

"To the world you may be one person. But to one person, you may be the world..." ~ John Lennon

Planet 20/20

Re:Re:Views

decided to review my own book on [Amazon](#) because I regularly order a bunch to give away, but my personal comments were rejected because ... well, IT'S ME! But here it is anyway for you to share:

"This memoir is the best, funniest and weirdest book I've ever read, and I should know, because I co-wrote it with [Brad Schreiber](#). And I know I left out some stuff, and mis-remembered other stuff, like the 'Barbro' reference in the first chapter, my then Norwegian wife – but that's because our artistic director, the multi-talented [Andy Thomas](#), moved the story of the Chinese gangland shooting from Chapter 13 (get it?) to the first chapter, to start the book off with a bang."

Anyway, I'd really appreciate your reactions, and if you publish them at Amazon, it will help sales; and if you're illiterate, listen to the audiobook, compiled from my aurally augmented award-winning podcast, which also includes additional embarrassing information, at [Suemedia.com](#) **CLICK HERE**

"Reading this book will change your life.
Buying this book will change Philip Proctor's life.
It's a win-win!" ~ Michael Liben

Thank Me, and I'm Welcome

Welcome to my mind
Is it safe? Is it happy?
Or is it dark?
I cannot tell you,
nor can my mind.
Good luck with what you find.
From each corner grows
Something exciting, something new;
Creating it, is what I do.
Though for each lightbulb corner
There is a shadow.
Control them?
No, I've tried.
The battle rages on forever inside.
All I can hope or all I can do
Is balance the demons,
With creation anew.

A poem "for me" created on Baba-mail by **Jon D.B.**

"What do we want? Time travel! When do we want it?
It's irrelevant!" ~ from **Andy Thomas**

Attention, Seekers!

This is my *Fortune Cookie* co-author **Brad Schreiber**'s newest book, "**MUSIC IS POWER: Popular Music, Social Justice and the Will to Change**", from Rutgers University Press. It covers the socio-political history of important music, from **Bob Dylan** to hip-hop, including genres like punk, comedy, folk, psychedelia, R&B/soul and major musicals, and encourages listeners to respond to this powerful music with real world activism. It's a timeless New Year's gift!

Brad's other books include: *Becoming Jimi Hendrix* (Da Capo), which is called "fascinating" by *The New York Times* and was chosen for inclusion in the Rock and Roll Hall of Fame Library.

And *Rolling Stone*'s **Anthony DeCurtis**, Grammy Award-winning journalist and author of *Lou Reed: A Life*, writes: "Brad Schreiber understands both music and politics, as well as the jagged lines where they overlap and intersect. His clarity, intelligence and insight provide lasting rewards."

And here I am [*below*] with Brad and Reggae master **Roger Steffens** attending his book-signing at Book Soup on Sunset.

"To be caught happy in a world of misery is
the most despicable of crimes." ~ **Virginia Wolff**



You're shitting me

ONE NIGHT, AT THE LODGE OF A HUNTING CLUB, two new members were being shown around. "See that old man asleep in the chair by the fireplace?" their guide said. "He's our oldest member and can tell some unforgettable tales." So, they gently awaken the old man, buy him a whiskey, and encourage him to tell them a personal hunting story.

"Well," he began, "I remember back in '44, we went on a lion-hunting expedition in Africa. We tracked the cats for three days without seeing a thing, and on the fourth day, I was so tired I had to rest, so I found a fallen tree, laid my gun down, propped my head on the stump and promptly fell asleep.

"Suddenly I was rudely awakened by a rustling sound – but as I reached for my gun, the biggest lion I ever saw jumped out of the bushes at me like this: 'ROOOAAARRRRR!' Well, I just crapped my pants."

The young men were shocked, but one of them said, "I don't blame you. I would've soiled my pants too if a lion jumped out at me like that."

The old man shook his head and said, "No, no, not then, just now when I said 'ROOOAAARRRRR!'"

