



re:

*Open to new ideas*

A Norton Rose Fulbright magazine

Issue 9

RE:

WORK

THE GREEKS TAKE CENTRE STAGE

THE PHOTO ESSAY: COLOUR AND LIGHT

LIFE



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# U N T R I N J A N I



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1935–8, *Te Deum* rose window commemorating HRH Albert, King of the Belgians, Cathedral of St Martin, Ypres (©KIK-IRPA, Brussels)  
Artist – Wilhelmina Geddes

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This is the ninth issue of *Re:*, a magazine for everyone in Norton Rose Fulbright around the world and for our friends, among them our clients and alumni. We live in a tough old world – witness the lament of our Greek chorus – which is made more bearable by things of beauty. In this issue, we present to you our fabulous Style guide to shoes, a note on the restaurants and cafés of Brussels serving exquisite hot chocolate, and a photo essay revealing the strength in beauty of Wilhelmina Geddes’s stained glass. George Scofield shares a few words of wisdom from San Antonio and Jane Caskey speaks up for the wonderful life to be lived in London, Ontario. And *Re:* has won an award (given by the Chartered Institute of Public Relations in the UK). I would like to acknowledge the important role played in that by our contributors: this magazine shows you at your best. Thank you for coming up with articles, ideas, criticism.

The tenth issue will appear later in 2016. See you then.

The Editor

# LETTERS TO THE EDITOR

I like this magazine. I like the way it picks up on all kinds of things and manages to surprise us with what it finds out. So let's congratulate the team behind *Re*: for getting some good peer recognition. Well done on winning an award for best practice in internal communications from the Chartered Institute of Public Relations in the UK. Keep up the good work!

**Ken Stewart, Houston**

*Re*: offers exceptional quality and brilliant content and comes across as intelligent but not exclusive, with an impressive mix of prose, poetry and visual imagery that is well suited to its global audience.

**Judges' feedback, CIPR Inside Story 2016 awards (UK)**

How lawyerlike the lawyer is not to understand a place without clear rules.

The thing I missed was Ethiopia's beautiful athletes. Watch, for instance, the last couple of laps of Hiwot Ayalew winning the 3000m steeplechase in New York. Or any marathon.

I sent the New York pages to my stepson who is leaving for NY on Saturday and he is very happy.

**Patrick Bracher, Johannesburg**  
*Ethiopia: a portrait in words; The guide to New York, issue 8. Ed.*

For readers interested in Ethiopia, I recommend *The Emperor: downfall of an autocrat* by Ryszard Kapuscinski.

**Kenneth Gray, London**  
*Ethiopia: a portrait in words, issue 8. Ed.*

I recently visited a shopping mall in Amarillo, and there in the middle of the vast modern crowd was a weathered cowboy, complete with wide-brimmed Stetson, fresh dust, and jangling spurs. It was surreal. I would be happy to offer up something on the life of the cowboy.

**Cecil C Kuhne, Dallas**

*The sporting life: issue 8. Cecil C Kuhne III is a published writer on cowboy law. Ed.*

I am receiving massive feedback on the article and on the magazine as a whole. People like it for being intelligent (in a Russian sense of word), delicate, and very broad in coverage of different facets of life. I've sent copies to clients and they are very impressed.

**Natalia Chudakova, Moscow**

*The art essay: Avant Garde, issue 8. Ed.*

## Contact the Editor

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The Editor

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## Looking ahead

Let me know your ideas for future issues. We are planning a feature article on depression. If you feel you have something to contribute to that, please get in touch. Ed.

## Book club

Recommendations of books for young children being accepted now.

## Instagram

Some of the photographs published in *Re*: are also posted on Norton Rose Fulbright's Instagram account.

## OBITER DICTUM

Latin, deconstructed, in case of need

ius

A right or a legal system. Better not spelt using a 'j' to avoid confusion with 'juice'.

ius civile

The civil law. In Roman times this was the law of Rome as opposed to the jus gentium, which were laws of universal application.

J

The letter 'j' is a latecomer to the alphabet and was not used in Roman Latin where an 'i' was invariably used (and still is by the purists).

jacta alea est

The die is cast. Attributed to Julius Caesar when he crossed the Rubicon to challenge the Roman authorities and started the civil war.

justa causa

A just cause or lawful ground. Used in Roman law instead of the need for a consideration as the basis for an agreement.

justus error

A reasonable or excusable error. Sometimes excusing liability.

K

Although there was a 'k' in Latin, the 'c' was preferred and 'k' is hardly ever used.

laesa majestas

Injured majesty. The crime of *laesae majestatis* is the crime of high treason.

legem brevem esse oportet

A law should be brief. A rare achievement.

legum baccalaureus and legum majister

LLB and LL.M. Well-known law degrees.

**Patrick Bracher** is a senior lawyer with Norton Rose Fulbright in Johannesburg.



# RICHARD CALNAN ON JURISPRUDENCE

**T**he character of our judges is as important to the operation of our legal system as the quality of our laws. What makes a good judge?

There was a story going around at the end of the nineteenth century. Counsel stood up in the Court of Appeal and started his opening speech: “My Lords, this is an appeal from a judgment of Mr Justice Kekewich ... but that is not the only ground of the appeal.”

The story is doubtless apocryphal, but it does illustrate one objective criterion by which judges can be assessed: how frequently they are overruled. But, in some ways, it is the very objectivity of the process which makes us question its usefulness. We can all think of cases where we thought the judge in a lower court had got it right, but he or she was overruled on appeal.

There was, for instance, the recent case in which the court had to decide what was meant by the words “any claim (whether sounding in rescission for undue influence or otherwise)”. The Court of Appeal decided that they meant what they said – “any claim”. The House of Lords disagreed; what they meant was, “any claim sounding in rescission”. One could be forgiven for preferring the approach of the Court of Appeal.

It is probably inevitable that our opinions about the quality of judges will be subjective, based on our own views and experiences. But is it possible to identify qualities which would have a broad measure of support? I would suggest three.

The first is intellectual rigour. The judge needs to get to the heart of the real legal issue in dispute in a case. Lord Justice Harman once referred to judges using “hair-splitting distinctions of exactly that kind which brings the law into hatred, ridicule and contempt

by the public”. The best judges cut through the complexity and propound a straightforward test which can easily be applied to the facts of the case.

A good example is a recent decision of the Court of Appeal in which it had to decide whether a party to a contract had repudiated it. There was a lot of case law on the issue, not all of it easy to reconcile. The court cut through all that, said that it was unhelpful to try to derive detailed propositions from cases decided on their own particular facts, and then set out a clear and straightforward test of repudiation which they applied to the facts of the case.

The second quality is to be able to sift the facts of the case and see what is important. No one has done this better than Lord Denning. He managed to encapsulate the facts of the case in a brief span and in an engaging manner. Every law student remembers the opening words of one of his cases: “Broadchalke is one of the most pleasing villages in England. Old Herbert Bundy, the defendant, was a farmer there ....”. Judgments of that clarity and brevity are now rare.

The third quality is the most difficult. Judgement. Perhaps the most important attribute of any lawyer is the instinct for the right answer. The ability to discern the right path through a complex set of facts and laws. It is impossible to define more closely but perhaps it is best seen as the product of the tempering of intellect by common sense. And experience.

Next time: *Lord Mansfield*


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**Richard Calnan** is a partner with Norton Rose Fulbright in London and Visiting Professor at UCL (University College London).

## **A strong commitment to an equal and inclusive workplace**

In the United States, Norton Rose Fulbright has been recognized by the Human Rights Campaign for our diversity and inclusion efforts. We received a perfect score on the 2016 Corporate Equality Index and were just one of 400 US businesses recognized in the CEI survey highlighting LGBT equality.

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A black and white photograph of two hands cupping a heart, symbolizing care and support. The hands are positioned in the center of the frame, with the heart resting in the palms. The background is a dark, textured surface, possibly wood.

.....  
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# The Q&A

## George W Scofield

### AN ELDER

GEORGE W. SCOFIELD IS A TAX LAWYER. HE LIVES IN SAN ANTONIO, TEXAS AND WAS RAISED IN LOUISIANA. HE HAS THREE GROWN CHILDREN.

Lawyers often take the negative. I don't know why. Maybe it's the nature of the beast.

**Is it a good thing for lawyers to be aware of this tendency?**

We had an industry psychologist talk to us. He said that most people in every profession fall within the general norm – there are always some outliers – but lawyers on two criteria fell way outside the norm. One of those was positive versus negative perceptions of the world. Lawyers were extremely negative. I don't mean cynical. We do have cynics, but it's more analytical worry than just being cynical about the world.

And the other was being introverts. As a group, we are generally introverts.

What I don't know – and it's the chicken-and-egg dilemma – is whether people that have those personality characteristics are attracted to being a lawyer, and then the legal profession enhances those characteristics; or whether lawyers come into the profession as 'normal people' and the profession moves them in that direction.

**Is it true that Americans are an optimistic people? Is that nature or nurture?**

If optimism means that we think we can do anything, then I think we are optimistic. I believe that is bred by historical success. I would also say that we are less optimistic now than we've historically been. We have met with failures in recent history. As a general rule, we're not very happy where our country is right now and how the world views us. I don't think the world views us as favourably as it historically has.

My children will be the first generation since the 1940s that may not enjoy a higher standard of living than the previous generation.

Our middle class is now not the majority. This has never happened before. That's because there's been a growth in the upper class and a more substantial growth in the below middle class. (We don't use the term 'working class' in the States. We call it middle class and we define it by income.)

Everybody works, even the richest people in the United States. Of course,

there are what we call 'coupon clippers' that inherited a bunch of money that don't have to work, but there's not that many of them. Even if they are coupon clippers, even if they inherited great wealth, they want to grow that wealth. But some of our richest people in the United States didn't inherit it, they grew it. The Bill Gates and the Warren Buffetts...

The American Dream is that if you're willing to get out there and roll your sleeves up, you can make something of yourself, no matter where you come from. You can make something of yourself if you come from the poorest family because we will supply you a free education, we will supply you the ability to go to post secondary university education, and if you come up with great ideas or you work hard and do this or do that you can succeed. That is my definition of the American Dream. We have a society that encourages entrepreneurship and that encourages people to work hard and succeed. Now, does everybody do it? No. Are there people that work real hard and still fail? Yes. But there is a structure: you can become anything you want to become.

#### **How ambitious are you?**

I turned 60 this year. By the rest of the world's standards, particularly Europe, I'm in the absolute twilight of my career. By my own standards I'm at the twilight of my career, because I'm tired! But by American standards, I have a good ten to fifteen years more. And I have second career aspirations.

My dad was a lawyer. He retired two years ago at 80. And I'm not sure he really wanted to retire then.

We don't take much vacation and we work longer, many more years generally. Right now, we have very productive partners that turn 65 and have to get approval to stay partners,

because we have a gate to go through at that point in time. You've got to get three committees' approval to stay on as a partner after 65. Our general counsel of our law firm in the US is almost 86 years old. And he's still one of the sharpest guys I've ever met.

#### **Do you read?**

I go through stages. The last four or five years when I've been in management – but still trying to practise law because, quite frankly, I like practising law – I haven't had the time. But I still do read. I think most lawyers read. I've always read, since I was a young child. And I constantly read and study the Bible.

#### **If I ask a lawyer in their thirties, will they say they read?**

My son is 29 – and a lawyer – and he doesn't read. Never read a newspaper. He gets online for news stories on areas of interest to him. As far as reading books – I don't think he does it hardly at all. Now my younger son who is not a lawyer (he's at med school), he does like to read. He's 23. I gave him the name of a book five years ago and he just loved it. But it was the sort of a book that a man in Texas would like. It was *Lonesome Dove*. It's centred around San Antonio and cowboys and there's fantastic character development and story line.

When you go out for drinks or lunch or whatever, books don't come up with that generation.

#### **Let's come back to ambition.**

I was an extremely ambitious person all through my career. My dad articulated it to me, growing up. He said, 'I may not be the smartest guy but I'll outwork the other guy.' And so I always thought that I could work harder than the next guy and succeed.

My daughter is a great example of where hard work can get you. She has

I always took a vacation. It wasn't an extended vacation, but I always took a vacation.

learning challenges, but she stuck with it and was able to graduate from college – and she is now gainfully employed.

#### **And you? Have you lost out on anything along the way?**

I have been blessed in my career in that I've had the kind of practice where I've had more local clients than national clients. I've had national clients but even then it hasn't required me to travel. I do a lot of up-and-backs: get up at five o'clock in the morning, catch the first flight out and catch the last flight back at eleven o'clock or midnight the same day, and starting over.

I didn't make all the football, baseball, ballet recitals and things like that for my kids, but I made most of them and I didn't miss any important events. Sometimes I fell asleep during them. I'm aware of a lot of our partners that will leave the office at four thirty in the afternoon to go coach baseball – I coached my kids in basketball – and then they go home and have dinner with their family and then they get on their computer and work till ten or eleven at night from home. There are ways to manage it.

