

dialogue

Canada's Independent Voices

MAGAZINE

Vol. 21, No. 6, APRIL-MAY 2008 \$6.00

The
Power
of



ness

In this issue

Individuals and
organizations
speak out for
Canada
and **Earth**
against
special
interest
agendas

Change begins in the Heart

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dialogue@dialogue.ca
Fax: 250-758-9855

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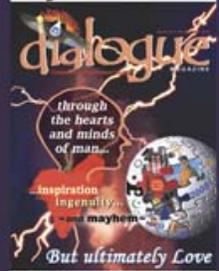
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dialogue bookmark (left)

We have developed a bookmark as a way of introducing new readers to our magazine. If you would like some, let us know, (250) 758-9877. See p.3.

My Bookmark



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Town of Clearwater
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Notice designed & placed by Denny Petrik

A word from the publisher and editor...



Maurice, Penny & Janet
at home in Nanaimo, BC

Well, here we are at the end of another year of *Dialogue*, Volume 21, that is!

And what a different world it is we live in, today, even compared to 1987. Children coming of age in 2008 are greeted by the world we adults (and earlier generations) have made – or allowed to be made – for them: the consumer/worker lifestyle, rampant militarization, a world economy teetering on the brink, global politics careening towards fascism, and a badly degraded natural environment... What a legacy our grandchildren will inherit!!

But, whether they or we know it, we are all living at a time that is undergoing profound transformation. Oh, you won't see it on your TV news – except for occasional glimpses – but it is happening all around us and all around the world. People are awakening to the realization that we make – or break – our own reality. Around the world, people are taking into their own hands: the care and nurturing of their community and environment. Yes, things will likely get a lot worse before we see genuine progress, but change happens first in our hearts and that is where it needs to be nurtured.

Many of us are embroiled in political actions and reactions – in issues that seem so crucial to us. But there are other ways to foster change: meaningful alternatives that can lead us toward sustainable solutions that will allow us to play a positive role in the transformation that is sweeping the planet.

So, we need to understand what is going on, of course; and there are many unfolding disasters that are beyond our capacity to control. But with an open mind, a loving heart and our full attention, we may notice that an “ending” is also an opportunity. Start to think and dream about the kind of world you want, to replace the one that seems to be crumbling around us. For it is the remembered dreams – of young and old – that will create the future of Earth. The young may be the ones to do the building, but we can all have a part in envisioning the world we want our grandchildren to live in. **Dream boldly – and leave the mistakes of the past behind.**

As you will see on P.2, we have developed a **Dialogue Bookmark**, as a way of introducing new readers to our magazine. We got the idea after coming across a piece of paper someone had left in a book we borrowed from the library. We thought... if one of our bookmarks happens to get left in a book when we return it to the library, maybe someone else will find it – and learn about *Dialogue*!! [If you would like us to mail you some bookmarks to ‘seed’ in your community, please let us know.]

Most of the books mentioned in this issue are listed in our Amazon.ca “store” on our website – www.dialogue.ca [We make a small commission if you purchase from amazon.ca through our website! And we can add any books that you are interested in – just let us know!]

And if you are not yet receiving our monthly “**e-mail newsletter**” (prepared by Maurice), send an e-mail – to maurice.king@dialogue.ca – and we will add you to our e-newsletter list. [Please note: the e-mail address for submissions to the printed magazine is still: dialogue@dialogue.ca]

Thank you for your letters, encouragement, subscriptions, gift subscriptions and donations! Without your support and your voice, there would be no *Dialogue*! Your help in finding new readers is so vital – and greatly valued.

Maurice, volunteer publisher

Janet, volunteer editor

...and Penny, of course!

dialogue is...

...an independent, not-for-profit Canadian magazine, written and supported by its readers - empowering their voices and the sharing of ideas.

Dialogue, for twenty-one years, has been providing a forum for the exchange of ideas and an antidote to political correctness. We encourage readers to share with others – including our politicians – the ideas and issues gleaned from these pages.

If this is your first issue, please let us know what you think of it. If you would like to share your ideas and become a writer in *dialogue* magazine consider this your invitation!

We also need your support as a subscriber, to help us continue
(See P. 58 for details)

Dialogue was founded in 1987 and is published six times a year.

Maurice J. King, President-Publisher
Janet K. Hicks, Volunteer Editor

Date of Current Issue: Mar. 22, '08
Annual subscription: \$30.00
[including GST]

[The price has been rounded off to make our bookkeeping easier! Thank you.
GST # 89355-1739]

Canada Post Agreement No. 40069647
Registration No. 08915
ISSN: 1184-7042
Legal Deposit:
National Library of Canada (409731)

We acknowledge the financial support of the Government of Canada, through the Publications Assistance Program (PAP), toward our mailing costs.

Canada

The views expressed in this publication are those of their individual authors.

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Challenging the SPP/NAU Agenda...

Received from: <http://www.care2.com>

Local British Columbia council passes motion to halt the SPP

by Dana Gabriel

www.opednews.com

The Village of New Denver in southeastern British Columbia, Canada, has recently passed a motion to halt the Security and Prosperity Partnership (SPP) of North America. The motion to stop the SPP is until such time as there is more parliamentary oversight and a democratic mandate from the people of Canada to further pursue this agenda of deeper integration.

The motion passed reads as such, “the Council of the Village of New Denver supports the position of Alex Atamanenko, MP, B.C. Southern Interior, in calling on the Federal Government of Canada to stop further implementation of the Security and Prosperity Partnership of North America with the United States and Mexico until there is a democratic mandate from the people of Canada, Parliamentary oversight, and consideration of its profound consequences on Canada's existence as a sovereign nation and its ability to adopt a autonomous and sustainable economic, social, and environmental policies, and urge the Government of Canada to conduct a transparent and accountable public debate of the SPP process, involving meaningful public consultation with civil society and full legislative review, including the work, recommendations and reports of all SPP working groups, and full debate and a vote in Parliament.”