"When you talk, you are only repeating what you already know, but if you listen, you may learn something new."
~ Dalai Lama

Really broken news

WHEN A 60-YEAR-OLD WOMAN IN ISRAEL was attending a wedding, she confused avocado with wasabi and ended up eating a large quantity of the extra-hot Japanese horseradish. Only a few minutes later, she suddenly felt pressure in her chest, which was radiating into her arms, and the following day, she was diagnosed with broken-heart syndrome, a condition that usually occurs after massive emotional or physical stress and manifests itself through the enlargement and weakening of the left ventricle, greatly increasing one's risk of heart events and stroke.

But the condition is usually temporary, and the woman recovered in a month, although she did have to take heart medications during this time, and broke up with her boyfriend.

"Backward and forward, eternity is the same; already we have been the nothing we dread to be."
~ Herman Melville

Say what?

MY "GOD HELP US" WRITING PARTNER, Samuel Joseph, and I just published *What to Say to your Crazy Right-wing Uncle: Talking Points for Liberals*, late last year, with political cartoons by Firesign friend Phil Fountain and a foreword by Thom Hartmann, the number one progressive talk show host in the US., who writes:



HARTMANN'S POINT
Thom cites one small for man but important step for sanity!

"Sam and Phil provide both a template for talking back to your Crazy Uncle (who's not really crazy, just misinformed) and a narrative script, both as example and detail. It's a fun, informative handbook for progressives to counter conservative talking points and disinformation and a small but important step in reclaiming truth and sanity in the midst of an insane and often nakedly untruthful media landscape."

It's a perfect pre-election gift for your political allies and any loved ones still in your life who you are driving you nuts. Get one today!

CHECK IT OUT

"Few things are harder to put up with than the annoyance of a good example." ~ Mark Twain

The wisdom of Sid Dhartha

I F THERE IS NO SELF, WHOSE ARTHRITIS IS THIS?
Be here now. Be someplace else later. Is that so complicated? Drink tea and nourish life; with the first sip, joy; with the second sip, satisfaction; with the third sip, peace; with the fourth, a prune Danish. Wherever you go, there you are. Your luggage is another story.

Accept misfortune as a blessing. Do not wish for perfect health, or a life without problems. What would you talk about? The journey of a thousand miles begins with a single Oy.

There is no escaping karma. In a previous life, you never called, you never wrote, you never visited. And whose fault was that? Zen is not easy. It takes effort to attain nothingness. And then what do you have? Bupkis.

Breathe in. Breathe out. Breathe in. Breathe out. If you forget this, attaining Enlightenment will be the least of your problems. Let your mind be as a floating cloud. Let your stillness be as a wooded glen. And sit up straight. You'll never meet the Buddha with such rounded shoulders.

*Deep inside you are ten thousand flowers.
Each flower blossoms ten thousand times.*

■ CONTINUED

*Each blossom has ten thousand petals.
You might want to see a specialist.*

Be aware of your body. Be aware of your perceptions. Keep in mind that not every physical sensation is a symptom of a terminal illness. The Torah says, Love your neighbor as yourself. The Buddha says, there is no self. Nu, could it be we're off the hook?

Remember, The Tao does not speak. The Tao does not blame. The Tao does not take sides. The Tao has no expectations. The Tao does not provoke guilt. The Tao demands nothing of others. The Tao is not Jewish.

*Excerpted from **ZEN JUDAISM** by **David M. Bader***

*"Learn simplicity and stillness. When those traits are subtly evident, an actor is at his/her most powerful and spellbinding." ~ **Armin Shimmerman***

The Sammy-gate opens soon

MY FRIEND, WRITER/DIRECTOR/EDITOR/producer **Noel Lawrence** writes: "Over the years, many of you heard about my feature film *Sammy-Gate*. I began the project in 2012 and almost eight years to the day, on January 24, the film will be having its World Premiere at IFFR in Rotterdam!"



'GATE' KEEPER

Noel Lawrence (above) sees his near-decade-long endeavor on screen.

