



Aloha e everyone and welcome to September 10, 2005 of Kaleo O Nani Newsletter!

Katrina was an exploding event for our country the past few days. Many states and thousands of lives are affected. We offer pray daily for the needed outreach, wisdom for our leaders, thanksgiving for lives saved, sorrow for lives lost, shelter for lost pets and cooler heads who can see beyond the obvious through such devastation and the enduring consequences of rebuilding each and every community. This episode has commanded the best and worst in humans. Some have engaged their lips before applying common sense. Some are pointing fingers of blame and failed to see the folly in such behavior. Race card is tossed about and given air time as if there is proven truth to these inciteful statements. Words have powerful meaning. Those in authority from all sides including the media are invited to promote positive words of inclusion and few if any of the negatives that have no proof of merit. It is time to rescue, recover, rebuild, and move forward with hope for a better future. It is worthy I think, to invite these ancient words of wisdom before casting judgments. "He who can separate gossip from fact demonstrates great leadership !" Likewise, "He who examines words carefully from an enemy against another is enlightened!" May we all be generous in treasure, heart, mind and spirit in helping the recovery of those in need.

Believing in the Human Spirit Of Hope and the Celebration of life!
Enjoy! Nanipuaaalaomaililaulii Aki Linder - Alala Ke'o ke'o
White Raven

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- Guest Writer Burt Dubin President Speaking Success
- **We feature a new exercise of enlightenment "blueberries"**
- **Our tip series special Alert & Bella Moss Foundation humanity appeal**
- **A Magnificent Women feature(better check it could be you).**
- **The final word and announcements**
- **Anouncements**
- **Diversity Article "Attitude First Aid"**

As always take what you need and discard the rest. This is your life my friends spend it wisely. Enjoy often!

###

[Meet Burt Dubin:](#) What a treat to welcome World Class Speaking Success Mentor, Teacher and Author of the infamous "Speaking Success System!" Burt's mastery of speaking success is second to none. His dedication to his craft and those he mentors is a priceless gift of insights one does not learn in any classroom setting. Burt is my personal mentor and I am indeed honored and delighted to share his insights with you. Take them to heart my friends. He knows of what he speaks.

Down-to-earth Rules for presentation mastery: By Burt Dubin

1. Love your audience.

Nothing beats this. Love them, care about them, empathize with them -- all in addition to sharing your mastery of your topic or issue. Help them feel better. Give them hope.

People today, regardless of their station in life, are inundated with negativity from special interests, from society's underbelly, from wild-eyed radicals with nothing to lose, from downsizings and mergers, from inhumane unprincipled acts in defiance of decency -- and callous disregard for valid interests.

Through your understanding, your presence and your positive ideas, you have a chance to affect the attitudes and self-sense of all in your audiences.

This, in turn, impacts productivity, sales and profits. That's one way you make a difference -- the difference your clients yearn for.

2. Deliver extra value.

Sweeten the deal with unexpected extras. Go the extra mile every which way. Do more than is expected, more than is required, more than any speaker in their right mind would do!

Dazzle decision-makers with surprising extras. Make yourself absolutely unforgettable. Here's how you do this: Pay resolute attention to every possible detail. Amaze your audience with extra research, extra handouts, extra participation, extra customizing.

3. Build long-term relationships.

Let your first program signal the start of an enduring connection. From the first contact, enter into their world.

See the world through their eyes. Guide them to make more of themselves, to do more for their customers, their peers, their associates and their employees.. Make yourself invaluable by the depth and scope of your insights. Touch their hearts and minds and lives.

4. Reinvent yourself continually.

Leverage your assets and your skills. Keep pushing the envelope. Whatever you do, do it better tomorrow. Practice everlasting enhancement of what you deliver. Here's a role model for you:

I met Bob Pike in 1984. Then he was a one-man business. He was already the undisputed authority, the #1 person at training the trainer. He offered his one program in the USA only.