I always took a vacation. It wasn't an extended vacation, but I always took a vacation with my family every year.

#### **Did you take two weeks off?**

Two weeks? No. I took my family to Africa three years ago and we were gone seventeen days, and that was the longest I've ever been gone in my 35-year career.

#### **What advice would you give to someone setting out on their career in law?**

Work hard. Learn your expertise. A young lawyer needs to do that. Get out into the community. Get to know people. Get to know friends. Set up

networks of business relationships. Find partners that you admire and understand how they do their business, both the actual practice of law but also the business of law. Look at several successful ones and pick the parts of their practice that fit your personality. You cannot do it the same way everybody else does, because you are not that person. You've got to tailor it to who you are. Some people are fantastic writers. Some people are fantastic speakers, so they get out on the speakers' circuit. Some people aren't good at either one of those but they are really good lawyers and they are really good at developing relationships, so those guys ought to be going out and having breakfasts and lunches and dinners with prospective clients, with friends. But the first thing is learn your business.

I told my eldest son (the one who became a lawyer) that the practice of law has become a business and is not as much a profession as it used to be, and that lawyers as a general rule in American society are not liked. Everybody loves their lawyer and hates every other lawyer. You've got to go into that with your eyes open: that's how you're going to be perceived; you cringe sometimes when you say, 'I'm a lawyer'. Particularly litigation lawyers. No one likes to be sued or have to defend a lawsuit. Unfortunately, in the United States we're a very litigious society and most people have been touched at some point in their life by litigation. You might win but the experience wasn't pleasant.

#### **Are tax lawyers cleverer than other lawyers?**

Ha ha! I'm not falling for that one! We're perceived as cleverer because no one can understand us.

Most of law is intuitive. You kind of know what the right answer should be, right? Most law is about society and interactions among people and businesses and so most law is designed to reach an equitable result. Tax law doesn't do that. It's about raising revenues or adjusting social policy. Tax law, at least in the United States, is used to set and move businesses to places that the government decides from a societal standpoint they need to be moved to. So tax law is not necessarily intuitive. It's got conflicting goals. First and foremost, it's about raising revenue to run the government. But winding through it is social and economic engineering and it is influenced by special interest lobbyists. So you've got to read it. And understand it. And read the legislative history. After law school I went to New York University and got an LLM master's in tax. All you study for a year is tax.

#### **Are you a Texan born and bred?**

I'm a Cajun. I was born in New Orleans. I didn't live there very long but I went to school in Baton Rouge for seven years – undergraduate and law school – and it was an hour away from New Orleans, so I spent a lot of late nights in New Orleans. I know New Orleans well.

I grew up in western Louisiana in a town called Lake Charles, which is close to the Texas border.

#### **And now, do you have divided loyalties?**

I'm Texan. I came to Texas because even back then it was the land of opportunity and it's never stopped being the land of opportunity. Louisiana could have been a small Texas because it's got significant natural resources like Texas does, but they haven't managed them very well.

There is a lot of poverty in Louisiana – but there's a lot of wealth, too. From oil and gas. Twenty years ago, the town called Lafayette had more millionaires per capita than anywhere else in the world.

#### **Are you a hunting, shooting and fishing man?**

I am.

#### **What do you think about gun control?**

Let's say that we outlawed all private ownership of guns in the United States. Well, how do you enforce that, unless you go house-to-house searching for guns? And, even if you went house-to-house searching, the people that had them would probably hide them. The criminals, the people that are already willing to not follow the law, would not follow the gun control laws. You would just make them stronger.

#### **Why San Antonio?**

That's a long story but basically it was the best professional and the best personal move that I ever made.

#### **Do you have any Scottish blood?**

I do. Or that's what my parents have always told me.

#### **What does the W stand for?**

William. My grandfather was named George William. My uncle was named William. My deceased uncle was George William. My great uncle was George William. And those are on two different sides of the family. Neither of my sons is a George William. Well, my son is a Crosby William.

---

**George W. Scofield, San Antonio**  
Vice chair of Norton Rose Fulbright's US practice  
Member of global executive committee  
Partner  
Tax lawyer

Interview by Ingeborg Alexander

# Is your team race ready?

Norton Rose Fulbright  
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*If you only do one thing...*

# RECYCLE OLD DEVICES

*When you recycle your devices, you help cut down on  
the 20 to 50 million tonnes of e-waste that is discarded each year.*

*Imagine if seven billion of us were to do this.*



[unep.org/wed](http://unep.org/wed)



World Environment Day 2015  
**Seven Billion Dreams.  
One Planet.  
Consume with Care.**  
June 5



# Greek chorus



In Greek theatre, the Greek chorus is there to reveal the plot. To criticise. To pass judgement. We have put together a contemporary Greek chorus—fifteen Greeks living in Athens and Poros—and invited them to tell us how it feels to be Greek today. This is what they had to say.

## OPENING STATEMENTS

### THE ACCOUNTANT:

Sometimes they say that we Greeks are lazy. No. Absolutely not. Everyone that I know who works, works many hours, more than eight hours a day. This is the truth.

### THE BUSINESSMAN:

The Greek thinks that he is God's gift. This is stupid. Okay, we have this amazing piece of land, we are lucky in that. We are really unlucky with the people that live in this piece of land. The bad thing about Greece is the Greeks.

### THE YOUNG MOTHER:

I am hopeful. I choose to be optimistic.

### THE LAWYER:

Hope died some time ago here.

### THE FAMILY PATRIARCH:

Our history, our religion: this is what makes a Greek. We cling too much to it.

### THE FREELANCE:

We have islands, we have the sea right here. What else can you ask for?

### A FAMILY MEMBER:

We are such a small country and everybody is trying to get a piece of us. Our generation must try to maintain our values and pass them on. This is what makes us to be what we are. To be Greek.

### THE ARCHITECT:

We are pawns in a geo-political game. We are just the collateral damage. You can stand around and talk about it all you like, but you can't change it.

Whatever we say, something else is going to happen. Whatever we choose is irrelevant.

We have watched our country go down a path that is nearly one of no return. One asks, Why?

## WHO IS THE GREEK?

### THE FAMILY PATRIARCH:

A Greek is somebody who constantly struggles. It's a strange thing. A Greek manages to consume himself.

Religion plays a huge part in Greeks' life. In Holy Week, the church is packed with people, young people. I'm not talking about my generation. Forget my generation, it's gone, finished.

### THE LAWYER:

To be Greek is to be hospitable; warm; joyous; slightly arrogant. To be Greek *today* is to be put upon. To be wronged by your politicians. To have had your own future and that of your children compromised. To share some blame for that but to also carry within you some kind of – optimism.

### THE BUSINESSMAN:

The Greek is very bright. It is our climate, it is the light. It is our language. So many vowels – *hah*, *hoh* – so you get more air in the brain, you get more time to think.

You cannot say to a Greek, "Sorry, for the next thirty years, you just have to sit there and work for your country and produce and go home, nine to five", and think that they will say, "Yes, this is what I am required to do: people are telling me that this is the right thing, yes, I will do that." You cannot say this to a Greek, because the Greek will say, "No. This is *my* life. I'm going to live it the way I like it."

This is what the Greeks say. They say, "Life is short, so we have to make the best of it, these few nice years."

Go to the island of Leipsoi and there you will find a taxi driver. He is 55 and he doesn't have many teeth left in his mouth. This man, this Greek, he is full of energy, full of passion, very proud. "It doesn't matter," he says, "we will survive." Here is your Greek optimist. Losing money, gaining money, and again losing all his money, and again making again all his money! That's your Greek.

### THE YOUNG MOTHER:

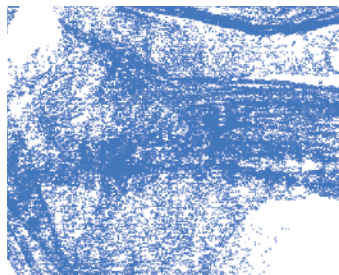
Greeks have been migrants throughout Greek history.

### A FAMILY MEMBER:

Greeks fighting Turks is like brothers or cousins fighting each other.

### THE FREELANCE:

I have Armenian blood in me. One of my grandmothers was a refugee from Asia Minor, from Smyrna.



## DOES THE GREEK HAVE ANY FLAWS?

### THE ACCOUNTANT:

“In Greece everything is forbidden and everything is allowed.” This is true. We have law. We don’t follow the law. We have government. No one governs.

All Greek people are very selfish. Sometimes, we Greeks are hypocrites. Even racist.

### THE YOUNG MOTHER:

I feel so disappointed about the rise of the far right in Greece. Yes, it comes from disappointment but also it comes from people’s lack of education. Some people vote for them out of stupidity. “Okay, I don’t like anyone so I’ll just vote for them to show that I’m against everyone.”

### THE FREELANCE:

Sometimes, when you have a dog that barks very loudly, this is the only thing you hear. People stop thinking.

### THE FAMILY PATRIARCH:

All the disasters that have hit us are somebody else’s fault, never our own—whether it was the Turks or the Germans or the Bulgarians. We always look on our neighbours as enemies, but these are things of the past. Those generations are gone.

### THE LAWYER:

The Greeks view themselves probably as more sophisticated than anybody in Europe.

And yet there was a lot of racism in the mid nineties when we had an influx of Albanians (some of them actually northern Epirots).

### THE ARCHITECT:

The Greeks are very stubborn. It is very difficult to work as a group.

### THE BUSINESSMAN:

The Greeks cannot work together. They cannot create a car together. They cannot build a bank together. They are entrepreneurs. They like to work alone. The Greek treats the state as an enemy. There’s a lot of black money going on.

## DO THE GREEKS IDENTIFY AS BALKANS?

### THE ARCHITECT:

Greeks are torn between their desire to be part of Europe and their desire to be left alone. The days of a nineteenth century neo-classical model are over. Some romantic Byron figure posing on an ancient crumbling column, that’s all over. Greece is part of the Balkans, part of Europe, part of Asia Minor.

### THE ACCOUNTANT:

It is not so easy to identify with Balkans.

### THE LAWYER:

I’ve always identified as southern European. I don’t mind being identified as Balkan.

### THE YOUNG MOTHER:

The Greeks try to suppress their Balkan identity. Being Balkan is to do with the mentality. Being stubborn. And loud. Which you might also say for Mediterraneans.

### THE FREELANCE:

We are part of Europe but our ties with the Balkans are much closer. I see a lot of Albanians living here, a lot of Romanians: it is the Balkans. Just that the Greeks advanced a little quicker. This is politics, what can you do? The Iron Curtain came down and we were on one side and they were on the other.

## WHAT DOES OCHI MEAN TO THE GREEKS?

### THE FAMILY PATRIARCH:

We are still struggling to bring ourselves up within the Balkans. Because we are fighting amongst ourselves we cannot have the influence we should have.

### THE YOUNG MOTHER:

My husband works in a bank. He used to help with loan applications by SMEs. One of his customers was a Romanian florist. He would call her up and tell her 'In five days the next payment is due on your loan.' 'Right. Do I have enough money in the bank now?' 'Yes.' 'Okay. Pay it now!' 'But it's not due for another five days.' 'I don't care. Pay it now.' She didn't want to owe money. She was very eager to be the best she could in the country where she lives now.



### THE FREELANCE:

For us, saying Ochi—saying No—started with the Italians, when we said Ochi to Mussolini in 1940. Then there was the German occupation. Then the Bulgarians. We're used to saying Ochi. It carries a lot of power—this is something that represents us.

### THE BUSINESSMAN:

All those people who voted Ochi, they didn't want Greece to go out of Europe. No. They just wanted to show defiance. When you see somebody shaking their finger at a Greek, this doesn't work. You cannot do that to a Greek. I even find myself thinking, I don't like this, I don't like being told what to do.

*Eleuthería i Thanatos.* Freedom or death.

The Greek who voted for Ochi will tell you, 'We have nothing to lose. Okay, we'll suffer for two or three years but we've been suffering throughout our history so, so what! They cannot take this place from us.' It's not possible.

### THE YOUNG MOTHER:

The Greeks will accept something that they shouldn't and then rise up against something trivial and say 'No, that's it, you have gone too far'.

### THE FAMILY PATRIARCH:

The more pressure, the more the Greek will want to say Ochi.

### THE ACCOUNTANT:

It's our culture to say no. If you say to a Greek, 'Do it!', they say no.

### THE ARCHITECT:

It's not so easy to crush the spirit of any people.



## HOW ARE THE GREEKS HOLDING UP IN THIS TIME OF AUSTERITY?

### THE LAWYER:

Things were getting better. Shops were opening up. People were getting jobs. There was talk of the taxes easing up. Now we've got capital controls. Say you have savings in the bank: you can't take it out. We don't know if there's going to be a bank bail-in. It's almost impossible to buy or sell a property. Sometimes I wake up in a cold sweat thinking what if that company I've invested my pension plan in goes under.

Fear. I think fear pervades most people's lives right now. And anxiety.

### THE FREELANCE:

My parents run a little business, and it's very hard for them now to keep afloat.