"After dedicating nearly a decade of my life to this massive endeavor, I am at a loss for words. But I must thank all of those who worked so long and hard to realize this ambitious

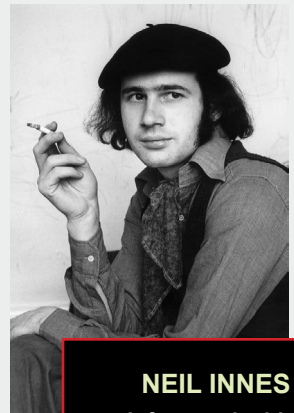
project. Though film culture tends to focus on auteurs, filmmaking is a collective effort. It especially matters in a project without commercial or institutional support that is essentially willed into existence through sheer willpower and creative labor." **INFO**

Congratulations, Noel, and thanks for casting me as Richard, the Nix.

*"The greatest deception men suffer is from their own opinions." ~ **Leonardo da Vinci***

Comics in common

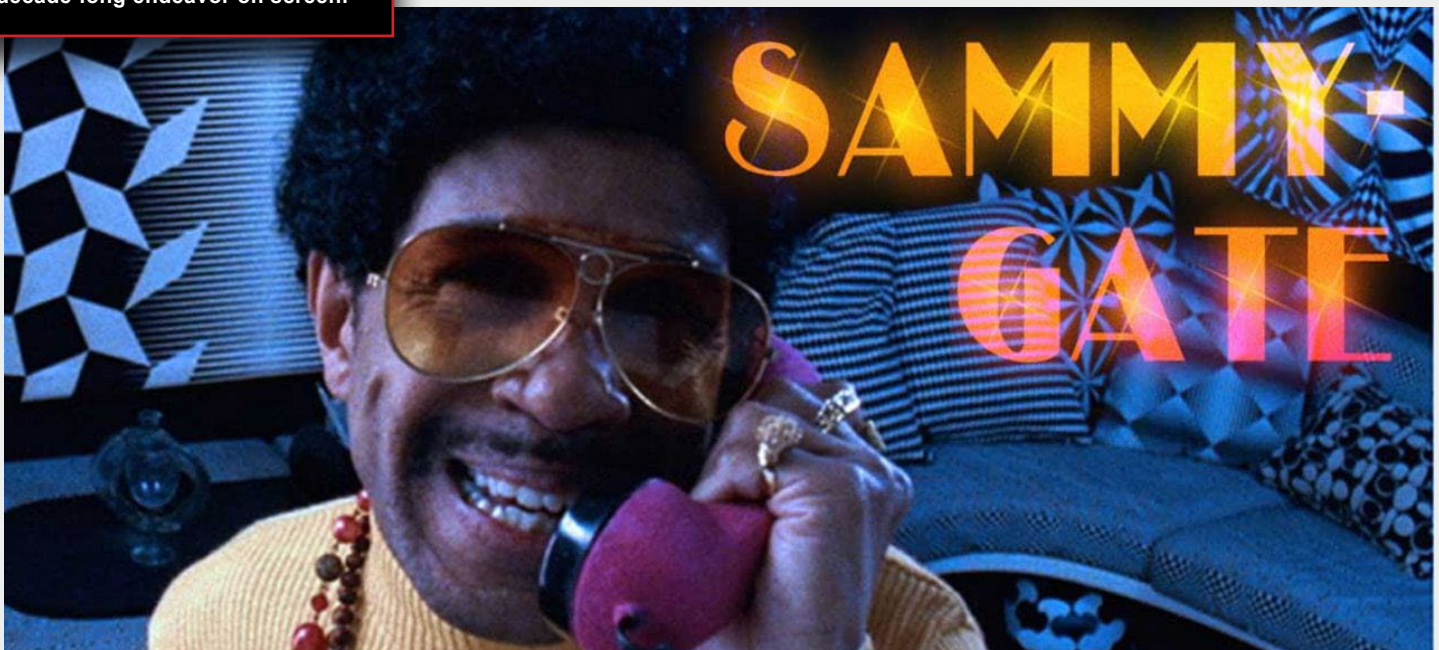
FIRST, A FOND FAREWELL AT 75, TO MUSICIAN and surrealist **Neil Innes**, an originator of the **Bonzo Dog Doo-Dah** (formerly Da-Da) **Band** and **The Rutles** ("whose legacy would last a lunchtime"). Neil was in the "Innes circle" of both The Beatles and the Pythons but preferred to remain incongruous. "I've really been close to people who have had all this terrible fame and renown – It's really not for me."



