Ain't no reins on this one...
THE DAILY SHEET

Saturday, March 29, 2008

PROFILE: ELENA

I'm glad I was asked now for my profile and not a year ago or so: I've just started again to find life to be wonderful and to be the happy kind of person I usually am ;-).

I was born on Lake Como in Italy, but I've lived in the German-speaking part of Switzerland for the last 18 years. I'm a professional translator. I also work as an interpreter and Italian teacher. I love my job because it's interesting (translations vary from love letters to divorce sentences), no one tells me what to do and I work whenever I want. I can have a walk during the daytime with my friend's dog or enjoy the neighbour's cats and then work late at night.

Or I can accept the invitation of the neighbour's children to go and play with them. I don't have children and I never wanted any, but I love playing with those three children. They are being educated in a totally different way as I was. They are responsible and caring, not because they were repressed, but because they've learned to care also for others. To play with them heals the remaining wounds from my childhood. They help one to see things from another point of view. We also laugh a lot, which is healthy. In fact I started lately to go to sessions of **laughter yoga** although I have to say that I laughed more than the average person even before ;-).

I'm not religious, but in the last few years I became more interested in spirituality. I do believe we should leave behind us a better world. That's why I'm engaged in political and environmental battles and since 1994 I work as a volunteer in a Centre Against Racism.

I'm absolutely grateful to the Forum: I started to feel "normal" again noticing that also other people were as taken with BBM as I was, and it also helped me in a very difficult time of personal changes. Now I feel all right again. I just keep coming back to the forum because it has become my "home" a bit and I keep reading slash because I like it. The only negative point of the whole involvement with BBM is that I have less time for other books.

But I could find time to help a writer who would like to write a fic using a plot bunny that has been jumping around me for a while. I was born in the village where the Second World War ended for Italy: Mussolini and the members of his government were captured there in April 1945. I've got a strong interest in the Resistance movement. I know a lot about that time, have a big collection of books and I know witnesses of those facts. What about Jack/Ennis in Italy before 1945? Caught between fascists and partisans? (The FanFic} "Liberation" from Mel/rightwere_u_r, set in Holland after 1945, is working very well. I would be glad to help a writer as long as she/he does believe

that there was a fundamental difference between fascists and partisans: nowadays in Italy some people say they were all the same. No way you can put on the same level those who fought to free a people and who fought to keep it under a murderous dictatorship!

Are you a morning person or night-owl, peace-maker or comfortable with confrontation, more of a sun-bather or rock-climber, life-of-the-party or desiring a quiet cup of coffee with a few friends? I can be whatever. I usually go to bed quite late but I like to get up early in the morning to go up the mountains. I don't look for confrontations but I can fight to support my point of view, on the other side I'm often able to see why two persons are fighting and to help them to solve the problem. I discovered jogging one year ago (I always thought it was a stupid sport) and now I run 20 minutes every day, but I can spend several hours reading; I like parties, I love dancing to loud rock/pop/disco music, but I enjoy also quietness.

What famous quote has inspired you? When I was young: The true revolutionary is guided by a great feeling of love. It is impossible to think of a genuine revolutionary lacking this quality (Ernesto Che Guevara)
Lately a modified BBM-quote I saw on the forum: If you can't stand it you've got to fix it

Currently listening to? Old soul/rhythm&blues/rock (Curtis Mayfield, The Supremes, Solomon Burke, The Four Tops, Otis Redding, The Temptations), but I do listen also to more modern music, the last CD I bought is Robert Wyatt's Comicopera.

What is the greatest gift that you have received? Why? I was the first woman of my quite modest family to go to University. It was especially my mother who supported me. This was a great gift because it helped me to escape from my village where I was suffocating being a teenager a bit different from the average, and it helped me to expand my horizons.

Currently reading? *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness* by Jon Kabat-Zinn

Biggest challenge? To live mindfully in the present moment (not only because of the book I'm reading ;-)

Your perfect day? Spent with friends I don't see often because they live some hundreds of kilometers away. But I also enjoy a day spent working in my office at home, with pauses to play with the children or relax in the garden, that is in fact my normal day.

What's your indulgence? Dark chocolate in huge amounts. In fact I've never met a carbohydrate I didn't like.

First job? Two years as a teacher for pupils 14 to 18 years old. Quite funny if you consider that I spent my high school years saying: "I will never be a teacher!".

