washington. This is a real cliff as cash-strapped states and agencies depend on a constant stream of liquidity from Washington DC and State Capitols to meet their needs.

Sequester - Through the deal we got at the end of the year we put the automatic sequester on hold until March 1, 2013. According to the Washington Post, House Republicans pitched a deal on 1/18/2013 to raise the debt ceiling for three months but could not get the Democrats to agree on spending cuts. This means that we all will live with automatic sequestration that was supposed to happen at the end of 2012 unless something happens quickly.

The Budget - One senator said to the other "huh". The Senate has either forgotten what a budget is or is in violation of their duties. The senate has not passed a budget in over three years. According to Senator Schumer of NY, on January 20, 2013 he went on Meet the Press and said, "the U.S. Senate will only fulfill its legal obligation to pass a budget if the budget includes new tax increases". He went on to say, "we need a budget; it's a great opportunity to get us some more revenue to help in part deal with sequestration and deal with the debt issue."

The Dollar and all it's cracked up to be - A falling U.S. dollar is exactly what the Fed and U.S. government want. There is no question it hurts savers and those who have taken great responsibility for themselves. While inflation is running higher than the manipulated interest rates set by the Fed, conservative investors and those in fixed income see their standard of living falling.

Yet the question remains, will the U.S. Dollar remain supreme? No one knows for sure. Yet since the 1970s, the Fed has been working hard to devalue the dollar (except for a couple of interruptions) mainly to make exports cheaper to the world. During the financial crisis the Fed added a new trick. Not only did they keep lowering interest rates to almost zero, they

also started up the digital printing press. Currently, the U.S. is printing \$85 billion per month under a program that has no set ending date. The printing is now in the \$ trillions, with no end in sight. And what has happened? Sure, a few countries are complaining about the U.S. mismanagement of the dollar and China has reduced its direct investment in treasuries and even made some bilateral agreements with other countries, but we have seen no change from using the dollar as the world currency. What or who would rise in its place? No country is making such a move nor are they itching to take up the crown from the U.S. Not to mention, what would countries gain, as well as, lose from such a change? Understanding these issues is complex. But as it stands now, the U.S. is here to stay. We are the cleanest shirt in the dirty laundry. Those who think and invest otherwise face considerable risks going forward.

RIP – RAPID IMPROVEMENT PLAN

Mike Tyson once said, “Everyone has a plan until they get punched in the face”. Investors must understand the issues that affect their ability to meet their goals and objectives and focus on what they can control and manage - to the best of their ability. Investors today need to focus on what we can control and realign ourselves with the causes they care about. In my business and practice, we focus on what we can help our clients control and how we can better develop plans and react to issues that may be paralyzing them or limiting their ability to meet their goals - while supporting the causes they care about.

RIP is a term and process I learned from Brad Hams who wrote the book “*Ownership Thinking*”. It’s a great book and a must-read for anyone trying to foster accountability and purpose.

When it comes to your financial plan, there are many moving parts which all represent spokes in the wheels to get you to where you want to go. A good plan should give you strength in times of uncertainty and your team should be able to provide you measurable results as to how your plan is holding up in the current market environment and how it may be affected by changes in interest rates

and inflation, taxes, and legislations and market performance.

Often we are faced with real-life dilemmas and issues that cause clients to pause and second guess the path they are on. Plans need flexibility as life is unpredictable and goals and objectives can shift as life takes turns.

The financial planning RIP is the idea of identifying one or more Key Performance Indicators (KPI) and solving for that issue that will have the greatest impact on the success of your plan. For many of us, it demands a great team and the ability to coordinate many moving parts to insure the success of your financial plan and your objectives.

The process is easy. Start with identifying the key indicator you need to focus on. In financial planning, it could involve several areas. For instance, a life-changing event takes place and many areas of your plan are no longer relevant to your current life situation. This could mean identifying several key indicators within your plan. It may mean your long-term investment goals need to be reevaluated and investments need to be shifted to reflect the change in your life. It could be legal issues focused around the transfer of assets now and when you are gone. It could mean a change in company ownership or the disposition of assets that require legal work to protect your estate or the transfer of your assets. Tax changes, estate law, health care issues, needs of family now and when you pass - all have to be taken into consideration in that they can have a measurable effect on how your plan could change if life throws you a curve ball. The RIP will simplify the process and give clarity.