### THE BUSINESSMAN:

You cannot keep on getting milk from the cow: you kill the cow. Austerity is not the solution, it's never the solution. There's no development. Just pain.

In the villages they have their own milk and grow their own vegetables. They can exchange their food for something else. It's the old ways. It is the people in the small apartments all around Athens who are suffering. I take my daughters there in the car to see where other people live. These are people who don't have a pension. They are unemployed. You want to see poverty? Go to Athens.

### THE ARCHITECT:

We have more suicides than you can imagine. I don't know the rates, I can't tell you the numbers, you can find out. Many, many people are taking antidepressants, far more than before. Most people I know are on antidepressants.

Greece was a country with a middle class, a growing and robust middle class. Now we have a workforce that has been dried out.

Greece was full of small businesses, family businesses. People were happy. They were making money, they were saving, they were building, they were expanding. Businesses can be sustained when they are family businesses because most people work for free. It's their own business, so they know that whatever profit they make they will share between them. That's what you had in Greece: many, many small businesses that could become big and trade with everywhere in the world.

But now, if small businesses are driven out of work, then all these people, family members, who could sustain themselves by working—and the employer was happy to forgive their lack of knowledge or their lack of skill because they gave loyalty—now, small businesses are crushed and they cannot make a profit, so now you get many people on

the dole, many people who need money from the state, and the one or two skilled people in the family are obliged to go and work for somebody else and then feed the rest of the family who are not skilled but did work. That's a harsh thing to do. It's a burden for one person to carry.

I am the one who works for other people in my family, people who cannot work. They are not getting money from the state because they are not pensioned, they are not on the dole. I am the one who is working for them. This is very, very tough.

I came back to be creative and build something. And at that point where my career was about to flourish, at that point where you start realising what design means, what creativity means, at that very point the economy collapsed.

I have been back a long time, since 1995. Twenty years. I'm 49. It feels critical now. These are the most productive years for an architect. But we have to have clients. There are no new clients to find. I have let all my people go, little by little.

## WHAT DOES 'FAMILY' MEAN TO THE GREEKS?

### THE FAMILY PATRIARCH:

The family is paramount.

### THE FAMILY MATRIARCH:

You are ready to help your family.  
You are there for your family.

### THE BUSINESSMAN:

Even my mother is giving me  
money, which is ridiculous.

### A FAMILY MEMBER:

Very rarely you will find a Greek  
family that will not do the utmost  
sacrifices to provide for their  
children.

In Greece, most women live  
with their parents until they get  
married.

### THE LAWYER:

Greeks take care of one another. If  
a sibling or a child is unemployed,  
the family is going to step in.  
When I returned to Athens, at first  
I lived with my parents. A lot of  
people asked, well, how long is  
that going to last? But in Greece  
that's the way it is with family. The  
door is always open.

### THE YOUNG MOTHER:

Family is a good tradition to have.  
It's a nice thing to be able to rely  
on your family. My parents bought  
a flat—in typical Greek fashion—  
right below the one where I grew  
up. This used to be my dad's office.  
When we got married he found a  
smaller place and we are living in  
the flat now.

### THE FREELANCE:

I'm a bit of a black sheep by Greek  
standards. I was never keen on  
settling or having a family. Every  
time my grandmother sees me, she  
asks, 'When are you going to settle  
down? Tell me!' But to have a child  
is such a huge responsibility. I'm  
not ready for it.

My grandmother has seen her  
pension diminish. Having almost  
no income when you are 80—if it  
were not for her family... We look  
out for each other. We help out  
whenever we can.

The young people who are  
unemployed have to move in with  
their parents. They make the two  
households shrink into one. There  
was an old unused flat that I went  
into, put a lick of paint on and I  
call it home. But then I'm a bit of  
a rebel.

### THE ACCOUNTANT:

Every summer my brother gives  
ten days to my parents as a gift  
to go to an island. He books the  
tickets and the restaurants.

I live with my parents. Everyone  
does who is not married. I have a  
girlfriend—Lena. I am waiting for  
her to come and then we shall  
find a house and get married.

I can't let my parents be alone in  
their old age. I love them. Only the  
old people who do not have family  
go into old people's homes.



## ARE THE GREEKS CHAUVINIST?

### THE BUSINESSMAN:

Greece is always chauvinist, unlimited chauvinist.

### THE ACCOUNTANT:

Greece is not chauvinist. Twenty years ago, maybe yes.

### THE YOUNG MOTHER:

When we started going out I was making more money than my husband. It took him some time to accept this, find the balance in his head.

In the villages women work in the field, they work with animals, they make the food. People think of it as the natural course of things.

### A FAMILY MEMBER:

In Greece, the man is 'above' the woman. He is the head of the household. But he knows that he needs the woman. She brings the harmony.

The truth is, the woman is like a Swiss knife—they are multi-tasking, they can do whatever they want. The only thing they have to do is to believe it.

### THE FAMILY MATRIARCH:

Here in Greece we say the woman is the column of the house. Without her, the house collapses.

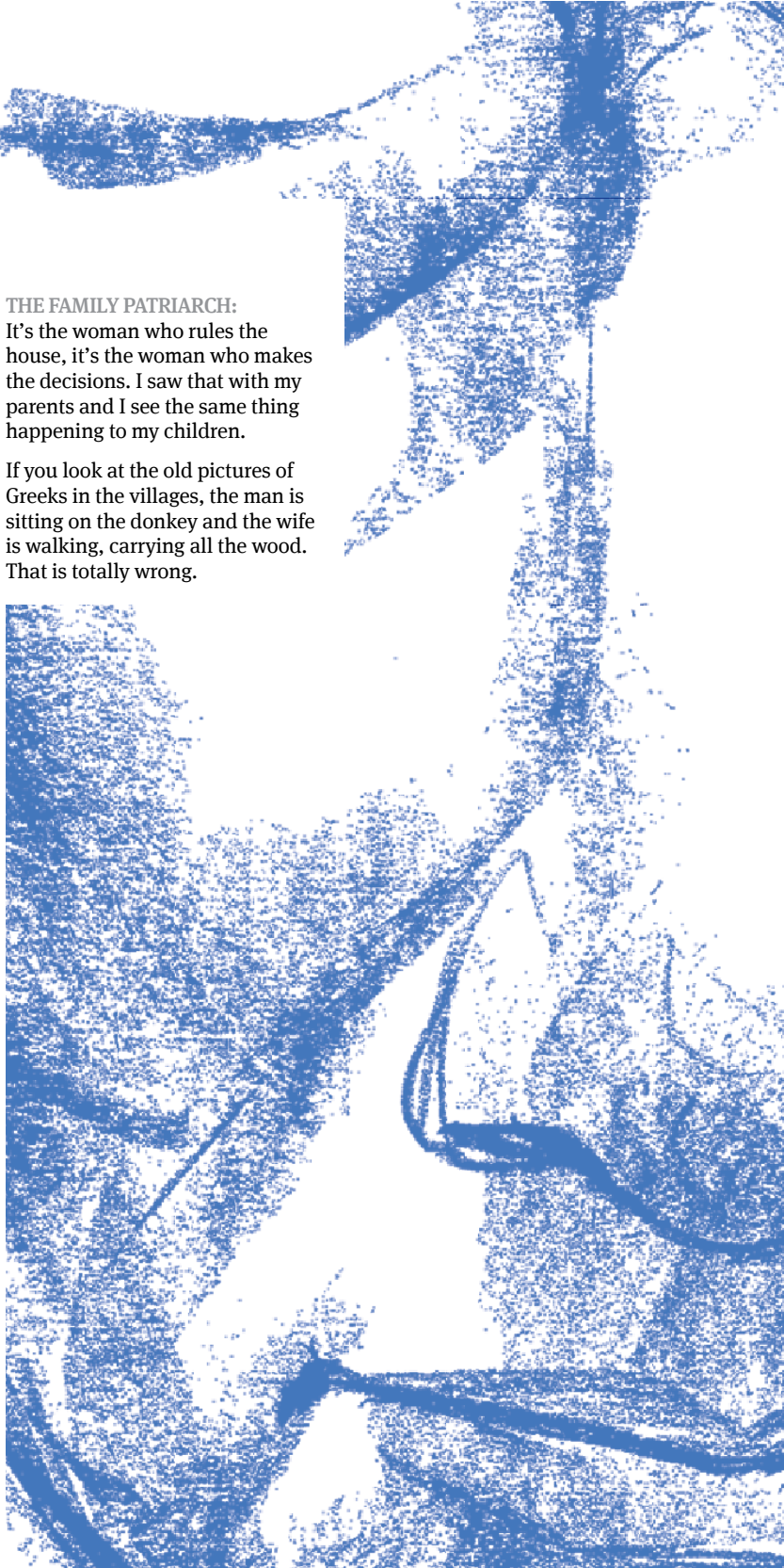
### THE LAWYER:

The woman does the cleaning. The woman does the cooking. The woman raises the children. Oh, and she has a job!

### THE FAMILY PATRIARCH:

It's the woman who rules the house, it's the woman who makes the decisions. I saw that with my parents and I see the same thing happening to my children.

If you look at the old pictures of Greeks in the villages, the man is sitting on the donkey and the wife is walking, carrying all the wood. That is totally wrong.





## WHAT WILL BECOME OF THE GREEKS?

### A FAMILY MEMBER:

My grandfather in the last years of his life was telling me: be a proud Greek, maintain all the values that generations and generations have carried out. Family; religion; your country. Unfortunately, in my humble opinion, these are the values that they are trying to change now.

### THE BUSINESSMAN:

I am not so worried about the Greeks. They will survive. I am not so hopeful about Greece as an entity.

I'm proud to be Greek—because of the country, not because of my fellow Greeks.

### THE LAWYER:

I am fearful for what the future holds.

### THE ARCHITECT:

We are losing our independence of thought. Greeks do not want to conform but they are conforming. They are tired of being told, you lazy Greeks.

I chose to stay in Greece. But now my mind is set on leaving when the time is right. I'm just not sure I really want to start all over again. This will be my last chance.

### THE ACCOUNTANT:

In the past no one could travel out of Greece. Today, Greeks can travel the whole world, you can speak with everyone, you can open your mind.

### THE FREELANCE:

It's second nature to talk politics, to argue, there are so many important things happening. But now, you start to see people stopping to vote. They don't feel they're being heard.

### THE YOUNG MOTHER:

This is a changing time for Greece. We are on the brink of something. A lot of Greeks of my generation study abroad. Me, I was in the UK for four years. I did two Master's degrees in the UK. Coming back, isn't there going to be some change? I'm hoping this is true.

Have you seen the film *Shakespeare in Love*? The bit where Henslowe, the theatre director, says, 'It will all work out.' 'How?' 'I don't know. It's a mystery!' I like that line. I don't know how things will end up but I'm hoping it will be a good future.

## CLOSING STATEMENTS

### THE ACCOUNTANT:

It is hard to see people die in the sea. I have some friends who work on this island. They help these people from the sea. They say to me that it is very difficult to choose what people you must help to save. Who asks me, they say, if I can sleep at night?

We Greeks say we are worried about these people, and what are we doing? Nothing. You stay in your home, you watch some television and you eat. If you feel bad, go to help. Give your money. Give some clothes. Do something.

One thing doesn't change: how you feel about being Greek. You feel that you must protect your country. You are ready for everything. You must fight for this country to continue. It's for all civilisation. You must fight fascism. Remember Socrates. Remember what he said.

I feel lucky. I have a nice life. I know everyone on Poros. I have to visit many islands to see my clients. Money? Or a better life? You have to choose.

### THE YOUNG MOTHER:

Money is not the most important thing in the end.

### THE ARCHITECT:

Actually, what is money? Money is nothing. It is just a means to get on with other things. Because other things are important, not money itself.

Anyway, art never dies.

### THE FREELANCE:

You should never plan. Things change all the time. The gods are laughing at you every time you say you're planning. In two days, how am I supposed to know what I'm doing? It's hope that drives it.

### THE BUSINESSMAN:

There is a lot of misery at the moment, but Greeks are much happier than the others, still. It's crazy. Just happier. You know, this thing, they cannot take this from us. They drink their coffee, they think, yeah I'm unemployed, I have all these problems...but, life is not that bad, is it? Who can say that?

Look at this amazing light. Look at the three mountains, and the sea in front, like a theatre, and Athens in the middle, with the reflection from the mountains and the sea.

### A FAMILY MEMBER:

The sea is in the Greek's blood. The sea is in our DNA. It is the breath of life. Mountains, the sea, lakes, rivers, we have everything.

### THE FAMILY PATRIARCH:

Greeks have always been associated with the sea.

### THE FAMILY MATRIARCH:

The sea makes you happy.

### WRITER'S NOTE

*Ochi* means 'No' in Greek. Every year, Ochi Day (28 October) marks the refusal by the Greeks in 1940 to accept an ultimatum from Mussolini.