What was your most embarrassing experience or the strangest situation that you found

yourself in?
With a friend of mine, a member of Parliament who helped the cause of Tibet, I went to the national celebration of Losar, the Tibetan New Year, of the exiled Tibetans in Switzerland. We were sitting with the guests of honour, eating and enjoying the traditional dances. Suddenly we had to go on stage in front of some 600 hundred persons and perform a kind of tribute to the image of the Dalai Lama: depositing in front of his picture the white lucky silk scarf we got as a present for the evening. I still don't know exactly what we did but at the moment I was quite embarrassed: it looked to me as a kind of veneration you would expect for a divinity. Now I think we were probably just wishing him good luck for the new year (everything was spoken in Tibetan and I didn't catch a word). By the way they gave us new scarves later.

Other than BBM, what movie has impacted you the most? Why? I'm a regular movie-goer, but no movie ever went even near to the impact of BBM on me.

What's one thing that you just can't stand, so you're trying to help fix it? Racism, wars, intolerance. I'm really trying to fix it! One of my hobbies is to go to demonstrations/panel discussions or to organise them ;-). I'm also engaged in day-to-day work to bring Swiss and foreigners nearer, although the political climate here in Switzerland is not getting better.

What brought you to the Forum? I tried to understand this "thing" I had for BBM

What do you appreciate the most about this site, what is the most important thing that you have learned as a result of being here? I became even more tolerant than I was before. Meaning non-judgmental.

Are you more like Jack or Ennis? Why? I'm a Jack-person. I'm very social, open to contacts, ready to complain and to fight for my rights and also for the rights of other persons.

Your favourite threads? Now **Slash: Discussion and recommendations** thread and **Le Bar Slash**. When I first arrived on the forum **How Brokeback Affected Me** and **Brokeback's Impact on Women**. They are very good threads, like many other ones, and I feel guilty I don't participate there anymore, but since I discovered slash I can't manage to follow more than one thread and read slash.

How many times have you watched BBM? Six times in a movie theater, and I've seen unaccountable times on YouTube vids of the reunion kiss and of the dozy embrace (slow motion is the best).

Your favourite BBM scene? Reunion kiss and dozy embrace. It may be an obvious choice, but these two scenes are so absolutely-freaking-amazingly-incredibly intense I can't even start to describe their impact on me.

What was your take-away message from BBM? What affected you the most? When you've found the person you love do everything to be with him/her and enjoy your time together,

but at the same time be aware that everything is transient.

On another side the movie made me painfully aware of the discriminations suffered even now by some persons just on the ground of who they love. I was already very in favour of gay/lesbians rights before seeing the movie, now I'm even more vocal on the subject.

FOOTAGE OF HEATH'S VIDEO TRIBUTE

Footage from Heath's production of a music video for the song *Black Eyed Dog* is now making its way around the internet. This video has had only two public screenings, one at the "Bumbershoot festival in Seattle, and a second in October at '*A Place to Be*,' an event honoring the song's creator British musician Nick Drake. Recently, the Australian *A Current Affair* broadcast parts of the video," reports **The Defamer**[1].

Drake, who died of a drug overdose in 1974 at the age of 26, was a man whose life and music served as a source of great interest for Heath. Drake, who "suffered from debilitating depression," wrote *Black Eyed Dog* based on Winston Churchill's famous description of depression.

Heath's video production of the song has been described as "a haunting, black and white visual accompaniment," by the Defamer. The video's final scene reportedly depicts Ledger drowning himself in a bathtub (edited out of the aca broadcast featured in The Defamer article).

A You-Tube video featuring footage of Drake, as well as clips from Heath's short production all set to the music of *Black Eyed Dog*, can be viewed **HERE.** [2]

[1] http://tinyurl.com/25a4fr

[2] http://www.youtube.com/watch?v=sPKnGo_WOp4

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DO YOU HAVE AN UPDATED WILL?

The recent death of Heath Ledger highlights the need for people to have an updated will designating to whom they will leave their estate. Phuong Cat Le of **Seattlepi.com**[1] wrote, "When actor Heath Ledger died, he left everything he owned to his sisters and parents, but nothing to his 2-year-old daughter, Matilda Rose, or the child's mother, his former girlfriend, Michelle Williams. The Brokeback Mountain star filed a three-page will in 2003 in Australia, but did not update it after his daughter was born, according to media reports."

Estate planning is vital not only for parents, in providing for their children, but also for same-sex couples. **HRC**[2] tells us: "It is especially critical for GLBT people to have a valid will that expresses their wishes. If a person dies without a valid will, a complex set of state laws, known as intestacy laws, automatically direct who will inherit your property beginning with your biological family. Most state intestacy laws do not recognize domestic partner relationships."