Second, determine the objective and duration of the project. If it is a tax issue, work with your financial planner and tax professional to maximize the most efficient way to plan for current and future tax issues. This could include semiannual review of capital gains and a cash flow analysis to maximize your ability to keep as much of your income as possible. It will also help educate you on the changes in tax law and what you can and cannot do.

Third, quantify the financial benefit. When constructing your trust or maxi-

mizing after tax returns, it is important to measure your efficiency as it pertains to your goals and objectives. Most of us want our financial legacy to be passed on in the most efficient way possible both now and when we pass.

Fourth, identify the participants and action steps. This is the most difficult for many. Often, new clients are frozen because of the myriad of issues they face when constructing their financial plan. It involves legal and trust documentation, tax, investments, custodial issues, titling of assets, disposition of assets, charities, children, parents, health and many other issues that can come up depending on business ownership and stock options (if applicable). Getting Ripped helps identify the key players and the action steps needed to accomplish your objective.

Fifth, create a theme or name the issue so that all the members are on the same page. This can also involve a score board. For our clients it is a check list. As they meet with us we not only review this at our meetings but it helps identify new issues they want to discuss as life may have changed for them and we need to now revisit their plan. Prior to every meeting, they get their checklist and we make sure we review current issues, open issues and possible opportunities they may want to focus on.

Finally celebrate. While we do not throw a big party, our clients are provided material that helps them understand and validate their “why” with the actions steps that reflect their goals, causes and feelings. We do encourage a great dinner and a night out. You’ve earned it and the people you care about will thank you. 🍷



Doug De Groote
Managing Director of

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Insuring the Health of Movie Stars

By Diana Addison Lyle

The entertainment industry is a mega multi-million dollar industry that contributes substantially to the American economy. Moreover, America leads the world when it comes to entertainment and film-making. No other country measures close to the standards of perfection and the layers of detail that go into making a box-office hit that resonates with audiences worldwide. With it comes opportunity but that opportunity is also accompanied by huge risk factors and behind-the-scenes complexities of which most of us are oblivious.

Add to that the increasing demands of every generation. Every decade and particularly in this technically-advanced era, audiences demand exponentially more from movie makers; they want action scenes that boggle the imagination in their size and scope. Film Directors are having to come up with more exciting scenes that fulfill the high expectations of audiences who want turbo-charged suspense. Of course with every turbo-charged piece of suspense - there is the inevitable extra portion of risk and danger involved. We all know that highly-trained and highly-insured stunt experts are an integral part of every action movie, but sometimes, huge-name actors insist on doing their

own stunts - despite the risks involved. It becomes their own personal challenge to take on scenes that require a high degree of athleticism and physicality - and that's where the skilled back-up team is essential.

Dr. Ian Armstrong, Diplomate and member of the American Board of Neurological Surgery, has a multi-faceted career outside of the operating room. He is also a medical advisor and on-site consultant to the film industry and has served on several major motion picture productions. His invaluable presence on set insures that the proper precautions are taken while he advises actors on the safe parameters of their impending physical activity.

Dr. Armstrong has taken care of leading men such as *Keanu Reeves* in the box office hit, *Matrix*, for which he received credits in the movie. The film was packed with potentially dangerous action scenes - hence the need for a medical consultant with the extensive knowledge and



experience of Dr. Armstrong. He has also worked as a medical consultant on the set of *Spiderman II* where he assisted Tobey Maguire, on *Charlie's Angels II*, and *Rescue 911*. He's been involved with many TV show actors from *Sons of Anarchy* to *ER*. Additionally, during the early days of *ER*, Dr. Armstrong occasionally worked with one of the writers - giving background information and details to add to the authenticity of some of the neurosurgical trauma scenes. In one episode, Dr. Armstrong's name was blasted over the hospital paging system - to get to the emergency room for a major head trauma case.

Recently, Dr. Armstrong helped evaluate and advise one of the principal actors in the international James Bond thriller, *Skyfall*. He says, "It was rewarding to be invited to the L.A. premiere of the film and see the success of the patient and the movie."

Because of Dr. Armstrong's involvement with movies, actors and directors, he has been invited to more Red Carpet premieres than he can count - out of appreciation for his work over the last 20 years of his practice. He and his family recently got to walk the 'Black Carpet' with the stars of *'Pirates of the Caribbean'* at the Disneyland Premiere and party.

Through his movie work, Dr. Armstrong has become an expert on some of the problems and injuries associated with the high-flying work that is often found in today's action movies.