Thank you to the fifteen Greeks who said what was on their minds. The opinions given are theirs alone and do not reflect the views of Norton Rose Fulbright. Our Greek chorus are all highly educated, well-travelled people with a good command of English—so they are not 'representative'; but the essence of what they had to say about what it means to be Greek today would quite probably be echoed up and down the land.

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Illustration by Clare Ellis  
Interviews by Ingeborg Alexander

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A Greek poet to recommend to you:  
C P Cavafy (1863–1933); 'Ithaca' and  
'Candles': 'Days to come stand in front of  
us | Days gone by fall behind us'



# THE HEART OF THE LEAD

“...Every artist must approach his work with something of the spirit of the craftsman, expressing the best we know of truth and beauty. A singing window is fundamentally a response to its architectural setting and is rich in symbolism. But remember, ladies and gentlemen, that colour is at the mercy of light. Musicians play with sound. Glassmen play with colour and light.”

The lecture finished there. I raised my hand.

“The heart of the lead. Can you tell me what this expression means?”

“Mr Connick?”

“Yes, indeed. Well, young lady, up until the end of the fifteenth century the lead used in stained glass was cast; from the sixteenth century on, it was milled: one can still observe the milling marks on the lead, today. Now, the strips of lead that support the glass are called *calmes*. These are typically shaped in the form of a capital H, as here.

## H

The lead at either side is called a flange and *here*, the heart of the lead, is the cross-bar that joins the upper and lower flanges. It holds the piece of glass in place, supporting it and providing a rhythm and scale to the overall composition.”

“I see.”

“Lead is highly malleable and, as we know, can survive for centuries. Pure lead is susceptible to fatigue; and to attack by acids. So, before glazing, the lead is commonly stretched using a lead-vice and pliers. This toughens it and irons out any deformities. Every craftsman will have his own boxwood lathekin: he uses this to widen the flat outside lead and to bring pressure to bear on the heart of the lead when he needs to achieve a tight curve. Well, now, I hope that wasn't too technical an explanation. Have I answered your question, madam?”

“You have, sir. Thank you.”





Previous page: 1919 'The leaves of the tree were for the healing of the nations', Wheeler war memorial window, St John's Church, Malone Road, Belfast (courtesy Representative Church Body, Ireland).

This page: 1913, Charity, Dooner memorial window, St Ann's Church, Dawson Street, Dublin, with detail of Charity and works of mercy (see left panels).

The stained glass in this photo essay is the work of the Irish artist **Wilhelmina Geddes (1887–1955)**.

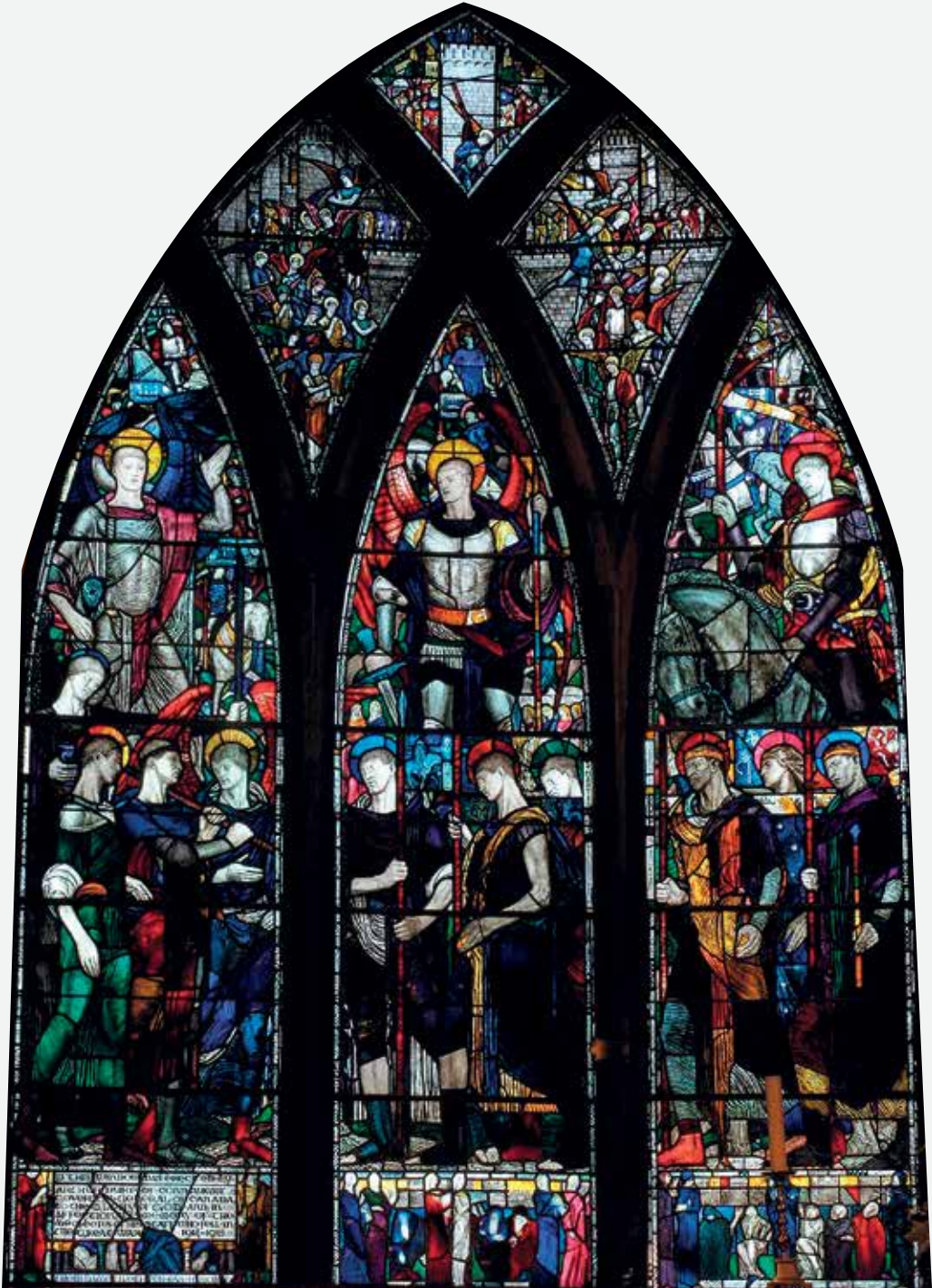
‘Medievalism is as deeply seated [in her work] as Modernism’

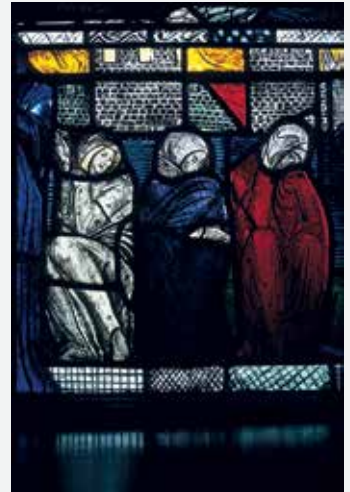
**Nicola Gordon Bowe**

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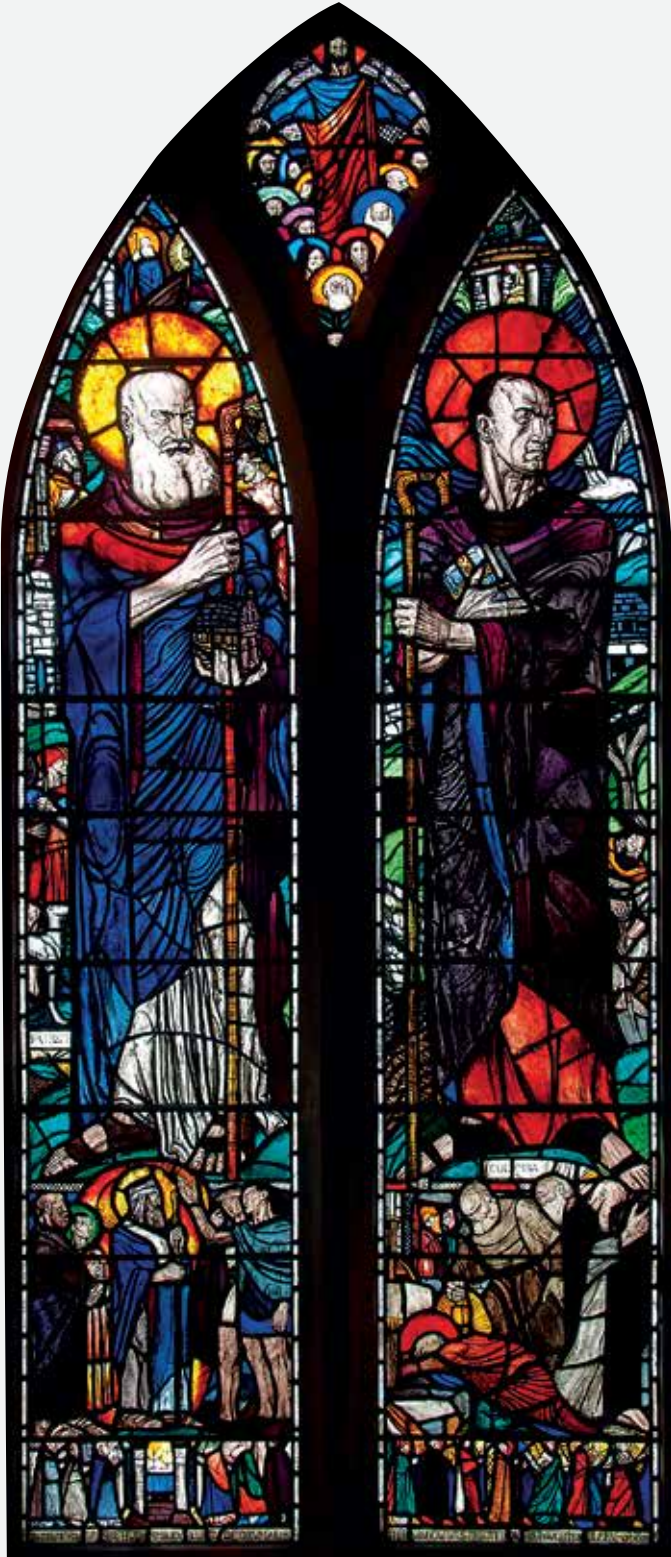
*This page: 1913, Innocence walking in the fields of paradise, Seaman memorial window, Church of St Molaise, Monea, Enniskillen, Co. Fermanagh, with close-up detail of a tree (see mid-right panel).*







*These pages: 1919, The welcoming of a slain warrior by soldier saints, champions and angels, Duke of Connaught's war memorial window to members of his Canadian staff, St Bartholomew's Church, Ottawa, Canada (courtesy Jonathan Taylor), with detail of Archangel Raphael (see left panel) and mourners (see foot of window).*







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*These pages: 1923, Sts Patrick and Columba, Smiley memorial window, St Cedma's Church, Inver, larne, Co. Antrim (courtesy Representative Church Body, Ireland), with detail of guardian angels (see lower right panel) and messengers (see top left panel).*



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*This page:* 1926, detail of the base panel of the Belfour memorial window, depicting 'the daughters of musick' in the light of the moon, All Saints' Church, Laleham, Surrey.

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*With thanks to:* Four Courts Press, publisher of *Wilhelmina Geddes: life and work*, and to its author Nicola Gordon Bowe. © Nicola Gordon Bowe and Four Courts Press 2015. Available to purchase at [fourcourtspress.ie](http://fourcourtspress.ie)

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'The heart of the lead' is a story by Ursula Elis.

# Life

cycle 180 miles to Austin Texas for MS 150 Andrius R Kontrimas, Houston. hike and ride through north Vietnam Wayne Spanner, Sydney. get help to overcome fear of flying NB unsubscribe from shopping mailing lists Maria Neira Tobón, Bogotá. take Chunnel between UK and France with Christine, Philippe and Simon (highlight of whole trip, according to the boys) Dominic C Belley, Montréal. note to self: 1. make inroads into pile of unread books 2. actually go to a proper number of Proms Dominic Stuttaford, London. book summer vacations / find tickets for Marie-Mai show NB stop fighting with daughter! Isabelle Gagne, Québec. topped Mont Blanc, next on list is Europe's true highest peak – Mount Elbrus! always travel light Remco Smorenburg, Amsterdam. rehearse for theatre group's production, go to Ireland – holiday, go to the gym! Alexandra Boschen, Munich. spend May Day weekend in China visiting grandson: four quick days in Hong Kong and Guangzhou and then back home Charles W Hall, Houston. attend first ever baseball game, head for Ottawa to see tulips Katia Renosi, Montréal. replace broken lamp in bathroom, organize summer trip to Cuba Konstanze Augstein, Hamburg. take that evening stroll around park Annemarie Esvelt, Toronto. say hello to orangutans in Borneo Kirsty Hardwick, London. celebrate beloved daughter's first birthday / enjoy honeymoon! balloon ride in Cappadocia with wife / visit Parthenon (Athens) Tomas Calderon-Mejia, Bogotá. plan Tanzania safari if – and only if – pass tax adviser exam Sarah Slavik-Schulz, Hamburg. book flights to Spain NB skydiving Navi Sheth, Durban. swim with whale sharks, dive with manta rays, fish for marlin and fix Dubrovnik trip to celebrate nephew's wedding Mike Frampton, Perth.