Some might view a small town passing such a motion as insignificant, but it could lead to a domino effect. Many U.S. states have already passed anti-North American Union resolutions. It is at a local, municipal, state, and provincial level where we might be most effective in further engaging this agenda.

The groundswell of grassroots resentment towards a North American Union is growing in Canada. Demonstrations and protests were recently held all across the country against deeper integration. People are taking action, but despite their best efforts, there is still a lack of knowledge and understanding from the general public in regards to the SPP. Don't look to the Canadian mainstream media for help as they have been just as silent and complacent as their American counterparts on reporting on this agenda.

It is up to activists, bloggers, and those in the alternative media to further expose the North American Union and force it into the mainstream. As individuals, we need to educate our co-workers, friends, and families. This also means our elected representatives, and we must hold them more accountable. There is no doubt that an informed public will rise up against this threat to our sovereignty.

MP Presenters of Petitions from citizens opposed to the SPP, 07-08

Mr. Alex Atamanenko (British Columbia Southern Interior, NDP)

Ms. Catherine Bell (Vancouver Island North, NDP)

Ms. Chris Charlton (Hamilton Mountain, NDP)

Mr. David Christopherson (Hamilton Centre, NDP)

Ms. Olivia Chow (Trinity—Spadina, NDP)

Ms. Jean Crowder (Nanaimo—Cowichan, NDP)

Mr. Nathan Cullen (Skeena—Bulkley Valley, NDP)

Mr. Peter Julian (Burnaby—New Westminster, NDP)

Hon. Jack Layton (Toronto—Danforth, NDP)

Mr. Tony Martin (Sault Ste. Marie, NDP)

Mrs. Irene Mathysen (London—Fanshawe, NDP)

Ms. Denise Savoie (Victoria, NDP)

Ms. Judy Wasylycia-Leis (Winnipeg North, NDP)

We must stand up to the globalist traitors and let them know that their efforts to destroy our country will not go unchallenged. In the end, it will take a coming together of concerned and informed citizens on both the left and the right if we are going to truly defeat the North American Union. ♣

From The Council of Canadians:

A copy of the New Denver, BC, motion was sent by letter to MP Atamanenko, Prime Minister Stephen Harper, NDP Trade Critic Peter Julian, Liberal leader Stéphane Dion, NDP leader Jack Layton, Bloc leader Gilles Duceppe, the Association of Kootenay Boundary Local Governments, the Union of B.C. Municipalities and the Council of Canadians.

The Council of Canadians has been demanding public consultations and a full parliamentary debate on the SPP since 2005 and encourages other city and local councils to pass similar motions to this one from the Village of New Denver.

Council of Canadians campaign against SPP

Integrate This! Challenging The Security and Prosperity Partnership of North America

www.canadians.org/integratethis/backgrounders/guide/index.html

Citizen's Guide to the Security and Prosperity Partnership (SPP)

In March 2005, as a result of intense lobbying from North America's richest corporations, the leaders of Canada, Mexico and the United States met in Waco, Texas to shake hands on the Security and Prosperity Partnership of North America (SPP). The SPP was a pledge to speed up the corporate goal of continental economic integration by linking it to U.S. government security demands...

For more information about the campaign against the SPP, visit www.canadians.org or call COC at Tel: 1-800-387-7177. ♣

North America/Europe under the same pressure from global banking

A message from Germany

re Treaty of Lisboa

From Charles Brewster, Realist:

The following video from Germany, by Klaus Jaeger, called **Cluster Vision**, is worth watching:

www.youtube.com/watch?v=1ia71ngoTts

It was recorded in response to the video, by Connie Fogal, on **Control of the Money Supply**, online at:

www.youtube.com/watch?v=8yL-e60kIAU

Message from the Canadian Action Party leader

Connie Fogal, Vancouver, Mar 21, 2008



It is noteworthy that our party (CAP/PAC) and my videos seem to elicit more comment and attention outside of Canada than in.

So, whenever you wonder about the legitimacy and merit of keeping this small party alive, remember that, yes, indeed, we are having an impact on the thinking

of people. If you read the comments under any of my videos on u tube, you see an appreciation for the expression of points and passion that many people want enunciated.

The power that is available for all people when they control their money supply is an issue for the world of course. That is what CAP has enunciated over the last 10 years.

All our parties in Parliament constantly genuflect to the power of the greedy private financial world. They participate in denying the power for all Canadians in our jewel of a Bank of Canada. They sit idly by today permitting the Directors of our Bank of Canada to use the national assets of Canada to bail out private banks to the tune of \$ 4 billion dollars. It is the assets of Canada that are the backing of the Bank of Canada.

It is only an informed electorate, driving at their favorite

party on this issue, that can force any of the parties, including the Greens, to use the power of our national assets (which are the collateral used by our Bank of Canada) for the benefit of all Canadians, and save us all from the flush down the US economy's toilet.

The point of the sucking of Canada into the economy of the USA - beginning under the (FTA) Free trade Agreement and extended under the (NAFTA) North American Free Trade agreement - has always been to use the riches of Canada to prop up all future financial ravaging of the US economy by the financial barons who bear no allegiance to any nation, and certainly not to the citizens of the USA or Canada.

The current Security and Prosperity Partnership (SPP) Agreement is deliberately directing the financial bureaucracies of Canada, USA and Mexico into a monetary union (with the AMERO as currency), as being the mechanism to rescue the sinking US economy, while the SPP supports and promotes banking practices that defraud and impoverish the consumer. The SPP ravishes the resources of Canada and the labour of Mexico, simultaneously impoverishing the general citizenry.

In Canada, the NDP and the Green Party must cease their deceptive prattle about renegotiating NAFTA. NAFTA is a progeny more deformed than the foetuses of Iraqi babies subjected to depleted Uranium fallout from the Middle East invasions. The SPP is the birthed adult NAFTA abomination.