Keanu Reeves in MATRIX

Tobey Maguire in Spiderman II



"On the set for *Charlie's Angels II*", he recounts, "the scenes of people flying in the air appears to be effortless, but in reality it is extremely physically demanding with the ever-present potential for injury."

As a result, the precautions that are taken are advanced."

Academy Award-winning Director, *Taylor Hackford* (Officer and a Gentleman, Mohammed Ali Story), showed his appreciation to Dr. Armstrong by not only inviting him to the premiere of his play but by also naming the Neurosurgeon in his musical after Dr. Armstrong.

Dr. Armstrong had the opportunity to take care of many Hollywood legends including Gregory Peck for whom he developed a great respect. One of Dr. Armstrong's favorite patients was *Frank Sinatra*, whom he took care of for several years. He will not discuss the relationship or the man but a little known fact about Sinatra is that he was a painter. He kept his paintings and they were never sold. Instead, he gave them to special friends and people in his life. Dr. Armstrong is one of the few people who was given a painting by Frank Sinatra.

Dr. Armstrong is tight-lipped about who he cares for and will not discuss the names of any of his patients. For this main reason, he's been a trusted

Hollywood insider for 20 years. However, when one sits in his private personal office and sees the pictures, thank you notes and letters of appreciation - one gets a feel of Hollywood history and the people who have made the industry so monumentally successful. Subsequently, watching the Academy Awards or the Grammys has a different meaning for Dr. Armstrong because he knows the behind-the-scenes stories and what it took to get to this star-studded moment. Dr. Armstrong's appreciation for the movie industry is summed up in these words: "I have developed a deep respect for those in front of - and behind the cameras. The pressures are much greater than anyone can imagine. They have to perform and be creative while doing physically-demanding work - all under the gun of time and financial pressure with potential injury never too far away."

Come 2020, movie-making in the U.S. will have graduated to another adrenalin-packed level with actions scenes that will make the past decade look pedestrian by comparison. It's all part of the evolution of an industry that has always been exciting and cutting-edge. Experts like Dr. Armstrong will



continue to insure that films can be wrapped up - relatively painlessly. 💧

Dr. Ian Armstrong, CEO and Medical Director of Southern California Spine Institute, ianarmstrongmd.com.



Compassionate pursuits



Scott Hopkins, Jim Lee, Miriam Frederick, David Goodenough, Brian Matthews & Clay McCrea

Five Guys, Three Days, One Purpose

Miriam Frederick started New Life Children's Home in Haiti over 30 years ago. As a registered nurse, she committed her life to saving and raising orphans in Haiti. Five Dads from the Westlake Village, Malibu area traveled to Haiti over Martin Luther King weekend to see firsthand what she was doing. As they arrived, they found Miriam calmly kneeling next to a teenage girl with special needs. She was curled up in a ball next to a puddle of blood. In the U.S., we would call 911. There is no 911 in Haiti. After Miriam stabilized the child, a pick-up truck arrived and Brian Matthews and Clay McCrea carried her to the truck to be taken to a local hospital where volunteers from the University of Miami work. This was just another day at New Life, where Miriam and a compassionate staff watch over 115 children, many of them kids with special



needs in makeshift wheelchairs.

Jim Lee of Oaks Christian School led the five, made up mostly of Oaks Christian School Dads including Brian Matthews, Scott Hopkins, Clay McCrea and David Goodenough. After four trips to Haiti after the 2010 earthquake that killed an estimated 300,000 people, Lee challenged Matthews and Goodenough to see what life was like in Haiti. Hopkins' and McCrea's sons (Scotty and Clay-Paul) went with Lee last summer with Oaks Christian School stu-



Compassionatepursuits

Scott Hopkins & Brian Matthews bring valuable supplies to the orphanage



Brian Matthews caring for an orphan



A child is given hope



Miriam Frederick, founder and head of New Life Children's Home surrounded by the children she cares for

dents and were shortly followed by their Moms.

During the trip, the 5 guys visited other orphanages and delivered food and water to those that were low on supplies. New Life has become a critical hub that generously supplies dozens of other orphanages and thousands of kids with life-sustaining essentials. Jim's group witnessed one orphanage that had no roof

on a rain-filled night. Jim summed up the experience like this: "Words cannot adequately express what we saw, heard and smelled. The shattering effects of the earthquake are still there

with hundreds of thousands of children without parents. Buildings are still damaged. One thing is for sure: we will never be the same after this visit and we're already planning the next trip."