Every year since then I've watched Bob persistently leverage his assets and skills. He continues to reinvent himself. Today he has a staff of juniors, a newsletter, a product catalog -- and an array of different programs presented world-wide.

How about you? How old are you to be in 10 years? Start reinventing yourself now. In 10 years I may write about you!

Here's a set of 7 actions. Take these actions starting now. Make your career -- and your speaking profits -- soar!

1. Love your audience.
2. Deliver extra value.
3. Build long-term relationships.
4. Reinvent yourself continually.
5. Do more, far more, than enough.
6. Make an all-out, full-bore commitment to your clients.
7. Have a passion for caring.

How do presentation masters do it? How do they get there?
How do you make yourself a presentation master --
and how do you do it faster?

1. Know your subject

Know it inside out, upside down, backward and forward. Study it tirelessly, endlessly, relentlessly. Make it your other intimate other. Love it with a passion that knows no bounds, has no limits. Devote yourself to your topic resolutely -- and make yourself its master. Dedicate your energy, your time, your resources without limit and without reserve to your chosen discipline. Yes, have a love affair with your theme.

When I was 17 I lied about my age to get a job at RCA. I was the sole support of my mom and 2 kid sisters. I quit high school because there was no one else to support them. I quickly worked my way into the electronic test group. I studied my task just as I recommend you to do. My love affair with the CRT and the alignment process yielded new, original, previously undiscovered ideas to shorten a procedure from 45 minutes to 15 minutes. Standing firm against the non-believers, I prevailed. I got the process I conceived made the new standard, thus tripling production in my department. I knew my subject. Know your subject, speaker!

2. Know your market

Know exactly what people, companies, associations, groups, industries are most likely to appreciate you and your mastership -- and to reward you handsomely for your insights, your views, your recommendations. Know their demographics. Know their psychographics. Then stay on top of events that matter to those in your market. Be a restless, hungry, greedy seeker of every crumb of data, knowledge -- and wisdom -- that impacts those at every level in your market. From the shareholders to the Board to the CEO to senior management to every level, every specialty, every group and sub-group. Leave no stone unturned.

Years ago, way back before I dreamed of becoming a speaker, I represented the Pepsodent Division of Lever Brothers to retailers in the Greater Los Angeles area. I found retailers who didn't know that they longed to carry my line, to display it, feature it, promote it. I identified dozens and dozens of stores, targeted them and won them over. Not just as customers, far more than that. I made them advocates, believers, disciples. Amen, brother! This passionate devotion to the cause of that brand carried me to recognition, awards -- and much more. I knew my market. Know your market, expert-who-speaks!

3. Know yourself

Know your values. Know your values -- and don't settle for less. Know what you stand for. Know what matters, truly matters, bone-deep, to you. Know where you've been. Know where you're

going. Know why you do what you do.

Hey, fellow speaker, I've lived this stuff, I don't just teach it. Years ago, when Pepsodent didn't reward me adequately, I quit. (When a market doesn't reward you adequately for your contributions as an expert who speaks, find another market that does recognize and reward your value.)

When I moved on I joined Cole Steel Equipment Company -- and in 5 years tripled their sales in the Greater Los Angeles area. This went on and on until I started to awaken others to their potential. And to how to actualize their potential. But -- you don't want my life story. You're more interested in YOUR life story...and how you can write future chapters you'll be proud to show your kids. (Know yourself, fellow expert, fellow speaker!)

(c) Copyright 2005 Burt Dubin. Burt Dubin is author of "The Speaking Success System," an unusually effective mentoring program to help speakers reach their career goals faster. Contact Burt at (928) 753-7546, or by email at

burt@speakingssuccess.com.

Nani's advice: Burt is well worth the money. If you aspire to be the best in your niche of speaking success, email or call him. If he invites you to his inner circle, WOW! I am in his inner circle and enjoy the company of many experts in their niche. My own supportive spouse Ron says, " I was privileged to sit quietly at an inner circle weekend that Nani participated in. I felt privileged to be in the presence of such talented people who came together to share experiences and mastermind with each other. It is wisdom learned I have never forgotten. Thanks for the opportunity Burt." That says it all. Why would you hire Burt to get you going? Same reason I did: You are worthy.