Voters in the three countries have a duty to themselves, to history and to the future, to command their favorite parties to deliver monetary power into the control of the citizenry, in the interest of the citizenry, and to their nations.

Connie Fogal is Leader of the Canadian Action Party (CAP/PAC)
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Criminal fraud in US will affect us all

S. McDowall, Nanaimo BC

Depending on whom we listen to or what we read, hedge funds/derivatives are more responsible for what is happening financially than the subprime mortgage debacle. In the end, the defrauded consumers of subprime mortgages will end up taking the blame. Buying time is exactly what is now being done by Bush and his cronies. This "orderly transition" is for the protection of their friends - to give all of them a chance to bail out of the markets, with as much of their assets in tact as possible: NOT to protect the public; NOT to protect the economy; NOT to protect the dollar!

A deliberate and massive fraud has been perpetrated on the N. American public. Bush, Greenspan and his pals should go to jail. We are going to witness unbelievable suffering

and will likely experience some of this ourselves.

Is it only me who is wondering why Harper is making our taxpayer dollars available to the U.S. to bail out this rotten system - putting good money after bad, which is not going to prevent this economic collapse? Is there any political leader in Canada making an attempt to really understand what is happening? Interestingly, on CBC I heard about some Canadian CEO explaining why he refused to make any investments in hedge funds or derivatives. He claimed he just could not understand them, could not make heads or tails out of these. For this reason, he refused these investments. He was not afraid to admit he didn't know something - that he didn't understand something. A rare and courageous quality today. ♣

Why would anyone vote?

Lawrence S. Barber, Weyburn SK

Following the low voter turnout in the recent Alberta election, everyone is asking, why did so few people vote?

I would ask "why would anyone vote?" when one considers:

1. Politicians can promise anything before the election & then do the opposite when elected. (There is no accountability.)
2. Even if you do feel your local candidate is a good and honest person, once elected he has very little freedom, as most of his votes are dictated by the party leader.
3. In most cases, more people vote against the "successful" candidate than vote for him. Where's the democracy in that!
4. If your candidate is elected, it is quite possible he will change parties in order to further his situation. Example, Scott Bryson, Belinda Stronach, David Emerson and Wajid Khan. Where's the democracy in that! What arrogance!
5. Often an election is run on one issue. I say "what about the other 99 issues that I'd like to have a say on? Consider too that we, the electorate never get to vote on an individual issue. One cross on a piece of paper between three or four boxes really is not democracy. That is not enough information to identify one letter of the alphabet, but somehow the elected know from that how we want the country or the province run. Pretty clever!
6. Once elected, politicians are only interested in doing what is needed to get re-elected. They seem to forget about us. We just lurch from one four dictatorship to another. Our only say in democracy is the opportunity to kick the government out every four years. There's got to be a better way to run the country and the provinces.
7. The present system rewards the candidate with the best oratory skills. Remember "the purpose of oratory is persuasion not truth." We need the person best able to do the

job. Eliminating people with poor oratory skills eliminates a large portion of the population from ever becoming elected.

After many years I have come to the conclusion that democracy in Canada is dysfunctional. Paul Martin recently recognized the "democratic deficit." But when he was elected, guess what, he did nothing about it.

Here's proof that our form of democracy is dysfunctional. Hands up all those people who voted for the country to have a debt of \$450,000,000,000. (Does anyone remember what we got for that?) I don't see too many hands up!

The biggest threat to democracy is the belief that we have it now. (Not sure who said that.) What is needed is some system by which the electoral process can evolve and improve. Electoral evolution is needed.

So I have become a confirmed non-voter and I get angry when people call me apathetic. It is, in fact, a carefully thought out position which if followed by enough people will lead to discussions on how to reform the system with a view to restoring democracy to Canada. Deciding not to vote is an option we have here in Canada and it is just as legitimate a decision as the decision to vote. As a non-voter I can tell my MP or MLA that I did not vote against him which is more than the majority of the electorate can say.

Lastly, I hate those ignorant people who say, "if you don't vote you cannot criticize." What rubbish! Your MP or MLA represents everyone not just those who voted for him. At least I will never be accused of having voted against the incumbent.

I am a non-voter because I believe passionately in democracy and I don't feel we have it now. ♣

The Deployment of US Troops inside Canada

On Feb. 14th, Canada and the US signed an agreement which allows for the deployment of US troops inside Canada.

By Michel Chossudovsky, Ottawa

Global Research, March 13, 2008

There was no official announcement nor was there a formal decision at the governmental level. In fact the agreement was barely mentioned by the Canadian media.

The agreement, which raises far-reaching issues of national sovereignty, was not between the two governments. It was signed by military commanding officers.

U.S. Northern Command (NORTHCOM) released a statement confirming that the agreement had been signed between US NORTHCOM and Canada Command, namely between the military commands of each country. Canada Command was established in February 2006.

U.S. Air Force Gen. Gene Renuart, commander of North American Aerospace Defense Command and U.S. Northern Command, and Canadian Air Force Lt.-Gen. Marc Dumais,

commander of Canada Command, have signed a Civil Assistance Plan that allows the military from one nation to support the armed forces of the other nation during a civil emergency.

"This document is a unique, bilateral military plan to align our respective national military plans to respond quickly to the other nation's requests for military support of civil authorities," Renuart said. [...] (From the NORTHCOM website: www.northcom.mil/News/2008/021408.html)

While a formal agreement was reached in February 2008, the decision to allow the deployment of US troops in Canada was announced in April 2002 by (then) Secretary of Defense Donald Rumsfeld.