Also, it is important to consult an attorney who has expertise in same-sex relationships, as requirements might be different from those applying to legally married couples - not only regarding wills, but also issues involving medical decisions or funeral planning. When you consult a lawyer also ask him/her about a Living Trust and how that option might work for you.

[1] http://tinyurl.com/2ub8xc

[2] http://www.hrc.org/issues/2718.htm

CONTROVERSY OVER HEATH'S WILL

"Michelle Williams' estranged father has challenged the Ledger family's handling of Heath's estate, questioning the validity of court papers listing the late actor's assets as worth just $145,000 (US holdings)," reports Gina Serpe on **Comcast.net/entertainment.** [1]

This comes just a week after two of the Heath's uncles voiced their concerns about Heath's father, Kim, being executor of the estate, based on what they claim was his mismanagement of their father's estate 15 years ago, reports **showbuzz.cbsnews**[2]**.** "They claimed they stepped forward only after being approached by Williams' father, Larry, inquiring about Kim's capabilities."

Larry Williams reportedly does not have a close relationship with his daughter and was not acting on her behalf. Earlier this month, after Heath's will was made public, Kim Ledger issued a statement saying that both Michelle Williams and Matilda would be "taken care of." Health drew up his will in 2003 and had not updated it after his daughter was born.

(1) http://tinyurl.com/2pnvwe

(2) http://tinyurl.com/2tglqy

HEALTH WATCH

March: National Nutrition Month

This year the **American Dietetics Association** (ADA) (1) is focusing on "the big picture" for nutrition month. "There are no bad foods, no good or bad times to eat and no magic bullet for maintaining a healthy weight," says registered dietitian and ADA spokesperson Ruth Frechman. "The fact is, it's the total diet approach that matters in living a healthful lifestyle. A wide variety of foods can fit within this pattern, if consumed in moderation, in appropriate portions and combined with regular physical activity."

"It doesn't matter if you eat after 8 p.m. What's more important is how many calories you ate the entire day, not when you ate them," Frechman says. "Splurging on cake and ice cream during a party isn't going to ruin a healthful eating plan. Pay attention to the portion of your treat and enjoy it in moderation, exercise a little longer the next day or plan ahead to save calories, like skipping your morning latte."

For a healthy eating plan:

- Start with a foundation that includes a variety of fruits, vegetables (orange and dark green are best), whole grains and fat-free or low-fat milk or milk products (low-fat yogurt or cheese).
- Bake, broil or grill lean meats and poultry, with an emphasis on eating fish, beans, eggs and nuts.
- Have a diet low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.

(1) http://tinyurl.com/39cm89

March: National Sleep Awareness

PHOTO BY DAVE MARTINIDEZ

We learn from **sleep-deprivation.com**[1] that Sleep deprivation can have serious health implications including an affect on our ability to think, to handle stress, to maintain a healthy immune system and to moderate our emotions. Concentration levels drop, memory is impaired, and problem solving abilities decline with sleep deprivation. Other effects include:

- Affects on hypertension and heart disease
- Irritability
- Slower reaction times
- Depression

Weight gain has been attributed to sleep deprivation as it affects our hormone levels of leptin and ghrelin which strongly influence appetite and fullness. Additionally, sleep deprivation is linked to alterations in blood sugar control for diabetes and non-diabetics alike, explains Susan Aldridge, PhD, medical journalist in **healthandage.com**[2]**.**

[1] http://tinyurl.com/39f9wr

[2] http://tinyurl.com/34wjdo

March: Colorectal Cancer Awareness Month

Colorectal cancer is the second leading cause of cancer deaths in the United States, however, if found early enough, it can usually be cured by surgery. **CDC.gov**[3] tells us that colorectal cancer almost always develops from precancerous polyps (abnormal growths) in the colon or rectum. Screening tests can find precancerous polyps, allowing them to be removed before they turn into cancer. Doctors usually begin screening people for colorectal cancer around age 50, but can begin earlier if you have certain risk factors, which are found **HERE**[4]**.**

Consult your family doctor concerning which method of screening is best for you and how often you should be screened

[3] http://tinyurl.com/36ex35

[4] http://tinyurl.com/2fatkj

TICKETS FOR LA SHOWING OF BBM GO ON SALE APRIL 1

On Tuesday, April 1 at 9:01 am Pacific Time, tickets will go on sale for the August 4, 2008 screening of *Brokeback Mountain* at the Samuel Goldwyn Theatre. Click **HERE**[1] to order tickets online. There are no minimum order requirements and no transaction or processing fees.