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MEET A MAGNIFICENT WOMAN SERIES **by Nanipuaaalaomaililaulii Aki Linder**

This past couple of weeks I had the opportunity to visit with my friend Sandi Tarr-Brown of Missoula, Montana. Sandi is an author. An avid reader, reading about 10 books a week. She is on the staff of Lambros Realty and is a member of their Million Dollar Club. She is the proud mother of Branson who has won TWO Emmys in the last two years. She has built her business and career from scratch. Is a graduate of the infamous Tony Robbins system, complete with walking on hot lava stones. Most recently she completed her chemo-therapy with the same spunk, spirit of hope and class she has exemplified all her life. She is a stunningly beautiful woman inside and out. Sandi is filled with a sprit of hope and am so pleased she has allowed me to write her story of :
"kicking cancer to the curb."

Sandi is a woman whose pores drip positive affirmations of hope. She is charming, akamai (intelligent), an astute business woman and a "Thrifer" with a capital T with a heart as shiny as the most brilliant gold! Sandi says," you know I was never afraid when they told me I had cancer. I listened, learned my options and then made the choice to have surgery and deal with the outcome when it happened." She had spleen and pancreatic cancer. Was it painful? Yes, but not as bad as she thought it would be. "When the decision was made to have chemo therapy I decided to do all I could to have fun with it. I knew I would be bald", she said, " so I planned a "fundraiser hair cutting party". Lots of people came and at first they didn't want to cut for fear it would look yucky." But Sandi told them they could not hurt it because it was already starting to fall

out. Yep right on schedule, three weeks into therapy her thick lovely hair began to fall out. Sandi says she worried only that it would all fall out before the hair cutting event. LOL! Her only son, Emmy winning Branson, from California was flying home to participate in this historic event. Many people came. "They were afraid at first" sandi told me ,but when they witnessed her positive attitude everyone got into the groove of this hair cut for charity event. Sandi reports, "that was the worst haircut I ever had but beautiful because so many people participated!" During the event and for the next few months friends would marvel at this attitude of hope she projected. Some came and told her how her role model inspired and motivated them to believe they could conquer this malady as well. This continues today as women who are experiencing cancer are comforted by the strength of their friend Sandi. This in turn has inspired women she has never met because as we each learn from her we are filled with and can share her "I can do it too attitude!"

"The oncology center is a good one in Missoula, they care and take pains to make you feel like you can do it!" I asked if she worked the whole time. She said ,"yes even when I didn't feel like it!" "Guess how much shots the day after chemo cost?" I guessed \$400 each. I was staggered when she said "are you ready for this?" It cost, \$4753 for each one and I had 6 of them. So, can ya see why I kept working? " A surge of pride for my friend Sandi went right through me and something else as well. Awe for a woman who stood tall and conquered the dreaded "C" without shedding a tear! Wow! She told me she never wore a wig, did wear a hat and that was the coldest winter she ever had. Now her hair is growing back to its thick soft beauty. She looks stunning and more youthful to me and ought to be mighty proud of herself for setting such a magnificent example of living with positive expectancy.

That is the Sandi I have known off and on since December 1979 when I first saw her in the parking lot of east Missoula where the Weather Service and Forest Service were attending a Christmas party sponsored by one of the radio stations in town. Sandi sold our home in half a day when we were transferred from Missoula Weather Service to Lewiston Idaho Weather Station in 1995. When I was attacked and injured mistaken as a Nez Perz Indian Woman she was indignant and supportive. When we recently began searching for a home in the Missoula area Sandi was there to search and find once again on our behalf while still on chemo. Sandi has helped me to see through my own sister's eyes as she now battles this dreaded "C" word taking chemo-therapy as I write this. Sandi's story of hope made me feel and see a positive expectancy of hope for my own lovely sister. She also helped me to understand clearer the stages Ululani will pass through. This is a walk that many have taken, are walking now and many more dread. Sandi Tarr-Brown today inspires hope in many woman and has the admiration of so many. Mahalo Sandi for caring enough to share your story.

