

Edward Esko Receives the 2006 Aveline Award

By Makari Lang

On July 27, Edward Esko received the 2006 Aveline Kushi Award. The Award Ceremony was held at the Macrobiotic Summer Conference in at Green Mountain College in Vermont. In attendance were Michio Kushi and macrobiotic teachers and students from around the world.

The Aveline Award is presented by the Kushi Institute “in deep appreciation and recognition of outstanding long-time leadership in the macrobiotic movement, dedication to improving health in individuals, families, and communities, and commitment to world peace.” Lino Stanchich, the popular macrobiotic teacher and author, also received a 2006 Aveline Award. Previous recipients have included Cornelia Aihara (2004), Denny Waxman and Sandy Pukel (2005).

At the Award Ceremony, new details of Edward’s biography were presented.

Edward Esko was born in Philadelphia on October 16, 1950. The name, “Esko,” is the shortened form of “Esuchenko.”

Edward’s paternal grandfather was from Minsk, Belarus and his paternal grandmother from Krakow, Poland. His maternal grandfather was from Glasgow, Scotland and his maternal grandmother from the region near Liverpool, England.

Edward’s parents, Edward Sr. and Elizabeth, were born in the Philadelphia area, where they live today. In 2006, his parents celebrated their 60th wedding anniversary.

At 16, Edward graduated from Abraham Lincoln High School in Philadelphia and entered Temple University.

Edward learned guitar, and, with his brother Jeffrey, formed musical groups. The brothers wrote and recorded popular songs, and in 1968, performed on national television with Stevie Wonder and B.B. King.

An American student of George Ohsawa introduced Edward to macrobiotics. In 1971, he journeyed by car from Philadelphia to San Francisco to study with Hermann and Cornelia Aihara. In 1972, he moved to Cambridge, Mass. to study with Michio and Aveline Kushi.

Edward attended Michio’s lectures in Boston and wrote articles for the *East West Journal*. In 1973, he interviewed Yoko Ono in her New York apartment. That interview led to a personal friendship with Yoko and her husband, John Lennon.

Edward met his future wife, Wendy, in Philadelphia in 1973. The following year, Michio appointed him Vice President of the East West Foundation. Edward gave his first lecture in October 1973 in Oswego, New York.

Edward arranged Michio's seminars in Boston and the first Kushi Seminars in London and Paris. He also established the Amherst Program, the summer study program at Amherst College that was the prototype of today's Summer Conference.

Edward is the father of nine children. Ed and Wendy have five grandchildren. Ed has lectured throughout the United States and around the world. Ed and Wendy have authored and edited over 20 books, including *Macrobiotic Cooking for Everyone*. Their books have been translated into a dozen languages and sold more than a quarter million copies.

Ed's latest projects include Quantum Rabbit LLC, a new energy corporation, KINA LLC, a natural products company, and his web log, www.EskoTerra.com. Edward's newest web site, dedicated to the dream of world peace through world federation, is www.PlanetaryCommonwealth.org.

Following the presentation of the above biography, Edward was invited to speak. The text of his speech is presented below:

"It truly is an honor to receive this Award. It's wonderful to receive recognition from friends and colleagues.

This reminds me of the recognition I received years ago, when, after four boys, Wendy *finally* gave birth to a girl! Let me tell you, cheers went up over Boston that night. (Laughter.)

By the way, Michio helped facilitate that event. After the fourth boy, he called me aside. "Ed," he said, "It seems you have to begin physical training." (More laughter.)

It was after that that I started jogging. Lo and behold, we started having girls after that. (Laughter.)

Speaking of Wendy Esko, with your permission, I'd like to share the Aveline Award with her. Let's take this opportunity to acknowledge Wendy's wonderful contribution. (Applause.)

I'd also like to acknowledge the encouragement I've received from Michio and Aveline, Herman and Cornelia, George and Lima, Bill Dufty and Gloria Swanson, and my friends and family around the world. Their support has been nothing less than fabulous. (Applause.)

Aveline was able to come to America because she sold the most copies of a small newsletter entitled, *World Government*.

I'm happy to announce that this year's Aveline Award will be used to begin a web site **PlanetaryCommonwealth.org**, dedicated to Aveline's dream of One Peaceful World. If you visit PlanetaryCommonwealth.org, you'll see the first draft of the Declaration of Planetary Commonwealth. I invite you to sign the Declaration and join Planetary Commonwealth. Please consider Planetary Commonwealth to be your own domain.

An event such as the recent visit of the Japanese Prime Minister to Elvis's home at Graceland, together with the American President, reminds us that everything changes. The bitterest of enemies can become the closest friends. Our planet is shrinking. We live in One World.

I'd like to close with a song. It's called *One Peaceful World*. Feel free to sing along."

At this point, Edward took a guitar and led the audience in singing *One Peaceful World*, a song he wrote many years ago inspired by the macrobiotic dream.

*In each and every country
And each and every land
The people of our planet
Will start to understand
That we can live together
In peace and harmony
And love will grow between us
Like one big family
Oh-Oh-One Peaceful World
Oh-Oh-One Peaceful World*



Photo – Florence Johnson

Makari Lang lives in Germany. She has studied macrobiotics at the Kushi Institute in Becket, Massachusetts.