



# Jaki's Jazz Newsletter

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**What's Jaki Up To?** I've been having a fabulous life since the last newsletter. I will start with the latest and greatest! I recently returned from my second visit to Rio Caliente Hot Springs Spa in La Primavera, Mexico, which is about a 60 minute ride from the Guadalajara airport. This visit was even better than my first and I didn't think that possible. My first trip consisted of five nights. I was sorry about that short visit and this time I stayed seven nights. Still not enough! I think I could stay for a year and it would not be enough. Understand that I enjoy relaxing. I love being pampered and I thoroughly enjoy face and body work.

In particular, I enjoy good food and RioCal has an abundance of it. The cuisine is vegetarian, with Sunday being fish day. The well-balanced nutritious meals and the mineral water do a lot for digestion. Meal time is a source of excitement. Everyone eats together, including the owner, the exercise instructors, treatment staff, and visiting lecturers. How many resorts have you been to where you can get that up close and personal?



I was excited to arrive on the property in time to shower, change and have lunch.

The weather could not have been more beautiful and the people were more wonderful than my first visit. People immediately connect and you feel like you've known some of them for a very long time. Everyone is there seeking the same "drug"...peace, serenity, mega massages, no television or phones in the rooms. There is a pay phone on the property. Your cell phone can't even get a signal in this mountainous region. Did I miss any of that? No! I took "*Plum Bun*", an excellent book that I finished on my plane ride home. Jesse Redmond Fauset wrote the novel in the early 1900's about a mother and one daughter that can pass for white; the father and older daughter cannot. The book was recommended to me and I recommend it to you.

RioCal is located in a very safe part of Mexico. I know there are some negative things going on in Mexico, but no need to worry because we were safe and over-the-top happy. RioCal is the type of place I want to take all my friends and family to. The first time I went I thought "what will I do in a place like this for five nights"? You have no idea how sad I was when it was time to leave. This time around, I was equally sad, though more fulfilled.

Next time, I'm getting the 10-day package and that probably won't be enough.

My days consisted of breakfast, a dip in one of two warm to hot mineral water pools, some form of face and/or body work, three delicious meals, hiking, yoga class, water exercise, evening lecture, workshop or film, and early to bed. After a day like that, who has enough energy to stay up past 10 pm? Each morning the chirping birds woke me to start another day to repeat basically the same thing as the day before. You can do as much as you want or nothing at all. Day trips are also available.

I know that I have to get back there soon because Caroline, the owner, wants to sell the property and finally retire. I'd love to know 10 people that would invest in the place so we could have it as our own private sanctuary. It's not a large resort, but it's a special one. The mountain air alone is enough to lull you into a peaceful sleep or an invigorating day. The bright, sunny, not-too-hot, days allow the sun to warm and tan your body, while light breezes keep your body temperature just right. Oh, and the nights! I was there from March 30 through April 6 and the nights were just cool enough for a blanket. In case you require more heat, all the rooms have fireplaces.

I met world renowned psychic, Rose Ledbetter. Rose sat with several of us for dinner her first night in. We had the good fortune of sitting next to each other. I had big belly laughs listening to her and my



apprehension about psychics flew over the La Primavera mountains. Yes, I met with her for a one hour session and I am so glad I did. She actually tapes the sessions and gives you a tape to walk away with. I did not realize I had a spiritual healing until two days after I returned home. She helped me get my head straight on a certain matter and so far it's working. Check Rose out at [www.rosehealer-sedona.com](http://www.rosehealer-sedona.com).

There is a lot more I could write about Rio Caliente, but I want you to go to [ww.riocaliente.com](http://ww.riocaliente.com) and find out for yourselves.



When you get there, you'll realize just how much they might be able to assist you in unwinding.

I purchased a fabulous Canon digital still/video camera to take on my trip and to video my water exercise classes. I'm having a lot of fun with the camera, but I keep it on "auto" because it's fancy and I may never take the time to figure out all its bells and whistles. The photos in this newsletter were taken with my camera at RioCal. I always promote RioCal because I love it and

it's a great place to find peace. Go there because I don't want you to miss the opportunity of a lifetime. Don't be afraid to go alone



because it's friendly. Also, if you're not already my Facebook friend, just search my name. More photos will be on Facebook.

Additionally, I was fortunate to start practicing yoga again with Mardy at RioCal. I didn't stop practicing because I wanted to, but was forced to until my back problems were rectified. It's good to be back. Kudos to Mardy!!

### **What Else Am I Up To?**

I am currently teaching eight water exercise classes a week. Some of you may remember, just a couple of years ago when I started with two classes at one location, and one aquatic certification. I now have five certifications, eight classes, and teach at three locations. Life is good and I am blessed.

A dear friend recently introduced me to something new. The Five Tibetans Rites are five exercises. Each exercise is **eventually** done 21 times. "T5T" has the potential to increase your energy, mental clarity and focus; reduce stress, improve strength and flexibility; and strengthen your back with core stability. "*The Eye of Revelation*", written by Peter Kelder in 1939, contains the original story of his discovery of the Tibetan monks. I'm all about spiritual knowledge and exercise and had to take it a step beyond the book. I searched Amazon.com and found an exercise DVD by Carolinda Witt that comes with PDFs of her book and

Kelder's. Witt's book and DVD, "*The Five Tibetans: Discover a Teacher's Insider Secrets*", focus on proper breathing with the exercises. Being an exercise instructor, I did not want to perform the exercises from pictures. Injuries can happen without an instructor to follow. The books and the exercise series are enlightening. I ordered the DVD the night before I left for RioCal and it was waiting for me when I returned. I love mail order.

I could go on, but I think this is more than enough about my adventures. Let's move on to some jazz.

### **LADY LENA HORNE**

Ms. Horne lived almost a century. She passed on May 9, 2010 at the age of 92 and left her mark on the world. Horne grew up in a



time when African Americans were fighting racism and opportunities were scarce, especially opportunities for an actress and singer. Breaking into the film industry was unheard of, but Horne was something very different from others.

She signed with MGM and made several films, *Panama Hattie* (1942), *Cabin in the Sky* (1943) and, of course, *Stormy Weather* (1943). Lena Horne was a star in the eyes of African American people and eventually became a star among other races. Being one of the first beautiful African American women in Hollywood, she refused to play roles that stereotyped African American women. And you could say she broke ground for Halle Berry, Angela Bassett, and many other talented black actresses.

Ms. Horne participated in the Civil Rights Movement during the 1960s, worked with the NAACP, and spoke on civil rights throughout the South.

In the early 1970s, after her husband, father and son all passed away within the space of 18 months, Horne took some time away from performing. "I felt like two different Lenas," she admits, "the one you looked at on stage, and the one who had to find where she was." Horne traveled to the South, "looking for people who had known me when I was little, people who had taken me in as a child." This very personal search for identity, coupled with the pain of loss affected Horne greatly. "It cracked me open, made me feel compassion." Her one-woman show, *Lena Horne: The Lady and Her Music* (1981), garnered many awards, including a Drama Critics' Circle Award and a special achievement Tony Award. In 1984 Horne received a Kennedy Center Honors Award.

She was married to Lennie Hayton from 1947 until his death in 1971.

I'm glad she lived during my generation and I was sorry to see her go, but she lived a long and prosperous life.

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