Authors memo: Sandi allowed me to write this brief story (believe me it is longer but am encouraging her to write a book on it) so that others might have hope. Thanks Sandi Tarr-Brown you are a heroine of the first order. Please feel free to comment if Sandi has lifted your spirits. I will forward your words to her. She is an author as well so keep your eyes open for her book. I shall definitely give you a link to it when it comes out. Nani email your comments for sandi to me at Nani@universityoflife

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MASTERING THE ART OF LIVING DIVERSITY SERIES

By Nani Aki Linder



Heavy subject and one that sets folks off almost immediately. One can become defensive, hostile, develop a "what you talking bout," "your "nuts", or possibly "okay I dare ya to change my mind." Each person finds their own reaction.

I invite you to write what your perception is of yucky attitude, bad attitude, mediocre attitude. What is yours on a scale of 1-5. One being sucky and 5 being bold? Do not think just write.....

How did you score yourself?

What is attitude anyway keeping in mind we are talking about diversity. Anyone care to give their definition? Write it down. Now apply the golden rule to your answer, then add a sprinkle of common sense. Our intent is to provoke thinking and practice seeing beyond the obvious.

When we, you and I, work in the public arena; we are being paid money to see from our client's eyes, not our own. We are there to serve the needs of the person in front of us, ego at the door. Tired, grouchy, not feeling well, can't cope? As my dad used to say, "too bad, so sad! Now go to work people are counting on you!".....take a deep breath, re-center then think, feel and see through the eyes of your client. It is not their fault you may have personal problems, you feel out of sorts or whatever else is happening. Mary Kay Ash once said in a leadership class I attended, "it is your job to change hats in the car enroute to work then change it again, out of work mode, before you get home!" Great advice from this wonderful business woman, mother and grandmother who build a major cosmetic empire. In essence what I saw her point to be was, when you are working be at work. When you are at home be at home.

If you are a teacher of children, they are looking to you to be the adult and make decisions based on their interests. They are to feel safe in your care. If you are in social services, your personal opinions do not enter the equation because you do not know all the circumstances that brought clients to you. It is terribly hard to ask for help. When you do, to feel like someone looks down their nose on you is an added burden and stress. The sole purpose for any of us in our job situation is there is a need. Without the lines of people waiting for your assistance or coming to schools and into your business is this; "without the client, student, patient etc. you have no job. It is as simple and as hard as that!" It is not your or my job to pre-judge the situation of that client; it is your and my job to be of service to the best of our ability. It is our job to leave out clients, students, patients etc. with hope.

Problems arise often when we pre-judge. Words such as "your brother never made it so you might as well quit now? "Shut up or I will send you to the padded room!" (indeed I know a school that uses a locked padded room) "You are only a stupid woman, slob, ignorant, lazy, alcoholic, whatever!". **No where on any of our job descriptions** is there a space for "knows the future, can be or is allowed to be judge, jury or executioner." If Creator doesn't stand up in Heaven and say, well let me see you two will be losers, those 5 will be brilliant, lets give you an extra dose of stupid, you will be a drug addict, liar, in poverty then who are we to make personal judgements?

We all are born with the same clean slate.....our environment our intent, [our choices](#), what we learn, our attitudes and perceptions mold us and out throught process. How we treat fellow humans, in my opinion, has a direct correlation of how we see ourselves. Some folks in science call it mirroring.

All humans have the innate ability to improve but we invite ourselves to make the conscious choices to improve or not. It is not an automatic skill. Making choices takes work. Did you know ?

Racism is a **learned skill**.

Superior attitudes are **learned skills**.

Feeling inferior is an **accepted attitude** one begins to believe. Read this again, it is important that we all grasp these sentences.