Territorial control over Canada is part of Washington's geopolitical and military agenda, as formulated in April 2002 by Donald Rumsfeld. "Binational integration" of military command structures was also contemplated alongside a major revamping in the areas of immigration, law enforcement and intelligence. [...] **READ IN FULL ONLINE:**

© Michel Chossudovsky, Global Research, Full article at: www.globalresearch.ca/index.php?context=va&aid=8323 ♣

Canada for Canadians versus Canada for Big Business... ~ truth, fiction, fables and lies

A prod out of our spoiled, complacent seats

Paul Grondin, Amherstburg ON



Well, well, well, it appears that Barack Obama and Hilary Clinton are throwing Canadians a bone by announcing that they want to re-examine NAFTA, which has been a stone in our national shoe since its inception.

However, does it really matter what Obama and Clinton are saying to the people in the USA as we, as

Canadians, listen ever so intently for

a thread of hope to cling on to? Have we not heard it all before, all 57 varieties, all 31 flavours? When has Ms. Clinton ever told the truth? Why doesn't she tell her hypnotized audience that she is a member of the Bilderbergers, and as such, she will follow suit, just like her predecessors, and lead the good ole US folks down the path into a North American Union and One World Government. Goodbye Canada and the sanity of our laws.

And can we expect anything less from Obama? From McCain?

Please allow me to add the final "Post Script" prematurely. Clinton and Obama made their statements about reviewing NAFTA prior to the Ohio primarily, which is a "big labour state" and Ohio is being devastated by NAFTA. A fine upstanding example of political expediency, n'est-ce pas?

Personally, I am tired of looking to the politicians for hope. Would we look to the King of Archdeceivers, such as Lucifer, for hope? And if the devil was to come down to live among us, would he/she be pleasurable to look at, dressed very fashionable, be pleasant of speech, be polite, be an expert at smiling and yet, have the capacity to stare you in the eye and lie, lie, lie?

What has Harper done? Has he given us complete disclosure on the Security, Prosperity Partnership (SPP)? Did Paul-the-Archdeceiver-Martin tell the Canadian public that he, on behalf of the Canadian People and with Big Business' best interest in mind... that he had agreed to this SPP back in March 2005, which would eventually sell Canadians down the drain to Big Business at the cost of destroying Canada?

I am not a Liberal, or a Conservative, politically speaking, nor do I favour the Elephants over the Donkeys in the USA. I am for what works best for Canada.

Historically, we can look back to the late 1970's (rewind

the tape please), and see Joe Clark being destroyed because he was foolish enough to allow his enemies within and without his party to know that he favoured Canadians and not Big Business.

And did the Canadian people laugh at Joe Clark when he had lost his luggage on a trip aboard, when, in fact, anyone could lose their luggage when traveling? Did not the editorial cartoonist depict Joe as an imbecile with strings holding his mittens to the sleeves of his coat so that he would not lose them? (Toronto Sun) And did we not laugh again? And again? And did the Canadian people not talk about how stupid Joe Clark was? And why or how did he get to be our Prime Minister? And then did not the Conservative Party chuck Joey for Mulroney, who was business as usual, oh sorry, Big Business As Usual?

It is not a matter of agreeing or disagreeing with Joe Clark's policies. Joe was a true blue Canadian, a Canadian for Canada. And if you are not for Big Business, then you will surely get your just rewards, as did Joe.

Yes, we have a problem. There's a leak in the dike! However, the real problem is that there is no visible hole to stick

our finger in to stop the water and cry for help at the same time. "Ohhh, but," you say, "Isn't the SPP, the New World Order, etc., a hole in our dike?" Yes, it is, but as far as the average Canadian (and American) is concerned, they are being hypnotised into believing that they do not exist, and 'none dare call it a conspiracy!'

Do Canadians deserve Canada?

The mainstream press is a smoke screen owned and controlled by Big Business. Big Business wants the North American Union, wants One World Government to increase their profits at the expense of you and me, our jobs, our Canadian way of life, which are all in their way.

We have become spoiled. We do not teach our children about the responsibilities that come with a parliamentary democracy. Well, you might personally, but the schools certainly do not. Hell, they do not even teach the fundamentals of the English language.

We are complacent. The sky will never fall. That little beetle out in BC is not eating up 60+% of the province's white pine forest. You cannot travel through Northern Ontario and see how the paper mills and mining camps are polluting our pure water. There is even one river – actually there are a few – that will not freeze over when the temperature hunkers down to minus 25 C for a few weeks because of the pollutants in the water. None of this is a problem. Paul Martin, Hillary Clinton, Stephen Harper, George W. =>

Bush, Barack Obama? Who do they really represent?

Did Martin represent Canada when he secretly agreed to the SPP and the NAU. Who does Harper represent? Our Canadian welfare? I do not think so. The answer is Big Business and the destruction of Canada through the strange hold of the SPP and the NAU that will wipe out our way of life as we know it.

Who are these guys (and dolls)? They look good. They talk a good story. They have Big Money behind them. BUT, listen up, everyone, they are not Canadians; they are not Americans. They are One Worlders! If you favour the SPP, then you are a One Worlder and every good ole One Worlder knows that it is only a matter of time until the dike will break and wash away what is known as the USA and Canada, and the new crop will be the North American Union and slavery for anyone and everyone who opposes it.

The Devil walks among us. He/she does not have a tail, does not carry a pitchfork, does not dress in red tights and does not have visible horns on its head. Instead, we call this person the Prime Minister, the President or the Presidential hopeful. We are dealing with the incarnation of the Arch-deceiver, himself, in part or in whole.

When Hillary Clinton and Barack Obama say that they want a review of NAFTA, should we really believe them? Did former President Bill Clinton not lie to the Supreme Court?

And here's a long forgotten example of US Presidential honesty. In the late 1950's, President Harry Truman comes up to Canada to go fishing with Prime Minister Diefenbaker. Harry says to Dief that the future of national defence is not in a fighter plane, but in missile systems. Therefore, Diefenbaker scraps Canada's Avro Arrow programme. Yet, every single person working on the Avro Arrow programme is offered a job in the aviation industry throughout the industrial world, except Canada, because of what they

know, which is more than anyone else on this planet at the time. And wasn't the Avro Arrow 20 years ahead of its time according to modest estimates?