El Encanto

Iconic Luxury Reopens in Santa Barbara

Slated to reopen in March 2013 is El Encanto - the iconic luxury hotel being meticulously restored to capture all the romance and glamour that endeared it to both the local Santa Barbara community and visitors alike. El Encanto is the latest addition to the Orient-Express collection, and the company's first excursion to the American west coast.

Ninety-two quintessential, California-styled suites and bungalows dot the lush, terraced grounds featuring seven-acres of gloriously landscaped gardens with sweeping views of Santa Barbara and the Pacific Ocean.

Original architectural features are being lovingly restored, including the historic, trellised-lined Arbor and Lily Pond. Modern additions to the expansive outdoor swimming pool and a new beautifully appointed boutique spa will enhance the El Encanto journey for today's luxury-seeking guest. Sumptuous contemporary cuisine will also delight with organic and locally sourced ingredients. In essence, El Encanto's charming setting atop a commanding hilltop perch offers the ultimate secluded retreat, creating an eclectic and authentic nature for romance and rediscovery.

California sunsets take
your breath away as you
linger on the terraces.



LOCATION

Nestled between lush green mountains and a crystal blue sea, El Encanto sits atop a Santa Barbara hill just minutes away from exquisite restaurants, fine galleries, boutique wineries and the beautiful California coast. Santa Barbara's reputation as the American Riviera is well-earned by the temperate weather and sophisticated ambiance of this Mission Canyon city.

RESORT AMENITIES

- Infinity edge outdoor swimming pool with panoramic ocean views
- The Spa at El Encanto, offering treatments inspired by local surroundings
- Fully equipped fitness studio
- Seasonal welcome amenity
- Complimentary high-speed wireless Internet access
- 24-hour room service
- Complimentary daily local newspaper
- Complimentary shoe shine service
- Complimentary in-room El Encanto roasted coffee and tea