Reflect on this day September 10, 2005, Native Americans are still the only social group where it is still okay to bash, insult, degrade and no one steps up to say STOP NOW! Some in the media, politicians, administrations of schools, people in general accept this chilling behavior as the norm. Many well meaning teachers believe they are doing right while doing wrong. Explain that sentence. Alright! Teaching is more than taking a one size fits all and getting the children of Native American ancestry to fit into that mold. Teaching Materials are meant to provide immediate relevance and appreciation of the learners lives. More often than not at reservation schools this is not done. How can we improve? We could do this by infusing culture into the equation not just the history as written by non Indians. Inclusive, current right where they live history of how resilient the Tribes were and are. Promote pride of heritage and honor cultural traditions. When you understand a culture and infuse respect of that which you do not understand into your education, it is a beginning. Attending a cultural immersion class where culture taught by local people as well as expert is a key component.

In the year 2005 it is shocking to read the statistics and stereotyping of the Indian children. Let me give you only one possible reason why their suicide rate may be so very high. In my opinion, 200 + years of "its only an Indian!" "The only good Indian is a dead Indian!" "Your brother failed so why not quit now and save the taxpayer money!" "You are just a drunk or, inferior". Need I say more? For some reading this, my lack of political correctness may be offensive. So be it! Truth is truth. When we don't speak it we consent to the misdeeds with our silence. This is September 2005 and school has just begun in most states. Christine of the STAR (Students and Teachers Against Racism) organization is already swamped with complaints of racial concerns from parents of Native Indian students. Educators do care, we just need to give them all the tools to make their classroom successful.

Tired of reading my columns about this important issue? Wish I would quit or mind my own

business? Humanity's children is everybody's business. If I stay silent I become part of the problem by consenting with my silence and that is something I will not do. I would love to be out of business because Native children are safe and treated right. **We were once the children! How many more generations before we address cultural immersion? Dirty little secret is its not getting better. Most of Indian History is a distortion. Now you know. Its no longer a secret.**

Adults who see and do nothing consent with their silence everyday. Adults who know whom the culprits are on the job in schools or workplace and say or do nothing consent with their silence. School boards that ignore Tribal Councils, Superintendents that ignore Indian parents and their advocates, **ALL consent with their silence.**

Before you make a decision to go on strike do you ask yourself? "I wonder what will happen to my students, patients, clients?" Heaven's, do we ever ask, "what about the kids?" Sadly, in the year 2005 in my opinion common sense is losing a mighty battle and self interest takes first prize every time?

Please understand this is not about blame and shame, those days are over because they only serve to rile folks to inaction. Educating and moving forward as inclusive partners is a gentle and common sense approach to awareness. It is my recommendation that when teacher orientation or teachers conferences are planned cultural immersion should be front and center. I also recommend that every employee on the campus who impacts a child during the school day should attend. This is why. A teacher can build all the bridges of hope and infuse children with positive expectancy only to have support staff come along and destroy it with an unkind word, unthinking stereotype attitude and worse revealing confidential material as local gossip. Children are little people with big feelings just like you and I. This applies to all children.

Consenting to inappropriate actions by our silence has become the norm but once we are aware there is no excuse.

How do we stop it? We could invite ourselves to tweak our attitude, dust off our immersion and inclusive knowledge, initiate self respect and values as important and to stand above petty dislikes? Perhaps ideals of inclusion where we practice the golden rule as a way of life could be embraced? I invite you to consider what choices you can make to ease the tension, or make a child's life better, forgive past hurts, love yourself? How about reaching across the aisle and shaking the hand of your person of color or non color neighbor. What a concept! Simple common sense civility towards our fellow human beings. Is this easy? Yes & No it depends on ones own attitude and perception. Is standing and delivering doable? Yes when you apply the committed will and definitive action.

I invite you to consider adopting this power attitude adjusting statement;

"I'm whole, perfect, strong, powerful, loving, harmonious & happy!"