# To do



# Perspectives

TONLE SAP, A LAKE NEAR SIEM REAP IN CAMBODIA  
(NOVEMBER 2013). PHOTOGRAPH BY MARTIN SCOTT OF  
NORTON ROSE FULBRIGHT, USING A CANON EOS 400D.



# Save the Constitution Hill Education Project

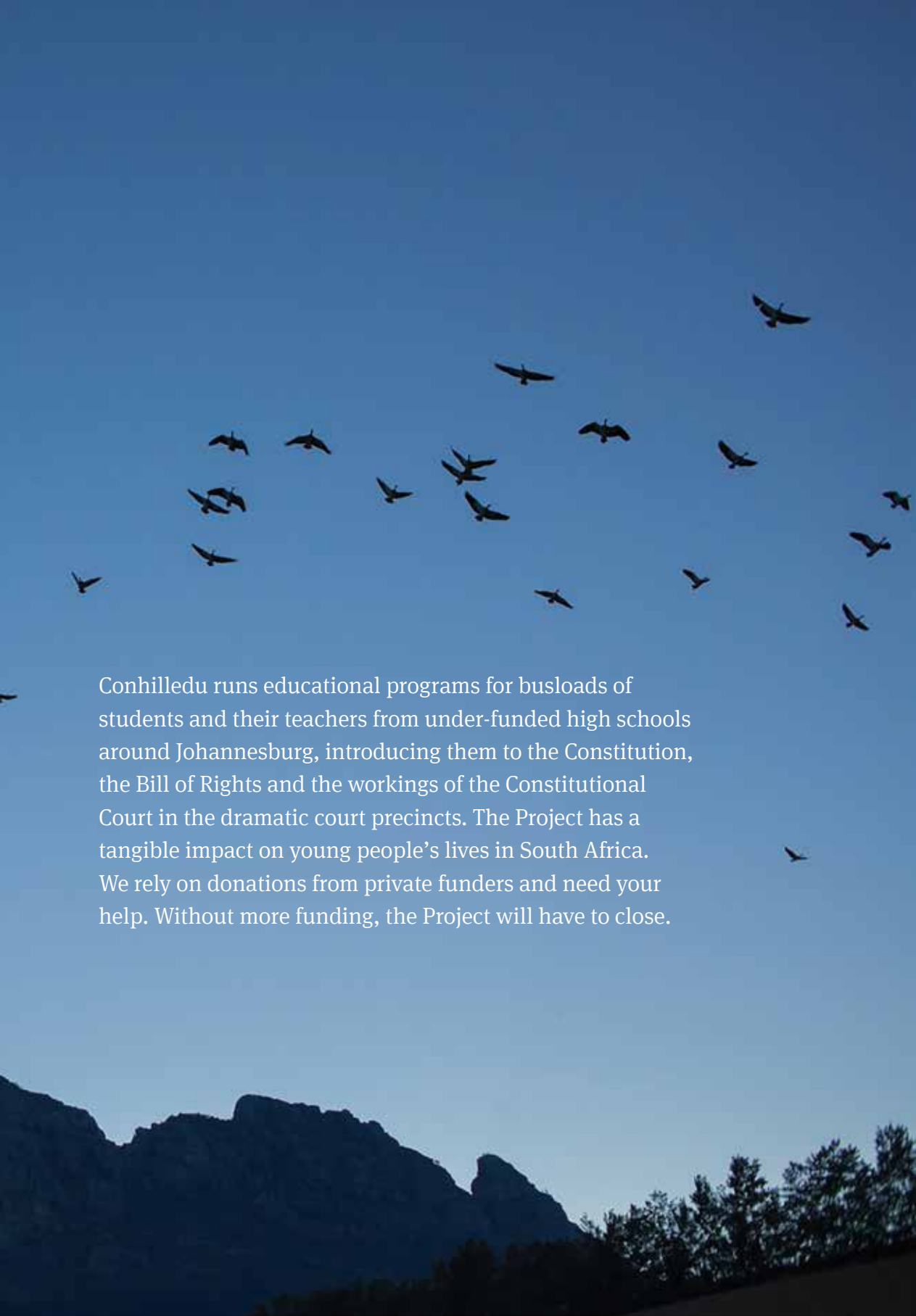
Please give generously

“At the Saturday workshop,  
I learned that South Africa  
is a country that belongs  
to all that live in it.  
Knowing that has helped  
me to speak to people and  
let them know that South  
Africa is for everyone.”

[facebook.com/ConHillEdu](https://facebook.com/ConHillEdu)  
Twitter @conhilledu

Nolubabalo Memese  
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The Constitution Hill Education Project  
Constitution Hill Trust  
Johannesburg

A flock of birds is seen in flight against a clear, light blue sky. The birds are silhouetted against the sky, appearing as dark shapes with wings spread. Below the sky, the dark silhouette of a mountain range is visible, with jagged peaks and some trees in the foreground. The overall scene is peaceful and natural.

Conhilledu runs educational programs for busloads of students and their teachers from under-funded high schools around Johannesburg, introducing them to the Constitution, the Bill of Rights and the workings of the Constitutional Court in the dramatic court precincts. The Project has a tangible impact on young people's lives in South Africa. We rely on donations from private funders and need your help. Without more funding, the Project will have to close.

# The guide on two wheels

Cycle touring is a fabulous way to discover the delights of your own country and to explore the world – and it is eminently feasible, whatever your age, fitness or budget. Miriam Davies sets you on your way.

## YOU CAN DO IT

I have always ridden a bike but I only started cycle touring about twelve years ago and I am 54 now. Every year, my partner and I put our bikes on a train or a ferry or we box them up to go on a plane, and we set off to see another part of the world. We do this as often as we can; Alex has seventeen bikes and I have three, so I suppose we qualify as passionate cycle geeks. We are not mountain bikers or bike-packers, we don't do the great crowded cycle rides, and we don't race: we like to enjoy the journey.

I have joined in with the traditional Sunday sweep of cyclists – *ciclovía* – in Colombia. I have enjoyed chic city cycling in Copenhagen. I have skirted wild pigs darting across the road as we descended hills in Corsica. I have foraged for blueberries in Sweden, frozen in the intense cold of Shangri-la, and encountered Gaelic music and fierce Jack Russell dogs in Ireland. I have slept in treehouses in Brittany, cave hotels in Turkey, houseboats in Kerala – and endless tents. I have cycled the Buddhist pilgrimage trail around Shikoku, along cobbled streets in France, through sleepy villages in Chile and up and down every quiet road the length of my own country.

You only need one bike and one companion. The bike you can hire, the companionship you will find when you join a group. You don't even need a tent. There is no requirement to be a cycle geek.

## WHERE TO GO

Factors including weather, terrain, traffic, political stability and the location of friends and family outside the UK all influence our decision on where to go. Food also provides a strong pull. Cycling in the hills outside Kalamata, we lunched on calamari and salty feta, succulent tomatoes and the freshest bread. We enjoyed meze in Turkey, grilled fish in Sri Lanka and Sweden, delicate coconut fish curries in Kerala and *tam mak hung* (papaya salad) in Laos.

Kindness and generosity have been shown to us on so many trips. In Turkey, we received constant invitations to share mint tea on the carpet outside homes around Cappadocia. In Uruguay, when my bike fork snapped, men in a run-down garage immediately helped by welding and re-spraying the fork – and then refused any payment. On the island of Shikoku, an elderly gardener bowed and presented me with a marigold plant in a blue ceramic pot, which, for the rest of our tour, remained like a mascot in my map case at the front of my bike.

We have done a lot of camping, chiefly in Europe, and I have many a blissful tale of cooking our food in the open air and of camping wild. It is an extraordinary pleasure to not be constrained by time. I also have a few mishaps/challenges to relate, including camping in a midge-infested Scottish glen. If camping is not your thing, that need not stop you from planning a cycling tour: just leave the tent at home.

## WATCH OUT FOR

Contingency planning is good, but the joy of cycle touring is the sense of freedom it brings, so don't fret or try to control too much. Among other things, watch out for traffic, be on the alert for local dogs and keep an eye on the weather.

## CYCLE TOURING

There are three types of cycle tour and all are fabulous.

### Guided

You pay to be led along a pre-defined route by a guide and your luggage is transported to the accommodation they select. There is usually the option of hiring a bike. A back-up vehicle is provided, so if you're cycling in torrential rain or feeling fragile you can take a rest.

### Self-guided

The route, accommodation and meals are taken care of by the company. You just need to navigate a pre-defined course without a guide. There's often the option to have your luggage transported.

### Independent

You travel your chosen route without a guide, carry everything you need and find your own accommodation – or you camp.



## MIRIAM'S TRAVELS

**2005**

Southern India (Feb)  
France – Corsica (Sep)

**2006**

Chile, Argentina (Feb)  
Sardinia (Sep)  
France – Montreuil (Dec)

**2007**

Laos (Feb)  
Turkey – Cappadocia (Sep)  
Spain – Andalusia, Jerez (Dec)

**2008**

Japan – Shikoku, Kyoto (Mar)  
Ireland – Dublin, Kingfisher Trail  
(May)  
France – Pyrenees (Aug)  
Spain – Valencia (Dec)

**2009**

Colombia (Mar)  
Scotland – Arran, Mull, Skye (May/  
Jun)  
France – Brittany, Normandy (Sep)  
UK – Newcastle to Edinburgh and  
Holy Island (Oct)

**2010**

Morocco (Mar)  
France – Canal du Midi (May/Jun)  
Ireland – south coast, western  
peninsulas (Aug/Sep)  
Tunisia – east coast to Djerber and  
back (Dec/Jan)

**2011**

China – Yunnan (Mar/Apr)  
Scotland – Outer Hebrides (Aug)

**2012**

Sri Lanka (Mar)  
Croatia – island hopping (Jun)  
France – Bayonne to St Malo (Sep)

**2013**

Thailand (Mar)  
Denmark – Copenhagen (May)  
Greece – Kalamata (Aug)

**2014**

Canary Islands – Lanzarote (Jan)  
Turkey – Izmir (Apr)  
France – Loire (Jun)  
Spain – Asturias (Sep)

**2015**

Uruguay (Jan)  
Sweden (Aug)  
Spain – east coast (Sep)



## HOW TO PLAN

### Budget

Independent cycle touring opens up the possibility of big adventures on a surprisingly small budget. The greatest expense is usually the flight or ferry. In many countries, £50 per day on food and accommodation for two people is plenty.

The real investment is the bike. In the UK, you can expect to pay around £1000 for a decent touring bike and up to £2000 for bespoke models. Bear in mind that this could last you for ever, and that you can use a touring bike for every purpose imaginable, from commuting to off-road.

Hiring a bike is another option and one I have done many times and can wholeheartedly recommend. The bikes available on guided tours are high-spec and just right for the job.

### Type of bike

For trips of a week or more, if you intend carrying your own luggage, I recommend a touring bike. Touring bikes have wider tyres than road bikes and are made of steel (or titanium), enabling them to support more weight and ride in rougher conditions. Many have very low gears, so you will have an easier time climbing hills or mountains while carrying a heavy load. They are also built to support racks on the front and back, allowing you to carry up to four panniers. And they are designed to keep you comfortable for far longer than road bikes.

My bike is an 18-inch Roberts Rough Stuff Lite with 26-inch wheels. Made to measure (ten years ago), it's my most adored possession!

### Logistics

When Alex and I started cycling together, I enjoyed the security of planning the route and booking accommodation in advance. But we

soon preferred to plot a route outline on a GPS without committing ahead to accommodation. This approach enabled us to take up the suggestion of staying with a family in the hills above Karsiyaka in western Turkey. A conversation with cyclists as we travelled west along Sri Lanka's south coast led us to the idyllic Mangrove beach near Tangalle. The previous week, we had accepted an invitation to stay in a tea plantation supervisor's bungalow. Keeping things open also means that rest days and recovery/repair days can be fitted in. Of course, we plan our itinerary around flight times and ferry departures.

We aim to cycle 50 miles (80km) a day but the weather, terrain and places of interest (including food and water stops) all decide how long that will actually take. On some days we finish 50 miles by lunchtime; on others we finish much later. In Colombia, a route which appeared to be tarmac on the map proved to be very rough ground, causing Alex's tyre to come apart. In Thailand, a 7am start to avoid the intense heat worked well and meant we could spend each afternoon on the beach.

Knowledge of the language certainly adds flavour but I have been able to get by on just a few phrases.

### Fitness

Our cycle touring trips are not feats of physical endurance. Moderate fitness, a little prior cycle experience plus a comfortable saddle (or padded shorts) will increase your enjoyment. The main requirement is taking pleasure from the sight of spectacular landscapes; the desire to explore will be enough to generate momentum.