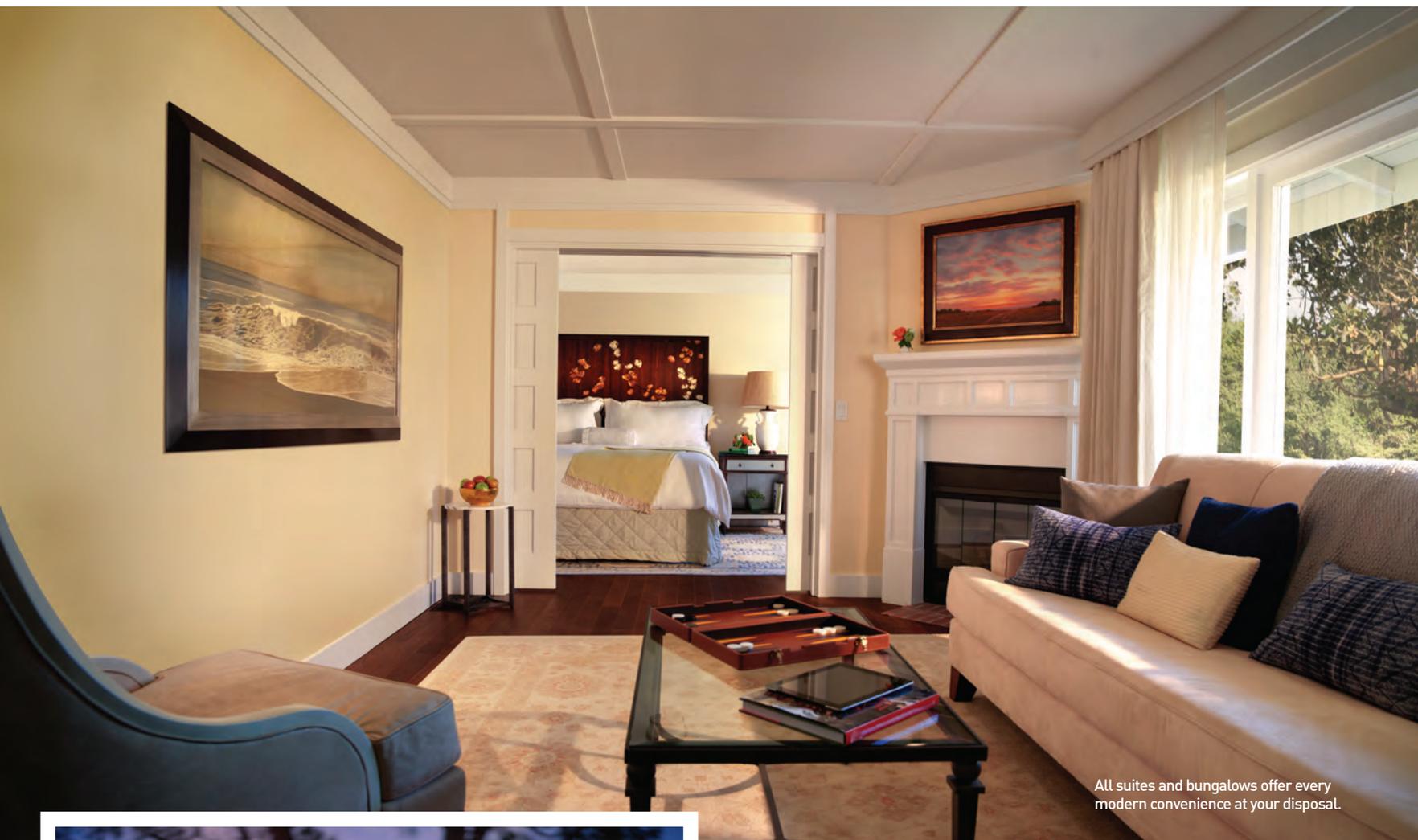
THE SPA & FITNESS STUDIO

The Spa at El Encanto is a serene oasis featuring seven spacious treatment rooms, including a couples room and a wet treatment room. Guests will revive with an assortment of seasonal, organic and specialty body and facial treatments that enchant as thoroughly as the lush setting. The serene, co-ed relaxation lounge invites surrender. Lavish men's and ladies lounges offer steam rooms, showers, private lockers, vanities and dressing areas. The pampering concludes with a selection of detox teas enjoyed on the outdoor patio.

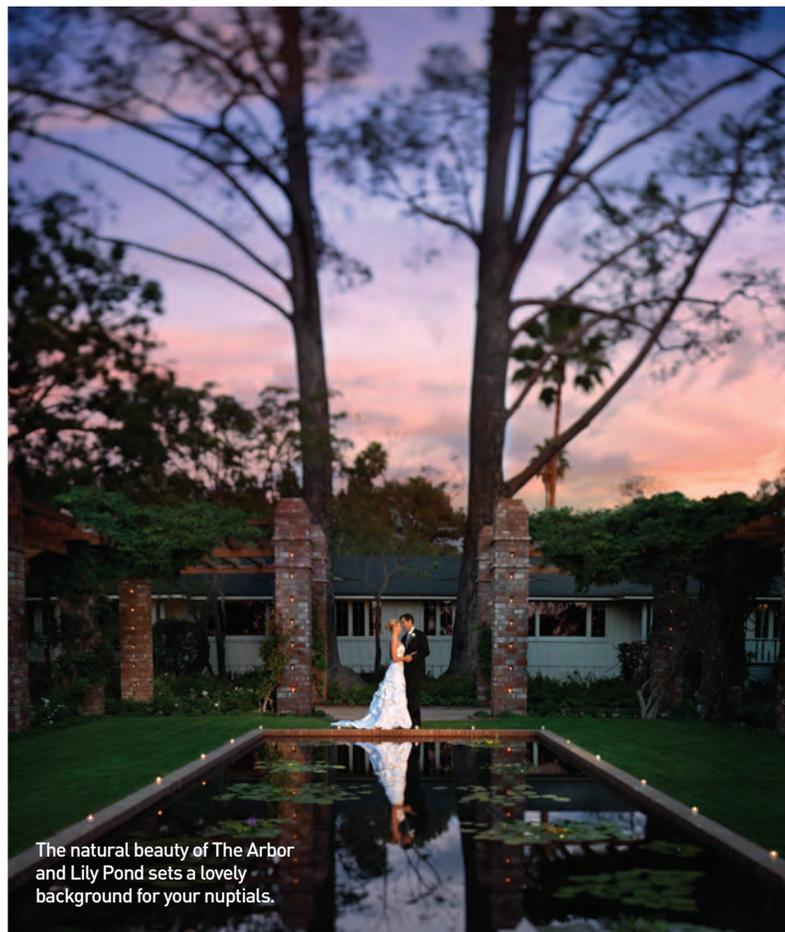
Complimentary access to the Fitness Studio includes:

- Cutting-edge cardio equipment
- TRX training system
- Kinesis fitness products
- Private salon for core fitness, barre, yoga, boot camp and pilates mat classes





All suites and bungalows offer every modern convenience at your disposal.