There is no secret in terms of what was happening between Truman and Diefenbaker. Truman came to Canada to stare Diefenbaker in the eye, smile graciously, and lie on behalf of Big Business. If the Avro Arrow was allowed to proceed on its God-given course into Canadian history, the other aviation companies in the USA would not be able to compete with the Canadian wonder jet. How many Canadian jobs were lost because of Diefenbaker's Canadian ability to believe the Great Liar known as President Truman? And we are still believing the Great Liar! And to a greater and lesser extent, has not Paul Martin and Stephen Harper been part of this Great Lie by secretly instituting the SPP, which will destroy our Canada?

And do not get me wrong. I love the American. I love the Canadian. But if we look real close, we should be able to detect that the President is not really an American, and the Prime Minister is not really a true-blue Canadian. Wake-up Canada! So what is the final line? Maybe, just maybe, Canadians do not deserve Canada? Experts are telling me that they are hearing the drumbeat of war across our planet. "Hell," I say, "come to my street, and you will hear the silent melodic drumbeat of death and internal decay of the Canadian psyche and destruction of my home and country, Canada."

'And none would be saved for the people did not have time to care...' May we all wake up and start passing our tests in life because life is a schoolroom. If we do not learn soon, we will be thrown out of school, and there will be no laws to safe guard our liberties that will be sink-ing with our flagship called Canada.

– Paul Grondin, Amherstburg, Ont. ♣

Canadian Politics

RESCUING ENGLISH-SPEAKING CANADA...

Time for Provincial Referenda on Confederation

Marguerite E. Ritchie, Ottawa ON



This is an appeal to the readers of *Dialogue* to take action in their own Provinces to end the constant payoffs to Quebec.

Let us put it clearly. Quebec is a racist Province, condemned by the United Nations and defended by Ottawa.

Quebec claims to be independent and does whatever it wants. Canadians in the other Provinces pay exorbitant taxes so that the Federal Government can subsidize Quebec. We need our money for our own purposes, including health and hospitals and doctors and nurses and edu-

cation and the repair of our streets. And for reduced taxes so that we can have a little better life.

The solution is simple. Demand from your Premier a Provincial Referendum as to whether your Province should review its place in Confederation.

Quebec has referenda all the time as to whether they should leave Canada. I urge you to mobilize your friends, neighbours, media and others for your Province to reconsider its place in Confederation.

WHY SHOULD PROVINCES GET INVOLVED?

- Because the Federal Government is actively closing off the right to speak English in jobs and positions in the Government and businesses and agencies across Canada.
- Because English-speaking Canadians are denied the

- opportunity to serve their country if they are not French.
- Because there is no future for Canadians in their own country as it is now.
- Because one Province, namely Quebec, is a unilingual French Province that does not regard itself as bound by the Constitution.

And because the discrimination imposed by Trudeau – in the 1982 Constitution Act created by Trudeau – is spreading to all the English-speaking Provinces and into the Territories regardless of need.

WHAT CAN PROVINCES AND TERRITORIES OUTSIDE QUEBEC DO? They can do what Quebec does. Use referendums to get your Province to review its position under the Constitution.

WHAT ELSE CAN PROVINCES OUTSIDE QUEBEC DO? They can copy Quebec in refusing to obey Trudeau's Constitution.

WHY PRIME MINISTERS SHOULD NOT BE INVOLVED: Canadians think that the next Prime Minister will be honest. That is impossible. Our Prime Ministers depend on support in Quebec. Other Provinces are treated as unlimited sources of funds to keep Quebec temporarily in Canada.

Prime Minister Harper was open about his intentions. He made clear from his election that he would do anything for Quebec. With his recognition of Quebec or Quebecers as "a nation", he is tearing Canada apart again. When he continues the massive transfers of funds from our pockets into Quebec,

it has no purpose except to keep him in power.

GETTING A PROVINCIAL REFERENDUM

Provincial Governments have the power to hold referendums on whatever they like. Provinces do not have to be obedient to the Federal Government. They share sovereignty with the Federal Government.

They have a duty to their own people, who are overtaxed so that the Prime Minister in power can send more billions of dollars to Quebec. It is up to the concerned people in the Province to demand a Provincial Referendum for a better deal without Quebec.

So I plead with the readers of Dialogue. Take up this cause.

We can stay silent in Canada and see more Prime Ministers handing over the wealth of this country to support Quebec. We can stay and see how our lives are squandered because Trudeau's enforced bilingualism has made second class citizens of everyone who is not French. Or we can hold Referendums and start to plan a safer, better Canada.

There is no alternative if we love ourselves and our children.

**(Dr.) Marguerite E. Ritchie, C.M., Q.C., PRESIDENT
Human Rights Institute of Canada
905 – 280 Albert St., Ottawa ON K1P 5G8
Bus. (613) 232-2920; Fax: (613) 232-3735
Website: www.HumanRightsInstitute.com
Email: hric@humanRightsInstitute.com ♣**

Why Refederation?

The concept of "refederation" refers to an altered relationship between the bureaucracy in Ottawa on the one hand and the provinces on the other hand, and especially the province of British Columbia.

A BC Refederation Party government in Victoria will cause two fundamental changes to the rules of the outdated Canadian "confederation". These changes will adjust the balance of power between Ottawa and BC, and will free this province to achieve its huge potential. All without the need for BC to leave the "confederation."

The Party signals this message to the BC electorate: "There is a better way to govern ourselves." In fact, we do not govern ourselves right now – we are ruled. There is a difference! The mission of the BC Refederation Party is to change the political system in British Columbia, in favor of the voters.

The party has concrete, detailed, and lawful plans for the following three fundamental steps:

1. A BC Refed government will declare the citizens of this province to be the sole source of political rights in BC, thus allowing the citizens to write a Constitution of British Columbia that will define and

FROM: THE B.C. REFEDERATION PARTY

limit the powers they grant to government.