### Links

There are so many companies and individuals out there. Try cycle blogs and word-of-mouth recommendations.

## IDEAS

### EASY

#### France

Ferry to Ouistrehem/Caen–cycle *voie vert*

#### Scotland

Glasgow to Ardrrossan–ferry to Arran–cycle Brodick, Lochranza, Lochgilphead, Oban, Tobermory (Mull), Mallaig, Broadford (Skye), Portree, back to Glasgow via Mallaig

#### Sweden

Skavsta airport–cycle through nature reserve to Sund Nergården Vagnhärard (hot tub overlooking lake)–hotel in Stockholm–explore city by bike–B&B at Mälby Säteri Gnesta–final night close to airport

### MIDLING

#### Turkey

Cappadocia–fly to Kayseri–cycle Urgup, Uchisar, Urgup, Goreme, Nevsehir, Soganli, the Ihlara Valley, Guzelyurt, Derinkuyu, Urgup

#### Uruguay

Montevideo to Canelones–El Galope hostel–Colonia del Sacramento–Carmelo–Mercedes–Canelones–Montevideo

#### Ireland

Cork to Baltimore (ferry to Cape Clear Island), Baltimore–Dromloc, Glengarrif (via Beara peninsula)–Tralee–Dingle peninsula–Portmagee–Coolea–Cork

### TOUGH

#### Sri Lanka

Sigirya to Dambulla (climb Sirirya rock)–Polunnaruwa–Kandy–Nurawa Eliya–Ella–Tissamaharama–Bundala National Park–Galle–Colombo

#### Colombia

Bogotá, Zipaquirá (salt cathedral)–Villa de Leyva (*casa de barro y observatorio*)–Tunja

#### Greece

Peloponnese: Kalamata–Korone–Methone–Dimitsana–Mystras



## ON TWO WHEELS

### IN SPAIN

It was December, and when we cycled out from Valencia onto the *via verde*, everything was bathed in sunshine. The next day, as we headed west, uphill, the sun was still shining. A few hours later we were pushing our bicycles through snow, pausing to clear packed snow from beneath mudguards. At the top of the 1000-metre ridge a rough track replaced tarmac, and it became even more difficult to cycle. Dark came quickly and the temperature fell. We were new to GPS navigation and had misread the scale. In a surprisingly short time, the situation changed from being an amusing challenge to a more serious concern about where we would spend the night. The GPS displayed only uninhabited forest and a track skirting huge, deep valleys. A few hours later, we saw a small cluster of lights. Much later, we climbed the cobbled streets of La Pobleta and stopped at a bar. Elderly men, huddled around a log fire, looked surprised to see us. The innkeeper explained in Spanish that they had no rooms: we would have to cycle 21 kilometres to the nearest hotel – but then her husband offered us the use of their storeroom. He found us a mattress and a blanket and we slept wearing our hats, gloves and most of our cycle clothes. We always carry an electric heating element, so we made hot chocolate and reflected on the day. In the morning, the owner refused to take any money and gave us a jar of honey from his beehives.



### IN SCOTLAND

Wild camping on deserted beaches is one of the many joys of Scotland. Casting a line from the shore of one of South Uist's alkaline lochs, we hoped for a fish supper. Local fishermen promised to share their catch if we had no luck – and, true to their word, we dined on the most divine mackerel that evening. I mentioned to a local woman that I was looking for marine algae to make Hebridean carrageen pudding. That afternoon, she kindly left freshly foraged carrageen outside our tent. I wrapped the red seaweed in muslin, put it in a pan of milk and let it simmer for half an hour, before sieving the mixture – once set, the pudding tasted like a delicate panna cotta.





## WHAT TO PACK

### CYCLE EQUIPMENT

Allen keys, multi-tool

Bike lights

Brake cables

Inner tubes

Panniers (Ortlieb, waterproof)

Plastic tyre levers

Pump

Puncture repair kit

Spare tyre

Spokes

### CYCLE CLOTHES

Cycle gloves

Cycle helmet

Cycle shoes (cleats)

Shorts

Tops (Lulu Lemon)

Water bottles

Waterproof

### OTHER CLOTHES

Dress (lycra)

Sarong/scarf

Sandals

Swimming costume

Top

Trousers

### MISCELLANEOUS

Camera

Dog dazer

Head torch

Insect repellent

Phone charger

Silk liner

Sun glasses

Travel towel

Washing line

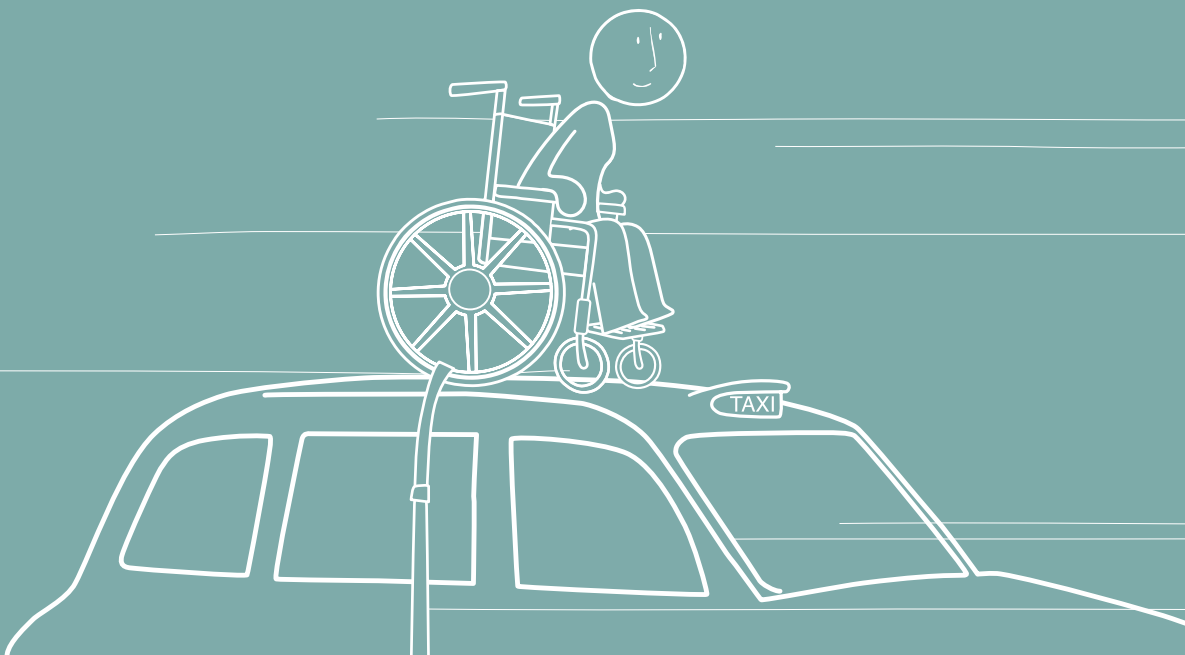
# DISABILITY CONFIDENT

LET'S GET THE BEST FROM EACH OTHER

[nortonrosefulbright.com/getthebest](http://nortonrosefulbright.com/getthebest)

Let's break down some communication barriers, challenge a few assumptions and become more confident about disability. Let's put an end to feeling awkward about interacting with people for fear of doing the wrong thing.

#disabilityconfident



# The kitchen table

## CHOCOLATE – YOUR JUST DESSERTS

### Karydopita

#### Greek walnut syrup cake with chocolate ganache

From a traditional Greek recipe, but with a chocolate twist!

Breadcrumbs are the key ingredient here – the cake absorbs the syrup, making it extra moist without becoming cloyingly soggy or heavy. The combination of spices such as nutmeg, clove and cinnamon with the warmth of the brandy makes this a particularly festive dessert.

#### Ingredients

##### Cake

400g coarsely ground walnuts

200g butter

170g sugar

7 eggs (separated)

180g breadcrumbs

20g baking powder (4 tsp)

2 tsp cinnamon

1 tsp nutmeg

1 tsp ground clove

zest of 1 orange

75ml brandy or cognac ( $\frac{1}{3}$  of a cup) – optional

##### Syrup

2 cups water

2 cups sugar

$\frac{1}{4}$  of a cup brandy or cognac (optional)

peel of one lemon

##### Ganache

200ml double cream

200g good-quality dark chocolate, chopped

#### Instructions

Preheat oven to 175°C. Grease the bottom and sides of a round (30cm diameter) or a rectangular baking tin (25x35x5cm) and set aside.

Beat together the sugar and butter in a large bowl, until smooth and creamy. Add the egg yolks, one at a time, continuing to beat the mixture. Allow each egg yolk to be fully incorporated into the mixture before adding the next. Add the cognac and the orange zest, beat for 10 more seconds (do not overwork the mixture), and set aside.

Coarsely chop the walnuts. This can be done in a food processor or by hand, but make sure not to chop too finely. Combine the dry ingredients – the chopped walnuts, breadcrumbs, cinnamon, clove, nutmeg and baking powder – in a bowl, then add them to the wet mixture, mixing evenly and gently until you have a thick, smooth batter.

Take a separate bowl and beat the egg whites with a pinch of salt until you have a thick and glossy meringue. The whisk should form a stiff peak when lifted up.

Using a spatula, gradually add the meringue into the batter and gently fold in all the ingredients in circular moves. Be careful not to overwork the mixture.

Bake for about 40 minutes until the cake is a deep brown colour. To check, insert a cake tester or a wooden skewer into the middle of the cake. If it comes out clean the cake is ready. If not, bake for another 5 minutes and test again.

Once the cake has baked, set it aside to cool down.

To make the syrup, put the water, sugar, lemon peel and cognac in a pot and bring to the boil. As soon as the sugar has dissolved, the syrup is ready.

Pour the hot syrup over the cake a ladleful at a time, making sure that the syrup is fully absorbed.

Leave the cake to cool.

To make the ganache, bring the cream to a simmer over a medium heat. Pour the hot cream over the chocolate pieces and whisk until smooth. Add a small knob of butter warmed to room temperature – this will give the ganache a glossy appearance.

Allow to cool for 5 to 10 minutes before icing the cake.

Serve at room temperature with a helping of vanilla ice-cream. Enjoy!

#### Note

The cake can stay out of the fridge for a couple of days. If you wish to keep it for longer, store in a sealed container in the fridge.



## Chocolate raspberry tart

Serves 6-8

### Ingredients

#### Shortbread

85g plain flour  
45g cocoa powder  
65g icing sugar  
110g cold butter, cut into cubes  
½ tsp salt

#### Ganache

225g dark chocolate (at least 55% cocoa), broken up  
170ml (¾ cup) cream  
2 tsp vanilla  
2 tbsp butter at room temp.

#### To decorate

350g fresh raspberries, blackberries, strawberries, or a combination

Store-bought shortcrust pastry will not work for this recipe – this pastry has more butter than that found in stores. This means that it must be shaped by hand, not with a rolling pin.

### Instructions

Preheat the oven to 200°C.

Spray a rectangular tart pan with non-stick baking spray.

#### To make the shortbread

Combine the flour, cocoa, sugar, salt and butter in a food processor and pulse at low speed until the dough comes together in one big ball.

Press the dough firmly into the tart pan, distributing it evenly across the pan.

Place in the oven and bake for 12 minutes. Take out and poke a few holes into the pastry base with a fork to release any

trapped steam, then press the dough back down with the back of a wooden spoon to maintain the shape of the shell. Return to the oven for 5 minutes.

Take the pan out of the oven and use a wooden spoon to press the shortbread back down. Cool in the freezer.

#### To make the ganache

Place the chocolate in a heat-proof bowl and set to one side. In a pan, gently heat the cream with the vanilla. Once the cream has been brought to a light simmer, pour it over the chocolate and whisk until smooth. Add the butter and whisk until the mixture is glossy.

Remove the cooled shortbread from the freezer and spread the ganache mixture evenly over the shortbread.

Let the ganache set to a thick, gooey consistency – allow 10 minutes.

Wash the fruit and leave to dry on kitchen towel. Decorate the tart by pressing the fruit into the ganache, arranging the fruit in symmetrical rows.

Cut into slices and serve!

#### Note

Keep the tart in the fridge if you are not going to serve it immediately, but remember to take it out 30 minutes before serving.

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**Kostas Retzopoulos** is an accomplished baker and patissier. He is Norton Rose Fulbright's global digital brand protection manager and is based in London.

## EATING OUT IN BRUSSELS

### Salty – Toucan Sur Mer

In Ixelles, Brussel's Art Nouveau quarter, you can sample the best the North Sea has to offer: fresh fish, oysters, *moules* and shrimps. Toucan Sur Mer is located on one of the most beautiful alleys in Brussels. The atmosphere is relaxed; you are accorded great hospitality; and the wine list is excellent. Imagine the last days of summer, the smell of the sea ... you could be at the seaside.