The natural beauty of The Arbor and Lily Pond sets a lovely background for your nuptials.

DINING AT EL ENCANTO

Indoor and outdoor seating offer stunning settings with spectacular ocean views.

- The Dining Room serves coastal cuisine, accommodates 44 guests
- The Terrace offers comfortable dining with ocean views, accommodates 86 guests
- The Lounge is perfect for Afternoon Tea or sunset cocktails, accommodates 40 guests
- The Bar is adjacent to The Dining Room and The Lounge, accommodates 24 guests
- The Wine Room is set within The Dining Room. This private enclave is for celebrations and gatherings up to 14 guests
- Beverages, all-day dining, snacks and lunch are available poolside

The short, 45-minute drive to nearby El Encanto makes this a wonderful weekend retreat close to home. 🌊

To book your stay at El Encanto, please contact an en Route Travel Advisor at 805.585.0090 or 310.459.9955 or info@enroutetravel.com or visit one of our two locations:



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TURKEY

en ROUTE TRAVEL INVITES YOU TO EXPLORE
MAGICAL TURKEY WITH TRAVEL REFINERY

PHOTOGRAPHY BY SCOTT BLATT

Since the days of the ancient Silk Road, the friendly Turkish people have been warmly welcoming visitors to their villages and homes. What you'll discover when you visit Turkey is a magnificently beautiful country that is hugely undersold. Imagine the warm waters of the Greek Islands: Turkey is right there with its turquoise waters and white-painted villages on the hillsides. The latest James Bond "Skyfall" movie was largely filmed in Turkey because of the country's rich, exotic location.

TURKEY'S RICH HISTORICAL HERITAGE

The country of Turkey spans the continents of Europe and Asia. **Istanbul** is the largest city in Turkey with a population of over 16 million people, a bold fusion of past and present, a cultural mosaic of the East and West. It once served as the capital during the Roman Empire (330-395), the Byzantine Empire (395 - 1453) and the Ottoman Empire (1453 - 1922). Historical remains are scattered both above and below the city. The **Bosphorus** (the channel of water that forms part of the boundary between Europe and Asia) is lined with Ottoman mansions, palaces, restaurants, shops and mosques.







“IF THE EARTH WERE A SINGLE STATE CONSTANTINOPE WOULD BE ITS CAPITAL CITY” - NAPOLEON BONAPARTE

The 12,000-year Turkish civilization is a fascinating mosaic of cultures, tastes, activities and history. The ancient aspects blend seamlessly with the modern, and Turkey’s natural beauty is astounding. From the spectacular fairy chimney landscapes of Cappadocia to the bustling metropolis of Istanbul, this beautiful place is surrounded by the turquoise-blue waters of the Mediterranean Sea and Aegean coastal villages.

THE SOUTHERN COAST

Turkey’s Southern Coast is lined with quaint towns and villages that overlook the striking turquoise-blue water that lines the coastline. You can enjoy the tranquil beauty either by driving a car along the coast or sailing a yacht. The Turkish coast is very westernized, much like other cities along the Mediterranean coastline. The water is warm and the air is very similar to the California climate in mid to late summer. Hundreds of islands pepper the coastline belonging to both Turkey and Greece with easy access by ferry from any town. Most of the Greek Isles are closer to the mainland of Turkey than Greece. Mediterranean-style restaurants with fresh fish and vegetables offer a healthy vacation menu where you can indulge yourself guiltlessly. For the ultimate place to completely relax, you cannot do better than one of the Turkish Mediterranean isles. The cuisine, music, culture, architecture and traditions here have been honed for thousands of years - all yours

to enjoy and imbibe. You can even watch local village women making delicious walnut baklava in time-honored traditional ways.

BLUE VOYAGE

No visit to the Aegean is really complete without going on a Blue Voyage on one of the beautiful, rustic Turkish Gullet boats. Surrounded by sea on three sides, Turkey is the perfect place to enjoy the never-ending turquoise-blue of the Aegean and Mediterranean seas during the day, and then sleep under the stars at night. In the morning Blue Voyagers will be ready to set sail again in search of new adventures. The ideal length for a journey is probably between five days or one week.