This saying is one of the **mysteries of life** and a very powerful statement of truth that in essence keeps you healthy. **Think about it**; which of those words is not true or doable? Which is a negative? Which will bring you down? Which judges as not worthy? When we teach our child this as an automatic way of life we fill them with hope. When we wish the best for friend or foe, leaving no one behind we foster hope. Hope is the greatest gift one can

bring to a Childs life and indeed to one's own. This simple invitation of hope cancels out blame and shame. The way to conquer evil is to smother it with good. Make Sense?

As always take what you need from this diversity piece and discard the rest. Email me your thoughts at anytime. Copyrights Nani Aki Linder. This is part of our Diversity Leadership Series.

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Point to Ponder: On Drugging our kids

The Physicians Desk Reference of Drug Side Effects notes that, regarding the pharmacology of Ritalin: "The mode of action in man is not completely understood."

Did you know that Ritalin has effects similar to other stimulants including amphetamine, methamphetamine and cocaine. Research tells us that there are 6 million prescriptions for Ritalin filled annually. The U.S. pharmacists distribute five times more Ritalin than the rest of the world combined. No other nation prescribes stimulants for its children in such volume. In fact, the United Nations International Narcotics Control Board has on two recent occasions written to U.S. officials expressing concern about the sixfold increase in Ritalin usage since 1990. Interested enough to ask questions? Research for yourself? What steps will you take to research and protect your child, grandchild, all children? Dr. L. Day's has an impressive wholistic commentary on ADD ADHD that you can access on the internet. nani@universityoflife.info

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Action Exercise For August 2005: BTW

New Research Shows Wild Blueberries are the #1 Fruit!

In the [June 2004 issue of Journal of Agricultural and Food Chemistry](#) researchers used a technique called oxygen radical absorbance capacity (ORAC) to test the antioxidant power of more than 100 different kinds of fruits, vegetables, nuts and spices. In a laboratory testing, wild blueberries emerged as the top antioxidant capacity fruit– and overall were second only to Mexican red beans!

For the first time, in this antioxidant study, the USDA evaluated both wild (lowbush) and cultivated (highbush) blueberries and found that wild surpassed its cultivated cousins by 48%. Scientists attribute the high antioxidant capacity of Wild Blueberries to [anthocyanin](#), the phytonutrient responsible for the berry's deep blue color.

This is the official standings of this study list:

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|---|--------------------------|
| 1. Small red beans (dried), also known as Mexican red beans | 11. Strawberries |
| 2. Blueberries (wild) | 12. Red Delicious apples |
| 3. Red kidney beans | 13. Granny Smith apples |
| 4. Pinto beans | 14. Pecans |
| | 15. Cherries |

- | | |
|-----------------------------|------------------------------|
| 5. Blueberries (cultivated) | 16. Black plums |
| 6. Cranberries | 17. Russet potatoes (cooked) |
| 7. Artichokes (cooked) | 18. Black beans (dried) |
| 8. Blackberries | 19. Red plums |
| 9. Prunes | 20. Gala apples |
| 10. Raspberries | |

###

Continuing with our Tip Sheet series we are alerting you to a serious new infection that affects humans and is mutating to pets. Next month we are supporting a fund raiser for research money to help conquer this disease. The UK actress Jill Moss and her Bella Moss Foundation shall receive all funds raised and is promoting this appeal.

University Of Life & Hope Tip Alert! **Author's Personal Appeal**

As a woman whose own immune system is compromised due to a toxic prescribed medication reaction, I am always concerned about new germs, diseases and regeneration cures. Just today on Fox news I heard that all military personal who fell into the water in New Orleans are being hosed down and transported out for exam because there are germs and toxins in that filthy water than CANNOT be identified. This is not any one persons fault. [It is just a fact of life](#). Germs are everywhere and mutating faster than medical science can converge on them and find cures. It is our kuleana (responsibility) to be alert and take personal care of ourselves daily. For example, disease cannot live in a balance Acid-Alkaline body. I have a chart I will be happy to email you on this.