Avenue Louis Lepoutre 17

### Earthy – L'Ogenblik

At l'Ogenblik you can try all the Belgian 'earthy' delights (carbonnades, *Boudins blancs et noirs*, etc). Here, the floor is strewn with sand, you sit on narrow wooden benches, and it could well happen that you fall into a discussion with your neighbour about God, about the Belgians and why it is so difficult to live with so many European Member States. You can be sure of this: l'Ogenblik – 'catch the moment, life is short' – will serve you a tasty starter, a delicious main dish, and a seductive dessert.

Galeries des Princes 1

### Sweet – Café Metropole, Café Belga, Café de la Presse

The best places to enjoy a hot chocolate in Brussels are the cafés. Café Metropole has all the splendour of *la belle époque*. The richly decorated ceilings, the columns and the elegant interior will invite you to linger for a *lait russe*, a *tarte tartin* or a hot chocolate. Or go to Café Belga to be spoiled with a rich breakfast, tasty afternoon chocolate or a wonderful after-work drink. It is situated in the old Radio Building, now a major cultural centre near a lovely area to take a stroll. For a different café experience, try Café de la Presse, which has brought the New York mood to Brussels with vintage furniture, excellent drinks and cakes, and the coolest people in town.

Café Metropole – Place de Brouckere, 31; Café Belga – Place Flagey, 18; Café de la Presse – Ave Louise 489

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Restaurant critic **Michael Jürgen Werner** is a competition partner at Norton Rose Fulbright's Brussels office. He speaks German, English, French, Italian and Spanish, and is a member of the German, English and Belgian bar.

# The sporting life

## Three women who know the meaning of endurance

### ELIZABETH MCCAUL

Cape Town

Endurance running is in my blood. It's partly about the scenic route – the long road winding from one ocean to another, Table Mountain massive in the background. And there's the excitement of hearing your name called for a podium finish, the spectators cheering, your dad glowing with pride. But it's mostly about the journey just to get to the start line.

I have a friend, Marvic, who describes herself as a fish-'n-chips runner. I watched her finish the 89 km Comrades Marathon with seconds to spare, just before the cut-off 'gun' ended the race for so many. That day inspired me.

Running is accompanied by many voices: the banter amongst training partners and the ever present voice in your head, talking, analysing, comforting. I have learned to be consistent in my training, to push to condition my body to endure the distance. I know now that failure is a stepping stone to success – never repeat the same safe choices. Run inside your strength zone. Run outside your comfort zone.

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Elizabeth McCaul is a director with Norton Rose Fulbright in South Africa. In 1999, McCaul won the 100km World Championship in France. She has completed 9 Comrades Ultra marathons, 14 Cape Argus Cycle Tours, 2 World Duathlon Championships and a full Ironman.

### JULIE PAQUETTE

Ottawa

I swim, I cycle and I run. I'm a triathlete. I take part in ultramarathons and Ironmans and I have done the Ultraman Florida. On the first day, I swam 6 miles around a lake and biked 90 miles. On the second day I biked 170 miles. On the last day I ran 52 miles: essentially two marathons, one after the other. In a race like that, the support crew can be instrumental in your success or failure, and my crew were all people who knew me well and cared about me: my sister, my father, my husband and a close friend (who is also a client). The race was wonderful. I had prepared for a lot worse and in the end it was almost easy.

The human body fascinates me. Just to know how far it can go, how much it can endure. My mom had kidney cancer and was given six months to live. And she managed to live five years. That made me push myself and start doing Ironmans and 100 km runs and now Ultraman.

I've neglected my house. I've neglected my friends. What I don't do is neglect my kids.

---

Julie Paquette is a partner with Norton Rose Fulbright in Canada. Paquette won at Ultraman Florida 2015 (women), competed in the Ironman 70.3 World Championship in 2012 and has run the Boston Marathon twice. She has completed 5 Ironmans over three years.

### LAURA SHUMILOFF

London

Low goal polo is my sport. It is a game requiring physical endurance and nerve, but what is more important is mental endurance. There are so many factors to consider: how your horse is responding to you; whether you have your game head 'on'; what tactics your team is employing and where the weak spots in your opposing team are; even, how 'switched on' the umpire is.

Polo requires 100 per cent concentration: there is no mental space for any other thoughts. I often find I am focusing so much on the play that I forget to breathe.

Every player in a polo team has a dual role as attacker and defender, so you are constantly changing position. In low goal polo, glory goals scored fifty or a hundred yards from the goal line are a rare occurrence. Goals are won by the attacking team edging its way towards the goal, backing each other up and pushing through the defence bit by bit. Played generously, polo can be a glorious team game; played meanly, it can be supremely frustrating.

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Laura Shumiloff is Norton Rose Fulbright's global director of marketing and communications and the publisher of Re: She has played polo for ten years. Not being Argentinian and having started at a relatively advanced age, Shumiloff is unlikely to win any major tournaments. She carries on playing regardless.





I have 32 pairs of shoes under my desk at work.  
*Jarret*



:Style

Trainers from Poland  
▼

Dispelling the blues

# Style

GUIDE TO SHOES

▲ Salvatore Ferragamo pumps



These shoes bring me closer to Nature. Although I would never set foot in Nature, as I don't want to get my shoes dirty.  
*Konstantinos*



Shoes call out to me as I walk past: choose me, they say.  
*Claire*

▲ Parakeet shoes  
Designer Caroline Groves (b1959) – a member of the Cordwainers Livery Company  
Photo by Dan Lowe  
© V&A 'Shoes: pleasure and pain'



Thongs from Billabong  
▶



Monotone  
is all



◀ Patent leather brogues from the high street



I am the grandson of a shoemaker. We share the same name and the same passion for shoes.  
*Konstantinos*



▲ Invisible naked version  
Andrea Chaves 2011  
Photo by Andrew Bradley  
© V&A 'Shoes: pleasure and pain'



NOVA  
By Zaha Hadid for United Nude  
© Image Courtesy of United Nude  
© V&A 'Shoes: pleasure and pain'



I bought these shoes at a low point in my life and they were better than anything, better than champagne.  
*Bina*



◀ Valentino Rockstud



▶  
Aldo wedge  
sandals



Shoes are a statement  
about you and should  
be a work of art.  
*Claire*

Bought twenty  
years ago, these  
mules are the  
equivalent of  
my Proustian  
madeleine.  
*Dawn*



Glory in  
red



▲  
Roger Vivier for Christian Dior  
Evening shoe in beaded silk  
and leather  
France 1958–60  
© V&A 'Shoes: pleasure and pain'



◀  
LK Bennet



re: Life

Oscar de la  
Renta pumps



Go nude

I adore  
fabulous  
shoes.  
*Tracey*



Sandal, gilded and  
incised leather and  
papyrus

Egypt c30BCE–300CE

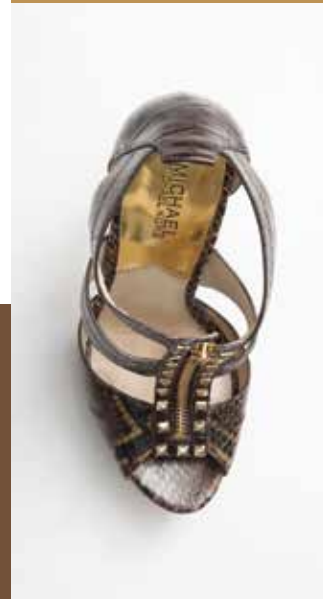
© V&A 'Shoes: pleasure  
and pain'



▲  
Jimmy Choo  
shoes with  
Swarovski  
crystals on heel  
and platform

I can get  
breathless in a  
shoe shop.  
*Claire*

Michael Kors  
heeled sandals



I'm on my fourth pair  
*Paul*  
Redwing boots





When I was 21, I had six pairs of desert boots all in different colours.  
*Claire*



**With thanks to**  
Paul Beattie  
Tracey Bodnarchuk  
Claire Hamon  
Dawn Hayes  
Hannah Kemp  
Ayesha Mian

Konstantinos Retzopoulos  
Bina Shah  
Jarret Stephens  
and  
The Victoria and Albert Museum,  
London

▲  
Wedding toe-knob paduka, silver and gold over wood  
India 1800s  
© V&A 'Shoes: pleasure and pain'

I want to be able to wear them all day and not know I'm wearing them.  
*Ayesha*

Handstitched, embroidered leather Multani *khussa* from Pakistan  
▶

Think fabulous



◀  
Chopines  
Punched kid leather over carved pine  
Venice, Italy c1600  
© V&A 'Shoes: pleasure and pain'

# ONE HUNDRED WORDS

DRAWING ('CHEYNE WALK') BY  
VICKY MÜNZER JONES, SINGAPORE

Every afternoon, a procession of little girls in peach tights prances up the steps of the Margot Crawley Dance Academy. Some doubt whether Miss Crawley is really a Margot; none has dared ask. From the street, one hears piano music, interspersed with muffled thuds and orders barked in thrillingly incomprehensible pidgin French. Miss Crawley has the husky voice of a committed smoker and the patience of one unused to working with small children, though her Academy has been a Chelsea institution for thirty years. She taught several of the mothers of current pupils, and one or two of the grandmothers.

**Alexandra Howe**, Paris

If these walls could talk, they'd tell us about how they loved being coloured on by two little girls and how they wished Mama wouldn't scrub the colours away but let them stay as little reminders of little people. They'd whisper about the hole hidden behind the painting made on a Tuesday night when Mama threw a pop can at Dada (and Dada ducked). They'd tell the nannas and papas who stare at family portraits hung on them: they've had a good life, they've raised a good family, they've been happy. If walls could talk. This is what they'd say.

**Claire Poole**, Calgary

Vicky Münzer Jones was probably born one hundred years too late. Her drawings are all done by hand, not computer generated. In 2010, while living in the Netherlands, she spent nine months attempting to become a professional artist. She is a debt capital markets partner with Norton Rose Fulbright in Singapore, where she continues to add to her portfolio of drawings.





# One fine day

A TOP FIVE SELECTION FROM DJ NICK CLAYSON — GET THE VINYL OUT

Nick Clayson's past is steeped in the music industry. He started out in life mixing it up with a mobile disco company and added to that a period in radio broadcasting (local radio). At university he ran the student radio station and later was music editor for a magazine which shall be nameless, because it was ultimately unsuccessful. Nick Clayson has been the DJ of choice at a number of large events supporting big names and even now still plays music at the weddings of close friends. To fund his way through law school he held down two nightclub residencies. Today, Nick Clayson is a real estate partner with Norton Rose Fulbright. He recently returned from eight years in Dubai and Abu Dhabi and is now based in the London office.

1

## THIS WILL BE OUR YEAR

**The Beautiful South**

The Beautiful South are 'brave' in covering S Club 7's 'Don't stop moving' and Newton-John & Travolta's 'You're the one that I want', but they are spot on in presenting their version of The Zombies 1968 track, which is perfect for a duet. This song was the first dance at my wedding (and, at only 150 seconds all in, highly recommended for any nervous groom with two left feet). I've followed The Beautiful South since their inception, reshuffles and eventual split. Their greatest hits albums do not do them justice, with album tracks often outgunning their radio-friendly numbers. One of Britain's best.

From *Golddiggas, Headnodders and Pholk Songs*, 2004

2

## HUG MY SOUL

**Saint Etienne**

I've always been mystified that Saint Etienne never became the biggest band in the world. Fronted by the stunning (vocally and aesthetically) Sarah Cracknel, they made some perfectly cracking records. 'Hug My Soul' is a dreamy pop track with a whiff of seventies throwback to the Andrea True Connection's (but also Bananarama's) 'More More More'. A classy remixed version also featured on the epic *Casino Classics* LP alongside other reworks by guest producers including the Chemical Brothers, Andrew Weatherall and Aphex Twin.

From *Tiger Bay*, 1994





4

## EMPIRE STATE OF MIND

Jay-Z

From *The Blueprint 3*, 2009

## EMPIRE STATE OF MIND (PART II)

Alicia Keys

This is two songs. Both are epic. The Jay-Z house-party floor-filler original sounds like it came afterwards using an Alicia Keys sample but was actually a year earlier than the Keys solo, which was produced to convey her own personal emotion about New York. I challenge anyone not to feel something about at least one of these versions.

From *The Element of Freedom*, 2010

3

## SONG 4 MUTYA (OUT OF CONTROL)

Groove Armada

The Mutya in question was Sugarbabes outcast Mutya Buena, whose distinctive voice was perfect for this eighties-esque tale of woe about bumping into an 'ex', laid over deep synth and a classic up-tempo poppy baseline.

No one should be without Groove Armada's *Vertigo* album, which still sounds current at seventeen years and counting (no mean feat); it is more laid back and merits playing from start to end (without interruption, skip or shuffle).

From *Soundboy Rock*, 2007

5

## DON'T LEAVE

Faithless

Probably best known for huge handbag house classic 'Insomnia', Faithless are not a band you'd associate with calm, melancholic tunes. 'Don't Leave' is just that (and the floating remix even more so). Starting slow and quiet, it doesn't break a sweat. For the aftermath rather than the party.