The Samuel Goldwyn Theater is located at 8949 Wilshire Boulevard in Beverly Hills. For more information, call (310)-247-3600.

[1] http://www.oscars.org/events/tickets/order.html

JOURNALISTS RECOGNIZED FOR EXCELLENCE

Dave Cullen[2], a member of the Dart Society and nominating journalist for the **2008 Mimi Award**[3], celebrates the recognition of his first editor at Salon, **Joan Walsh**, editor-in-chief at Salon.com. A great teacher and mentor to Dave, Walsh received an honorable mention for this year's Mimi, a prize that recognizes exceptional work by an editor.

"The Dart Society is an independent group of journalists dedicated to promoting sensitive coverage of victims of violence." Walsh's nominators said that "under her leadership the Salon staff has gotten permission – and a steady nudge of encouragement – to care deeply about what you write about, to make it matter."

Lois Norder of the Fort Worth Star-Telegram, was the winner of the 2008 Mimi Award.

"The Mimi was created to honor the memory of Providence Journal editor Mimi Burkhardt, who died unexpectedly in December 2004. Burkhardt inspired those around her to live up to high ideals and to produce solid journalism with heart," explains Dartcenter.org.

[2] http://tinyurl.com/2w2c3c

[3] http://tinyurl.com/399vud

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Forum Footnotes

What's in a Username We're calling on volunteers to tell-or retell--all of us what's in YOUR username.

Some of the most interesting stories came from people whose usernames weren't very unusual. And if your username is a direct Brokeback reference, we want to know why you chose that particular line. Look for the first "What's in a Username" feature on Tuesday!

Please send replies to royandronnie[1].

[1] http://tinyurl.com/39nyp2

MEMBER PROFILES

We invite you to participate in one of the very best TDS features - our member profiles. Please consider taking this chance to tell us a little more about yourself, as well as how the film and the forum have made a difference in your life. If you would allow us the opportunity to feature your profile, we welcome the opportunity. Please **PM Stilllearning**[2] for details.

[2] http://tinyurl.com/yqcf45

POST OF THE DAY

In the **Slash - Discussions and recommendations** thread, there was a discussion related to Jack's desire for love from the two men (his Father and Ennis) who seemed least able to give him what he needed. **MiralParis7** posts:

"I think we know that on a powerful subconscious level, and perhaps that is one of the reasons why the OS and film hits us so hard. There is a combination of not only the gay Wyoming thing, but a man who could never find what he was looking for, and 'nothing easy ever came to his hand.' And Jack never realized this, didn't know he had any options--and sure enough, Annie tells the story in the eyes of the man who was so clueless he didn't even know what an option was.

I guess the beauty of it all is that she shows us that WE have LOTS of options. The film made people see their options about life and love, and in some kind of poetic statement, we have made all those different options tangible in all the flavors of the stories we write."

QUOTE OF THE DAY

"They say a person needs just these things to be a truly happy in this world: someone to love, something to do, and something to hope for."

~ Tom Bodett ~

From **Photo Captioning Fun 3**
By **gnash**

curve in the road (to guard rails): **psst! here they come... straighten up!**

Contributors: KittyHawk, Whiplash, BayCityJohn, Lawgoddess, Elena, gnash, MiralParis7. and royandronnie.

CALENDAR OF EVENTS

If you have ideas about initiating a gathering, go to **Start Your Own Threads** and get the ball rolling to plan a get-together near you.

AUSTIN REUNION
March 29 - 30, 2008
Austin, TX
Come join us in Austin.
http://tinyurl.com/349b4x

BROKEBACK EVENT IN TULSA OK, APRIL 5TH, 2008
Brokeback Mountain* Screening followed by talk from author Eric Patterson *On Brokeback Mountain
7 p.m., Sue Welch Hall in the Equality Center.

BBQ: WYOMING ROUNDUP
June 1-7, 2008.
http://tinyurl.com/2ft3fv

BROKIES IN THE UK
June 20 - 22nd - Oxford 08
http://tinyurl.com/2b7ucy

BROKEBACK MOUNTAIN SCREENING IN LA
August 4, 2008 at 7:30 P.M.
http://tinyurl.com/2yrtpb

Let us know of any events you'd like listed here.

The Daily Sheet is a production of The Ultimate Brokeback Forum at **www.davecullen.com/forum**

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We count on you to send us your news items, questions, and nominations for posts of the day.

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