Staph infection, mega-bugs, germs are all around us. Many patients whose immune systems are already compromised develop staph infections in the hospital after surgery. Now sadly, our pets are getting this disease called MRSA and it appears to be a mutation from humans to pets. What is frightening is death is painful and swift. In our country 5000 humans die of these type infections every year. Dr. Mercola www.mercola.com speaks of serious staph infections patients develop while in hospital and cites many statistics of how some die.

Today I personally appeal to all of humanity to take the time to read of this looming threat from a courageous woman named Jill Moss who is determined to turn tragedy into awareness and support scientific research for the cure of this disease called MRSA. While her appeal is a direct one for pets, this shall also benefit humans because shining the light on this serious mutating Staph infection keeps human medical caregivers alert and scientists vigilant.

Humanitarian Fundraiser Announcement

On [Oct. 4, 2005](#) the Bella Moss Foundation will host a fundraiser for this serious problem. We are helping in a small way by donating ALL

ROYALTIES of my book "Trial By Fire A True Story Of Hope" to support research and educational awareness. This is a straight up appeal, no advertising, no offers of freebies, no one will contact you to buy their stuff. The author is not on any list for best seller gain. Only this foundation will gain, but the long term benefits include all humanity. The bonus is pets shall gain if all of us unite and spend a little to make headways in this dreadfully painful killer called MRSA.

This is a humanitarian appeal sent worldwide by the Bella Moss Foundation.

[Read now about the Bella Moss Foundation](#)

The Bella Moss Foundation began with the loss of Jill Moss' most beloved friend and companion, Bella Louise Moss -a beautiful white Samoyed dog who also happened to be Jill's best friend. Bella was Jill's anchor and support through the tragedy of losing her fiancé in a plane crash. With Bella's free spirit and "talkative ways", she gave Jill the reason to go on and to laugh again. They were constant companions, and Bella opened doors that were normally closed to dogs as Bella accompanied Jill to film premieres, gallery openings, and fully participating in Jill's busy life as an actress. Jill and Bella together became known as the "chatty blondes." That was all to end and too tragically... One day Bella was out doing one of her favorite things -chasing a squirrel when she tore her cruciate (the ligament to her knee). This is not typically an overly difficult surgery and is more of a routine surgery to repair the knee. However, **this surgery ultimately became Bella's death due to one mitigating factor: the superbug MRSA. During surgery, Bella contracted MRSA (methicillin-resistant staphylococcus aureus), which is a mutated staph bacteria.** Jill endured watching Bella die an agonizing and really unnecessary death. To add insult to injury, Jill was stunned when the veterinary nurses abandon Bella due to their own fear of contracting MRSA while the veterinarians gave conflicting advice. Through changes in veterinary practices and procedures this could all have been avoided. Jill's loss and heartache moved her to institute the Bella Moss Foundation to bring about these needed changes. The main aim of the foundation is to:

1. Achieve changes within the veterinary medical practices by working with the statutory bodies and governmental agencies who regulate veterinary medicine.
2. To achieve improvement in standard veterinary practice by sharing information of research, and support the enforcement of the new regulations for infection control.
3. With foundation donations, to support and sponsor ongoing research into MRSA and other serious infections in pets.
4. Make all relevant information readily available to pet owners seeking advice and answers on the care of their pets.

5. To utilize venues of media for the public and veterinary profession on all issues pertaining to MRSA and other serious infections affecting pets.
6. Donated funds will go to support and sponsor and participate in conferences and other gatherings to share or further develop knowledge on MRSA and other serious infections concerning and affecting pets.
7. And eventually, to use donated funds to support an establishment of a veterinary facility for pets suffering from MRSA and other serious infections.