From *Reverence*, 1996

---

Illustration by Ivan Maslarov

# The poem

## Legend of the magpie bridge

As the clouds shift, a flight of stars bears their sorrow  
Under cover of darkness they cross the river of silver.  
As the wind turns to gold, and the dew to jade, they meet:  
A sweeter encounter than that of countless mortals  
Soft, yielding, as water flowing: joy, as in a dream.  
Ah, but the magpie bridge. Each will return, must return, alone.  
If this love is to endure through all eternity  
What does it matter that endless day endless night they are apart?

There are tales across the globe of star-crossed lovers. *Legend of the Magpie Bridge* is a *ci*, a Chinese song-poem, which tells the story of a mortal called Niu Lang and a celestial being called Zhi Nu who married against the will of the court of Heaven. The Queen of the Western Heavens – the Jade Emperor’s consort – created the Silver River to separate them (and their children). Now, Niu Lang and Zhi Nu have only one brief day each year when they can be together: on the seventh day of the seventh month in the lunar calendar the magpies fly up and form a bridge. This ‘double seven’ day is China’s Valentine’s day (七夕); look up at the night sky and you will see, on either side of the Milky Way, a bright star shining. Niu Lang is the star Altair and Zhi Nu is Vega. In ancient China, love, Heaven and fate were always bound together; no one could disobey the mandate of Heaven (天命不可违).

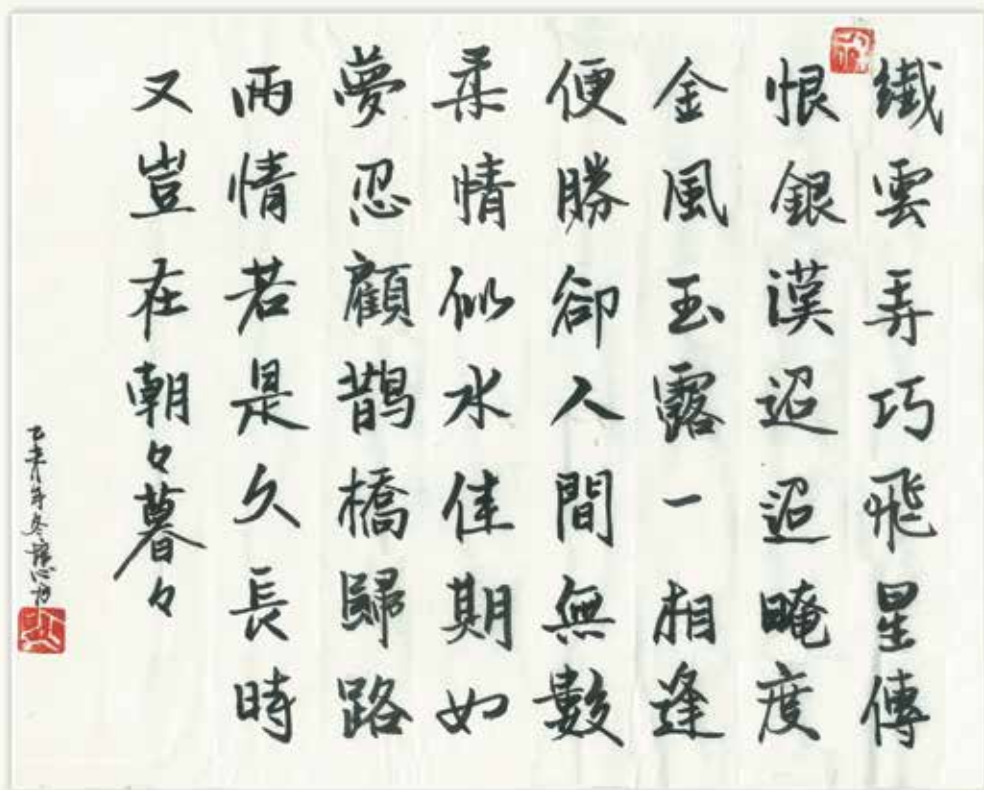
The poet is Qin Guan; he lived in China during the Song Dynasty, more than nine hundred years ago. The *ci* consists of four lines, each

with fourteen characters. It is symmetrical in shape, phrasing and meaning, with a musicality reinforced by its use of rhyme (the final character in each line has an ‘u’ sound – dù, shù, lù, mù – and the same tone – the fourth, or downward, tone). There are internal tonal rhymes as well, on alternate lines (the fourth character in lines 1 and 3; the eighth character in lines 1 and 3; the seventh character in lines 2 and 4). This *ci* is an example of elegant, subtle, restrained writing, typical of classical Chinese.

The fourth line is famous: if love can be everlasting, it does not matter that the couple are separated. China is a large country, and its history is full of lovers, husbands, wives, friends – separated for years, even a lifetime, by impassable mountains, deserts, rivers and by the will of the powers that be. This *ci*, written almost a thousand years ago, still speaks to us.

---

Translation and commentary by paralegal Chen Xiao (William Chen) in Beijing. Calligraphy by Fiona Zhang.



## 鹊桥仙

纤云弄巧，飞星传恨，银河迢迢暗渡。  
金风玉露一相逢，便胜却人间无数。  
柔情似水，佳期如梦，忍顾鹊桥归路。  
两情若是久长时，又岂在朝朝暮暮。

# The person

I feel very grateful for my family and my life.

I come from a family of four daughters and was born and raised in London, Ontario...not London, England. It is a city of about 400,000 people, two hours west of Toronto, a university town. When I first joined Norton Rose Fulbright, I kept asking people if they were from London *England*, and I could see them wondering what other London I could possibly mean.

Almost everyone from Canada comes from somewhere else. My background is Irish, going back five generations. We have a wonderful source of our history in my family through my dad's cousin – Aunt Helen. She is an historian and archivist and has written a book on the history of our family. Perhaps one of my children will write the sequel.

Growing up, I watched as my father practised law. He was an incredibly positive role model. He was an excellent litigator in Ontario who practised at the highest level of integrity. Even with a busy law practice, I remember him home for most dinners and being present at track meets and basketball games. That was, in part, a function of a less hectic time, and of living in a city where you can get to work in ten minutes. That definitely held some attraction for me. I thought you could have it all – in a smaller city. But it was more than that. Family has always been hugely important

## Jane Caskey

I was born and raised in London Ontario, a Canadian city with a population of about 400,000 people.

in my house. As kids, my sisters and I had amazing support and encouragement from our parents. This sense of family has always kept me grounded, despite the pressures of work.

My mom was a wonderfully bright student and had a great mind for sciences. Perhaps, in a different time, she would have been encouraged to consider a science degree or medicine; but I remember her telling my sisters and me that, when she spoke to her guidance counsellor at the end of high school, she was told that nursing would be the more appropriate career. She did go into nursing and worked at SickKids hospital in Toronto – a fantastic hospital for children. She then had four daughters in six years, ultimately giving up nursing to focus on being a homemaker. She was an amazing mom. Without doubt, my mom was the strongest influence on my education and career choices. She strongly encouraged all of us in our pursuit of higher education and to use education to develop independence and enjoy a career.

*Little Women* was a mandatory read in the Caskey family with four daughters! We were close. We supported one another, and whenever one of us faced one of life's many hurdles we came together in a flash. My sisters are dear friends of mine.



While at school, I spent a year studying in France. I lived in the Loire valley with a family who also had four daughters. This experience left an indelible impression on me – it gave me insight into a life that wasn't materialistically focused at all, but that had a real richness in everything about it. The family lived in a very small home and every weekend would welcome in friends and family for an absolutely divine dinner with great food, wine, music...everything was a celebration of life.

I studied French literature and political science. At the end of my undergrad studies I seriously considered doing a master's in political science. I had been doing research for a wonderful professor, Dr Crimmins, who was strongly encouraging me to go on in the subject. In the end, I chose law and went off to Montréal to study at McGill.

I really adored living in Montréal – it is a great city. I like to think back to evenings there when everybody was up and singing and dancing...very fun!

After graduation from law school, I returned to London (Ontario!) where I began my legal career. I had vowed that I would never work in a big city like Toronto and absolutely never work in a big law firm. So, in terms of life goals on the professional front, I can vouch for the fact that things can – and do – change.

I've been married sixteen years; Sean and I met twenty years ago. We met on what I would call a “surprise” set-up. I was invited to a New Year's Eve party in 1995 at a friend's house. When I walked in, I realized that there were basically ten married couples there, and Sean and me...it was not subtle...but it worked.

I have an amazing partner in my husband, Sean: he is incredibly supportive and has a great sense of humour...very key! As a couple, I think we balance each other nicely and parent together really well – which is important. His passions (besides the kids and me) are cycling and Ironman competitions. We have two children, a boy and a girl: James and Ellen.

Most weekends, we do a Friday-night movie night at home. I know that my kids' teenage years are not far off, so I am enjoying the ritual while it lasts. Truth be told, I love it; it is a really nice way to unwind at the end of the week.

There are always lots of kids' sports games to go and see on the weekend, and I am a very good cheerleader. Hockey games and ski races, basketball, volleyball, you name it.

In Ontario, we don't have the big, beautiful mountains you get in the west and in Québec, but nevertheless we try to ski just about every weekend in winter, just north of Toronto. It's very modest ski terrain but, you know what: you learn how to ski even if it's a small hill. My kids love it and are involved in ski racing. We decided early on that if you live in a winter climate like ours, you might as well embrace it.

I used to be very active and have started doing more hiking and trekking to get back to that level of fitness – and enjoy those times of relaxation that come along with it. Last year, we did a trip to Tuscany and hiked the Cinque Terre. It was spectacular. Sean and I had done the same hike on our honeymoon, and it was wonderful to return with James and Ellen.

## Right now, my life is about work and friends

I also used to cook a lot more, but we have a wonderful nanny, Leonida, who has been with us for over ten years, and she prepares meals Monday through Friday. I don't do the shopping lists either. Our house is quite organised; we have a menu for two weeks, and our nanny just knows what to do. She's become a member of our family. She's from the Philippines and supports her family back home. She is warm and loving with our kids and also has an extraordinary work ethic — we are very fortunate to have her in our family.

My parents had the foresight early on to create a family summer place up in Muskoka, in northern Ontario. As children, my sisters and I spent every summer up there, and, in turn, my children now go there every summer together with their cousins and assorted aunts and uncles. My dad and my mom are the anchors of their summers and very much enjoy having this special time with their grandkids. I have one sister who is now a professor, so she can spend the whole summer there, and another who is no longer practising law, so she is also there all summer. And then there are the two of us who are “lawyering”, so we come and go.

My sister Sarah is a professor of English literature at the University of Toronto. She has always shared her books and whatever she is reading with me, so I really owe my love of literature, and in particular the short story, to her. A regret I have is that I do not read as much as I used to; it is one of my favourite pastimes. It is the sign of a proper holiday when I can enjoy lazy time reading for pleasure during the day.

Right now, my life is about work and family. If I have down time and time on weekends, I spend it with my husband and kids. Thank goodness, I have extremely understanding, gracious friends.

I have learned over the years to be careful about making assumptions about people. When someone's standing in front of you they can look completely pulled together, but they may be grappling with other issues or carrying a heavy burden. Don't assume that you know them, or know what they're going through. It's not always apparent.

I confess that I don't have much patience for negativity. I really value and appreciate open-minded and positive thinking.

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**Jane E Caskey, Toronto**  
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Member of global executive committee  
Member of the Canadian management committee  
Partner  
Intellectual property lawyer

re: Life

# Back streets

PRIVATE VIEWINGS OF CITIES, AND STREETS, NEAR YOU.

CASABLANCA, DECEMBER 17, 2011. PHOTOGRAPHS BY IVAN MASLAROV.



Midday at the corner of  
rue Mustapha el Maani



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Ivan Maslarov is the picture editor of *Re:* and a multi-media manager with Norton Rose Fulbright, based in London

Early morning stretch at Bab Marrakech



# Coda

A PORTRAIT FOR 2016



*Noel*  
Ivan Maslarov

Noel Whittaker, the subject of this portrait, is a finance client support manager with Norton Rose Fulbright in London. You may notice that he has a moustache in the picture. In November 2015, Noel sat for a series of photographs commissioned in support of Norton Rose Fulbright's Movember campaign, highlighting the need for more conversation about men's physical and mental health: about prostate cancer, testicular cancer and mental illness. He started the month clean-shaven and ended it with a magnificent Mo.

The photographer is the picture editor of *Re.*. His portrait of Noel was 'Commended' in the Sony World Photography Organisation awards for 2016. It was one of the top 50 images in the Smile category and was selected from more than 95,000 images entered by photographers across 186 countries. In 2014, another of Ivan Maslarov's photographs was short-listed for the Taylor Wessing Photographic Portrait Prize and exhibited at the National Portrait Gallery in London.



# RE: A MAGAZINE OPEN TO NEW PERSPECTIVES

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**External contributors**

**Clare Ellis**

(Greek chorus – illustrator)

**Ursula Elis**

(The heart of the lead)

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