2. A BC Refed government will implement Direct Democracy, based on the successful Swiss model, as a right for the citizens of British Columbia, in order that all aspects of governance in the province are subject to the will of the people.

3. A BC Refed government will simultaneously negotiate changes in the relationship between BC and the central government. That is the concept of refederation. All provinces will eventually unite in a new confederation. The Ottawa bureaucracy and corruption will be reduced by the provinces. However, if those negotiations fail, BC Refed's Direct Democracy Act gives British Columbian voters the right to initiate a citizens' referendum on the issue of independence for BC.

This party was registered in March 2001 and has spent six years designing a dual policy [provincial and federal] to lawfully bring about needed fundamental change.

FOR MORE INFORMATION, CONTACT:

BC Refederation Party, web site: www.refedbc.com

Dennis Shaw, President, Nanaimo, BC

Tel: (250) 758-2089 / E-mail: dshaw@telus.net ♣

"The Fifth Columnist"

Museum ad Nauseum

Michael Neilly, Dunrobin ON



The Feb. 12/08 Ottawa Citizen headline trumpeted, "Legislation introduced to create Canadian Museum of Human Rights."

Yes, ladies and gentlemen, we are building a national museum based on intangible things. The museum, to be established in Winnipeg, is the brainchild of the late, great media mogul and big time Liberal Party

booster, Izzy Asper. The legislation makes it a crown corporation, meaning it will be unaccountable to Canadians in any meaningful way.

Museums tell stories. And if that were all it took, this museum would qualify. But museums also offer a sensory experience. When you visit the Diefenbunker, Canada's Cold War Museum, previously an atomic bomb shelter built just outside of Ottawa during the height of the Cold War, you can walk down the blast tunnel taking the very same route a nuclear blast would follow; then make a sharp right turn to a massive steel door where you enter the bunker. Inside, you can feel the fear as you scan a large map of Canada, complete with cut-outs pinned to our major Canadian cities depicting radioactive fallout clouds. It is a sobering sight. You are there, just a few decades later. These things bring back memories: a sound, a smell, a feeling and that's the whole idea: the artifacts talk. They don't need pages of politically-correct narrative to spin the story.

Make no mistake. The CMHR is no Holocaust museum either. Being a Liberal shame-fest – Catholicism without the holy water, flying buttresses and the Almighty – our national shame and absolution will be coalesced into one place, where we can see the pictures and stories of Canada's oppression-lite (at least compared to atrocities seen in places such as Rwanda, Cambodia, and the Soviet Union), and how our sanctimonious ruling party saved the day or is really sorry about how things turned out.

Now, as to where the rubber meets the road, who will attend this great museum? Can you honestly picture yourself saying, "Hey kids, let's all go down to the Canadian Museum of Human Rights"? Who will visit this place but dutiful teachers dragging their bored pupils through huge displays of newsprint, documents, Liberal propaganda and grainy pictures of the sainted Pierre Trudeau?

Honestly, won't this museum really be a monument to the Liberal Party of Canada and its obsession with manufacturing rights? I fully expect that we'll see Canada's ghastly

Charter of Rights and Freedoms, which has codified subclasses of people called minorities in our so-called classless society. We will certainly be reminded about how people and cultures were assimilated, as if that were death, torture or starvation. We'll bask in national shame over the treatment of our aboriginal people – a Liberal pastime – but do nothing of any substance to alleviate their pain.

Official Bilingualism and Official Multiculturalism will figure prominently, no doubt. And if the curators have any guts at all, they might mention the infamous Law 101 here, courtesy of Quebec, our very own East Germany on the St. Lawrence. Or they'll just do the predictable thing and pretend they are not building a class society ruled by a bilingual, civil servant class, hailing mainly from, you guessed it, Quebec.

With all this in mind, the real name for this museum, if it is built at all, should be the Canadian National Hall of Shame. I'm favouring this one only because the Church of Guilty White Liberals might be too close to the truth for this museum's supporters.

In any case, it will cost Canadians \$265 million to build and the feds have pledged a cool \$22 million a year to operate it.

Tooting the government's horn, Canadian Heritage Minister Josée Verner said "that the legislation was introduced on the 18th anniversary of the day Nelson Mandela was released from prison;" to which I reply, so what? What is Mandela to Canada? Are they really suggesting that Canada's "oppression" of its minorities is of the same magnitude as South Africa's apartheid?

I know, in writing this, that I will be told that I should be ashamed of myself. Yes, I am ashamed, but not of this.

I see homeless people begging for money on Ottawa's streets. Without exaggeration, I'd say that you can't go two blocks in any direction without seeing one. According to the Ottawa Citizen, many are substance abusers. You'd think that our number one priority would be the construction of drug rehabilitation centers.

I see that large numbers of people across Canada have lost their jobs thanks to globalization. Another priority might be studying ways to stem this job loss, or to somehow disengage with our trading partners to become self-sufficient.

I see that the recent global warming hysteria has got many people thinking about how we could live in a sustainable way, without polluting every square inch of the planet. Here is yet another screaming priority to break our dependency on oil, to stop our insane population growth and ⇒

live “as if we were part of the earth, not just on it.”
And I see that many Canadians don’t have access to a family doctor; while others leave the country just to get timely medical treatment. Wouldn’t better health care be a priority, too?

I see all these things and yet, to my burning shame, our government chooses instead to build a giant monument, the Canadian Museum of Human Rights, to the cult of victimhood.

Please fix our rotting infrastructure. Ease the pain of the homeless. Hire doctors. Build rehab centers. Help the people who really need the help; not those who can clearly

help themselves or certainly have a penchant for helping themselves. We could do a lot of good but instead we’ll be just congratulating the Liberal party and abusing ourselves at the same time to the tune of \$265 million up front and \$22 million a year thereafter. The Canadian National Hall of Shame: how fitting to build a monument that talks about injustice, but refuses to do anything constructive about it. How Canadian. How Liberal.