Contact person for the Bella Moss Foundation here in the U.S. is Kim Bloomer, email her at mrsta@aspenbloompetscare.com There will be a free conference on co-op world on Sept. 24. Email Kim for the link to listen in and speak with those in the know on this disease. **Remember this is the same HUMAN staph infection now being mutated from humans to pets.**

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The Final Word:

Health care issues are important for us all. I am an avid researcher because my health and life literally depends on it and ladies and gentlemen so does yours. In today's climate so many pesticides, antibiotics and other environmental products are in our food, the water we drink and literally the air we breath. I would invite you to eat all foods in moderation. Discard as many sugar products as you can and most particularly chemical sugar substitutes. Read labels. Grow your own tomato. Grow your own bell peppers. Plant some blueberry or raspberry bushes. In the city some of these make nice potted plants. Remember, lycopene does not enter the tomato until it is vine ripped red! There are farmers markets one can go to. Sunrider puts out a wonderful vegetable rinse that is toxic free. Send me an email and ask for an educational information sheet on this. Living oils are useful as natural yet effective distruction of germs. Many Native peoples know of natural remedies and herbs, attend classes and learn as well.

Note: This is not medical advise it is some holistic research that I have used for years to stay healthy because my own immune system is compromised due to a toxic reaction to prescribed medication. Remember dear hearts, this is your life, it is not a dress rehearsal so do all you can to live it healthy, wise and wealthy where it counts! Each of you is too important not to enjoy the best life you can. As always take what you need and discard the rest.

Special Thanks: To those of you who were inspired by my mother's story and took time to e-mail and call. Mahalo nui loa. It meant alot to our family to know you felt the love of our aina through our parents. I wish you could have known our dad and when Mom comes to visit come and say hello. She would love it! Thank you Kamaka!

Important Announcements!

1. I will be speaking at Eastern Washington University at Cheney, Washington on October 5, 2005.

This is a Public Event sponsored by EWU.

Time is noon-2 p.m.

Event is FREE including refreshments.

Theme: How Do You Spell Diversity?

Place: Peace Union Building: Multi Purpose Room

I invite all of you to enjoy the hospitality of EWU. Please be sure to come and say hello and tell me how I can be of service to you. Sara Sexton-Johnson, Director Office of Professional Development and External Programs and her staff, Becky, Jessica, Cathy Dixon, Lauri and Carol have prepared a wonderful afternoon of fun and interactive activities. I am most impressed by their professionalism, attention to detail and creativity to make this a special event for their students and the entire community. Don't be shy, come out and join us. I look forward to meeting each of you.

Personal note: When you see Cathy Dixon thank her for her sacrifice as a military spouse whose husband served in Iraq and is active duty military now. Because "their family" stands watch ours can sleep safely. I say "their " because when he goes into harms way, she and her son must wait. Thank you to all active military persons and veterans who are reading this. It is you that kept us free and I honor each of you. Mahalo nui loa!

2. Important announcement: the NWAHMA expo has been cancelled due to unforeseen circumstances. NWAHMA expo was to be held in Tacoma Washington :

3. I will be in Montana for much of September and October. If you need to reach me call, email or send a message from my website link. Watch for scheduled summits with Changing Winds on Cross Cultural Immersion, Be A Star, and Summon the Women International Summit!

4. Women's Business Center and Changing Winds will be sponsoring a Diversity Summit January 27-28 in Spokane Washington. Details coming soon.

5. If you need a Cross Cultural Leadership or Diversity consultant, keynote, coach or trainer I am at your service. Please call or email me. I write first listen to your concerns and then write a program to meet your specific needs. We share cutting edge, not taught in any books, educational systems. Go to my website www.universityoflife.info for further information, access to my books or other information. I can also design a teleseminar or teleconference to meet your needs as well.

Contact us about becoming involved in a "Summon The Warriors International Woman's Summit or with suggestions!"

nani@universityoflife.info

A Hui Hou! (till we meet again) Pau (the end)

Nanipuaaalaomaililaulii - White Raven



As always take what you need from this newsletter and discard the rest. a'ole pilikia! (no problem) I invite you to forward this newsletter to your friends or colleagues. They may subscribe at www.universityoflife.info.

It only takes a moment and this is a FREE service.

A hui hou dear hearts until next month October 10, 2005

www.universityoflife.info 509-467-7714

nani@universityoflife.info