The most famous statue of Afrodite was created by Praxiteles of Knidos, modern day Datca. This statue was so celebrated in Antiquity that travellers would go out of their way to see the masterpiece in the ancient city of Knidos, which is a great stop for Blue Voyagers.

ST. TROPEZ OF TURKEY: BODRUM, ANCIENT HALICARNASSUS

Bodrum is an exquisitely beautiful resort town in the southwest corner of Turkey, which has become the haunt of the rich and famous. Its waterfront is dominated by the magnificent castle of St. Peter, which houses a unique museum of Underwater Archaeology. One can see the ruins of Mausoleum at Halicarnassus, which is one of the seven wonders of the ancient world.

CAPPADOCIA: A SURREAL LANDSCAPE CARVED BY NATURE AND MAN

One of Turkey’s most stunningly beautiful attractions is Cappadocia, also known as Katpatuka, which is ancient Hittite for “the land of beautiful horses.” The visual beauty of the Cappadocia landscape has



Turkish village at nightfall



Turkey's prestine coastline





A HUGE ATTRACTION AT CAPPADOCIA IS THE OPPORTUNITY TO EXPLORE THE LANDSCAPE IN COLORFUL HOT-AIR BALLOONS. GLIDE GRACEFULLY OVER MYSTERIOUS, ANCIENT UNDERGROUND CITIES OR EXPLORE SPECTACULAR VALLEYS ON FOOT OR BY HORSEBACK.

been created by ancient volcanoes. A highlight of your stay in Cappadocia will be at your hotel, which is carved into the fairy chimneys (rock formations). You'll see rock-cut sculptures and churches that portray the heroism of early Christians. A huge attraction at Cappadocia is the opportunity to explore the landscape in colorful hot-air balloons. Glide gracefully over mysterious, ancient underground cities or explore spectacular valleys on foot or by horseback. Explore this unique nature of fairy chimneys and wavy rock formations, the cave churches and the underground cities, the stories of the monastic life and the private cells of early monks. Enjoy the finest views of Cappadocia from a hot-air balloon ride that leaves at dawn. The choice is yours.

EPHESUS ANCIENT CITY: TAKE A WALK IN THE ANCIENT STREETS OF MANKIND'S HISTORY

The Ancient City of Ephesus is the largest excavated Greco-Roman city in the world. In fact, Turkey boasts some of the best-preserved ruins and history on our planet. The Temple of Diana (Artemis) is one of the seven wonders of the ancient world, located in Ephesus. Boasting 127 columns with Ionic capitals, the temple was originally four times bigger than the Parthenon on the Athens Acropolis.

Every year, the port of Kusadasi welcomes hundreds of cruise liners filled with tourists who come to see Ephesus, an important center of early Christianity and one of the Seven Churches of Asia Minor mentioned in the Biblical Book of Revelation.



FAMOUS TURKISH BATHS (HAMMAMS)

The Turkish Bath is one of the ancient world's most widely-exported customs. Turkey offers this experience in a luxurious modern "hamam," allowing guests the best of both worlds. After your daytime adventures in Cappadocia or Istanbul, professional masseurs offer a variety of services in addition to the hamam ritual.

THERMAL POOLS OF PAMUKKALE

The glittering white travertines of Pamukkale make one of the most familiar images of Turkey. A visit to the thermal pools in Pamukkale will make you feel thousands of miles away from the stressors of the world.

Afrodisias is one of Turkey's tidiest and most beautiful archaeological sites, which is a hidden secret, waiting to be discovered by seasoned travelers very close to Pamukkale.

THE GRAND BAZAAR

The Grand Bazaar is one of the oldest and largest-covered markets in the world, which was established by the Ottomans in 1461. The sounds, flavors and smells have to be experienced to be truly appreciated. The Bazaar is best known for its leather, jewelry, Iznik tiles and pottery, handmade fabrics and oriental carpets. You can even watch the ancient art of kilim making, Turkish woven carpets that have been made for thousands of years. Here you'll be able to pick up inexpensive, exotic artifacts in true bartering style. As you stroll through its 61 streets, you will see cafés, banks, post offices, mosques and inns, along with 4,000 shops and 30,000 merchants.

CONTEMPORARY ART ISTANBUL

Istanbul's 13th Biennial will be held in the fall of 2013. Istanbul's main Arts Festival takes place in a variety of historic buildings and venues across the city.