Yes, I am ashamed. It appears that others are utterly shameless.

dialogue always welcome, contact me at:
fifth_columnist@magma.ca ♣

Calling me a racist does not change the truth!

By Howard Galganov, Alexandria ON



I had a wonderful conversation with Doug Aldridge on Friday March 7, 2008. For those of you who don’t know who Doug Aldridge is, he publishes a fabulous Blog that deals with Conservative issues

and the mess we call Quebec and Official Bilingualism.

His website includes written articles as well as great audio interviews. You can visit it at: <http://www.therightside.ca>. It more than merits a visit.

During our conversation, we came to the conclusion that the other side, the side that wants an unfair advantage for French speakers and Quebec, use a specific word to strike fear in the hearts and minds of their opponents: RACIST.

If you’re English speaking and demand to be treated as an unequivocal equal person in the province of Quebec: YOU’RE A RACIST!

If you demand equal hiring opportunities in the federal civil service and military, even though you’re English speaking: YOU’RE A RACIST!

If you suggest that Canada’s Prime Minister doesn’t have to speak French to be Prime Minister: YOU’RE A RACIST!

If you say that Quebec’s draconian anti-English language laws are linguistically and culturally racist: YOU’RE A RACIST!

If you say anything in defense of English majority rights anywhere in Canada: YOU’RE A RACIST!

If you point out the truth that Canada’s entire French speaking population excluding Quebec numbers LESS than 3% of the total: YOU’RE A RACIST!

If you point out that Ontario’s entire French speaking population is ONLY 4% of the total: YOU’RE A RACIST!

If you come to the conclusion that Canada is NOT a bi-

lingual country, based upon these statistics compiled by Stats Canada in their latest 2006 demographic survey: YOU’RE A RACIST!

It seems that being labeled a RACIST is the worst thing you can possibly be called. I think being called a pedophile might be less injurious to one’s reputation than being called a RACIST.

Because of the horrific connotation associated with being called and labeled a RACIST, it is the weapon of choice by anyone and everyone who is fighting for French rights that are above and beyond the rights of everyone else.

They can call me a RACIST all they want. But that changes nothing.

Calling me a RACIST only says they have no argument or defense for their abysmal behavior and reprehensible standards that would make any political and cultural bully proud.

Here’s a newsflash for the people who use the RACIST card as their argument. Anyone who stands for equality and the undeniable rights of the majority not to be bullied and coerced by the minority is NOT a RACIST.

In actual fact, it is the very opposite. It is the people who call advocates of equality and majority fairness who are the RACISTS. And worse.

Those who are not French, but do whatever they can to hammer away at the rights of English speakers for whatever unfathomable reason are Quislings.

Given my druthers, I’d rather be called a RACIST by the likes of them, than be called a Quisling by the likes of me. Nothing is worse than a sellout.

I know who and what I am. I am NOT a RACIST. The people I chose to associate with are not RACISTS.

But, those who will deny others the right of choice, equality and visibility are indeed RACISTS and Quislings.

All the names they call me, coupled with as much mud ⇒

as they can sling in my direction will not change the truth. Here's an interesting comparison: When the wild-eyed, absolutely committed, Leftist Barack Obama-supporters are asked to name just one of his accomplishments, they stutter, hem and haw. But they never come up with an answer. When people who call me a racist, are asked to give just one example based upon what I have ever said or written, they stutter, hem and haw. And they can never come up with an answer. Interesting huh?

If you're not frightened to be called a RACIST by those who support French supremacy at the expense of the English majority, you'll join our battle and do what you can to help WIN BACK CANADA.

No matter what they call me, I intend to do whatever it takes to get to Parliament as an Independent Member, so we can all have a voice and can bring an end to this pretense that Canada is a bilingual country and that Quebec is a province worth sacrificing the rest of the country to.

If I win - We all win.

Together – LET'S WIN BACK CANADA.

To see how you can become involved and make a difference wherever you live in Canada, please read what I stand for by visiting my website: galganov.com.

Best Regards . . . Howard Galganov

Received from John Gray, who comments: "Galganov at his best... He articulates clearly exactly what is going on -- it seems to me that he's fighting everyone's battle." ♣

Impact of the Alberta Tar Sands

A. Macdonell, Williamstown ON

Those interested in the environmental impact of oil extraction from the Alberta tar sands would do well to acquire a copy of Dominion Paper's Tar Sand issue (Autumn 2007.)

Copies should still be available at --

Dominion Newspaper Cooperative
P.O. Box 741, Station H, Montreal
QC H3G 2M7

www.dominionpaper.ca/tarsands
Email-dru@dominionpaper.ca

The latest outrage committed by the Bush administration should wake more people up to the real hazards posed by global warming. It seems a number of prominent U.S. scientists have been publishing well researched information concerning the dangers posed by excessive greenhouse gases in the atmosphere. The Arctic icepack is disappearing and the massive Greenland glacier is melting as well. One scientist, a Mr. Hansen, predicted the warming trend would become irreversible within ten years or less if CO₂ emissions were not drastically reduced. Unfortunately, free press no longer exists in the land of the free. All scientific publications on the matter had to be checked by personnel in the White House. This led to most of the data being rewritten to mitigate or disguise the extent of the hazard being reported, which in turn led to strenuous objections by the scientists, who resented having their signatures affixed to articles they hadn't written.