NEIL INNES
Infamous insider

And then we lost **Buck Henry**, formerly Henry Zuckerman, who was truly a jack-of-all-trades: directing, acting, doing standup, and sitting down to write for movies, stage, TV and screen, including *What's Up, Doc?* starring **Barbra Streisand**, **Ryan O'Neal** and my dear friends **Austin Pendleton** and **Kenneth Mars**.

Although he co-created "Get Smart" he is probably best known for hosting SNL ten times, playing such memorable





HEAVEN COULDN'T WAIT

Buck Henry and Warren Beatty,
co-directed and appeared in the 1978
update of 'Here Comes Mr. Jordan.'

roles as the perverted babysitter, Uncle Roy, and the unflappable customer at **John Belushi's** Samurai Sandwich Shop.

"Actors used to be just a cut above pirates," he once noted. "So writing always seemed to be the respectable art." Nevertheless, he didn't like writing with other people "because if they aren't as funny as me, I hate them, and if they are funnier than me, I hate them."

When once asked on "The Tonight Show" what he was going to do next, he told Carson with his usual deadpan delivery, "I'm going write a humorous version of 'Gilligan's Island.'" At 89, he sure left us laughing...

*"Drugs accumulate in the body
over time, so stop taking baby aspirin
before you get pregnant."
~ Phil's Phunny Phacts*

Helpers

Thanks to **Oona Austin** for a year-end getaway on Fox Island; **Art, Linda** and **Luke** for a magical Christmas in Connecticut; **Charlie Moed** for a notable New Year's night in New York; and regular contributors **Kenneth Wilhite, Jr., Joan Allemand**, our trainer **Allison**

Barenbrug, my darling tolerant wife **Melinda Peterson**, and **Louise Palanker**, host of *Things I Found on the Internet*, featuring **Jamie Alcroft** and **Danny Mann**: **MORE INFO**

And at least but not last, thanks to **Ted Bonnitt**, my partner in *Phil & Ted's Sexy Boomer Show!* – a podcast-in-progress for our under-represented demographic. Guests so far included **Larry Hankin & Paul Willson, Phyllis Katz & Rob Lewine, Anna Mathias & Alan Shearman** and **Jamie Alcroft & Danny Mann**.

And finally, thanks to science-fiction legend **Spider Robinson**, who penned the foreword to an upcoming book of Firesign Theatre screenplays, and wrote in his recent blog:

"I also strongly recommend Phil's regular (and as such things go aromatic giggle-bomb), **Planet Proctor**, a short but cocky compendium of levity with brevity [where] you will find an archive of highly silly intelligence and highly intelligent silliness going back to 1996, available for plundering." **MORE**

AND NOTE: In place of the usual LINKS this month, I offer you this frippery from funnyman and friend **Jim**

Meskimen:

A Cautionary Verse

A poem walked down a busy street
And saw a friend she'd like to meet.

So, off the sunny curb she strode
Into the middle of the road.

Distracted by the friend she spied,
she did not look from side to side.

The motorists, all heading home
were unprepared to stop for poems
that dash all willy-nilly forth,
and so they struck her down, of course.

Her meter was the first to go,
her verses all went to and fro.

Her light and buoyant rhythms next
were crumpled, as you might expect,

Until her meaning and her sense,
her over-arching sentiments,

became no longer poetry,
but like the trash one often sees.

A lesson, older than the stars:
Even a poem must mind the cars.

*"Tradition is not static; it is
dynamic." ~ Pope Francis*

"If you don't know where you are going, you might wind up somewhere else." ~ Yogi Berra

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