SUMMARY

Turkey offers a unique and diversified experience to all travelers with its lush and exciting regions. Whether it's your archaeological fascination that propels you to explore its rich ancient history or your desire to imbibe the sheer beauty of its dramatic landscape either by hiking, hot-air ballooning or horse-back riding, Turkey will enchant you while you bask in its warm climate and Mediterranean food delicacies.



To book a unique journey to Turkey, please call an en Route Travel Advisor to collaborate on your customized experience. 805.585.0090 or 310.459.9955 or please stop by one of our two locations:

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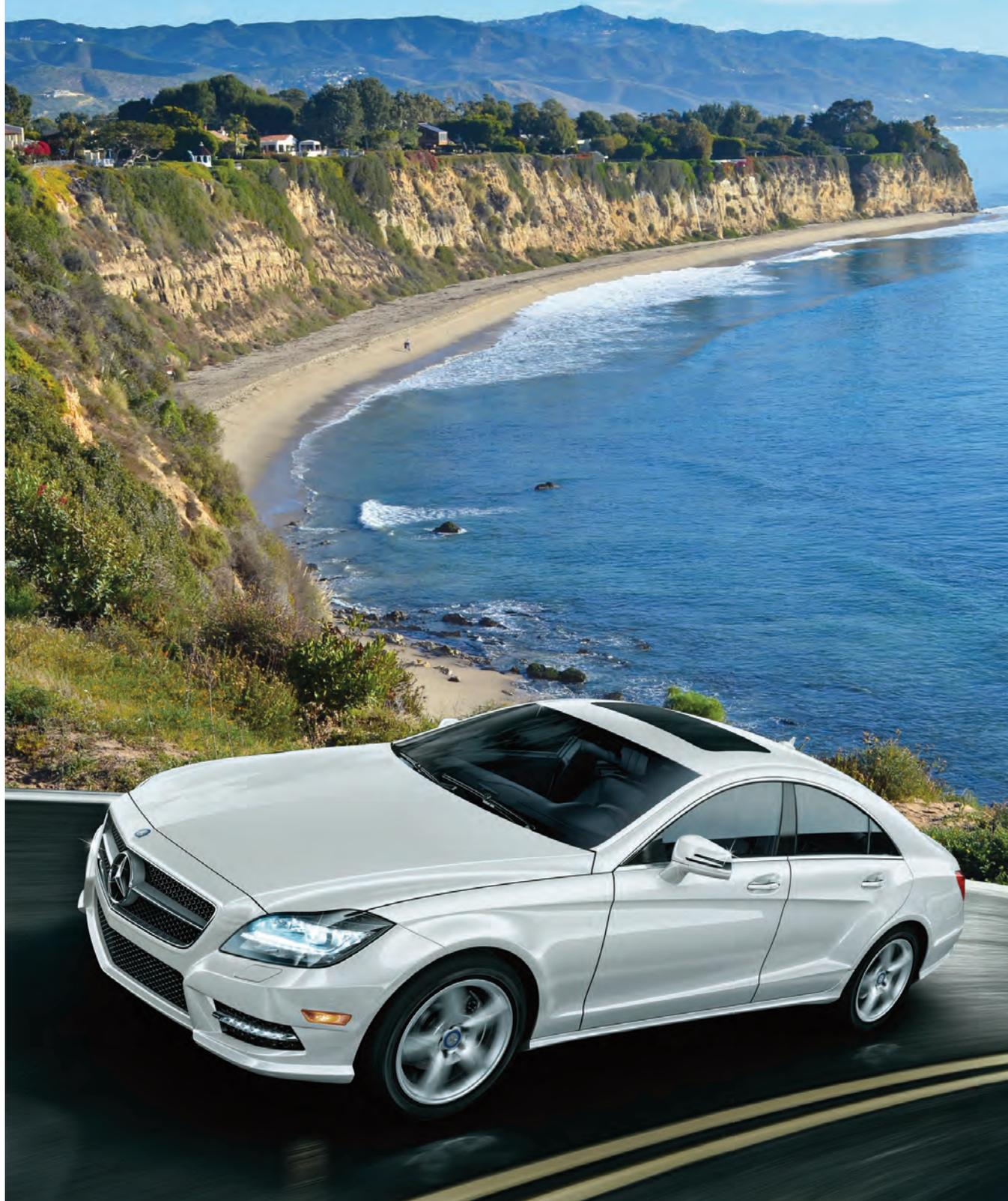
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