Bush and his minions, undisturbed, proceeded on their merry way, hooking up with a likewise retarded Canadian government to form something called "The Security and Prosperity Partnership," the nomenclature of which is

reminiscent of George Orwell's 1949 book "1984." (Truth is lies and lies is truth)

A grandiose and largely impractical plan is underway to "develop" the Alberta Tar Sands. A harvest of 3,000,000 barrels

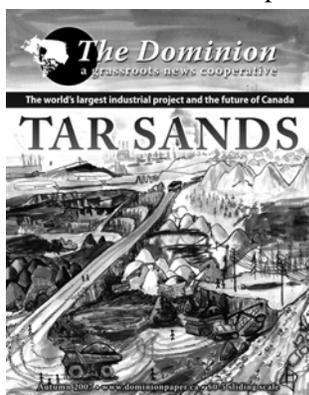
of oil per day is expected to be produced by 2015. Plans are underway to build two nuclear generating plants to supply the electricity; a vast network of pipelines to provide natural gas to heat the tar to melting point; and enormous amounts of water (up to 6 times the amount of final product.)

Processing will spew megatons of CO₂ and other greenhouse gases into the atmosphere; thousands of acres of forest are gone with the overburden, and most important, to date the water used, which is toxic, cannot be recycled, but is stored in huge ponds encircled by earthen

dykes. Pity the waterfowl who mistake these cesspools for fresh waters.

Sadly enough, Canada had, and possibly still has, enough oil for her own use without going near the Alberta tar sands. Almost all of the resulting product from this ecological disaster will be absorbed by the U.S.A. In other words, the U.S.A. gets 90% of the benefits, while Canada is stuck with 90% of the damage.

Alberta's many assets do not include an overabundance of water. Droughts are common and a large portion of southern Alberta has an annual rainfall that seldom exceeds 15 inches per year. I doubt the daily removal of up to eighteen million barrels of water would be a sustainable proposition, especially when the sources dry up under a permanent and accelerating session of global warming. ♣



Sustainability

Transforming Our Culture: Toward Sustainability

From: **Mike Nickerson** [sustain5@web.ca]

Reprinted from Ottawa's Peace & Environment News (Jan-Feb08)



Continuing with civilization requires more than fine tuning the present system. It requires metamorphosis. Climate change, peak oil and all the other unfolding crises associated with pollution and resource depletion are all symptoms of one problem. There has been a fundamental change in the

relationship between people and the Earth. We no longer have new frontiers to expand into when resources get scarce or our waste becomes intolerable. This change marks the maturity of the human species. Well-being now requires an equally fundamental change in how we manage our societies.

As long as the goal of expanding production and consumption is considered legitimate, we are in danger of overshooting planetary limits and collapsing. When sustainability gains legitimacy, as our primary goal, the possibility will emerge for evolving a mature social form, capable of long-term well-being. It is a Question of Direction.

"Enough" is the cue indicating physical maturity. A caterpillar spends its entire life gathering natural resources and growing. When it is big enough, it stops growing and undergoes a change of purpose. The butterfly that emerges from its cocoon is beautiful, it lives very lightly on the Earth, sipping the nectar of flowers, and its primary purpose is to launch the next generation.

This image speaks to a sustainable future. If we were to gather our satisfaction from the beauties of life and use the material world primarily to provide nutritious food and energy efficient shelter, we too could safely usher the next generations.

Going beyond "enough"

Unfortunately, as a society, we missed our cue.

Industrial civilization reached "enough" in the 1920s when human need was vanquished. The industrial order went into crisis. What could they do to keep monetary fortunes expanding when productivity had grown to the point where everyone's needs could be met? On top of that, the labour force was campaigning for a 30 hour work week.

The work week had already shrunk, in recent decades, from 80 hours to 70, to 60, to 50, to 40 hours, on the premise that, due to high productivity, work had to be shared for everyone to have jobs. Fewer work hours would allow people to spend more time with their families, to pursue friendships, the arts, sports, education, and to develop parts of themselves that longed for expression. This was the cue

that civilization had come of age.

Rather than celebrating our maturity and exploring the many wonders of being alive, the decision makers of that time launched a campaign against shorter hours and turned to advertising to encourage people to want more. After millennium of being content with the clothes, furniture and other goods that people worked hard to produce, an attitude of wastefulness was cultivated.

The fallacy of perpetual growth

By the 1950s this new "Gospel of Consumption" was well established. Retail analysts Victor Lebow described it thus: "Our enormously productive economy . . . demands that we make consumption our way of life, that we convert the buying and use of goods into rituals, that we seek our spiritual satisfaction, our ego satisfaction, in consumption. . . We need things consumed, burned up, worn out, replaced and discarded at an ever increasing rate."

The critical evolutionary cue of "enough" was lost in the flurry of wasteful production that has brought us to the edge of ecological collapse. If we want to resolve climate change, or any of the other problems arising because we are outgrowing our planet, we have to acknowledge our changed circumstances and clearly adopt the goal of sustainability; not as a new style, or add-on, but as the core aspiration for decision making.

The illusion of our growth based economy is that disaster will strike if we stop growing. This is only true because of the way that mutual provision (the economy) is presently structured. Explaining why most of the world uses this system, what the problems with it are, the alternatives available and how to encourage the transformation, would take an entire book. Such is the purpose of my book. I only want to point out here that we have a fundamental choice to make, between growing until we drop and aiming for sustainability.

Just think what human imagination and creativity would come up with if we applied it to making goods durable, rather than engineering their obsolescence; if our educational and persuasive abilities were used to encourage the celebration of what life offers and to affirm each individual's potential, rather than promoting materialism and sowing the seeds of doubt and fear, only to suggest purchases to make the discomfort go away.

We could reduce our collective ecological footprint to the point where there certainly wouldn't be enough work to keep everyone busy all the time. We would then have to share the work that remained, breathe deeply, and learn how to enjoy our selves.

Deciding on direction

Legitimacy is the key to transformation. Imagine yourself,

with a pack sac full of tools going into the wilderness with the intent of staying there, by yourself, for two years. How many of us would emerge after two years, in good health? And that is with tools that somebody else made and with a knowledge of how to use them obtained from our culture. Even the words and concepts with which we think – we get from the people around us. Without a society, a person is almost as useless as a computer with no programs. With no social support, survival would be a long shot.

Even in today's arms-length economy, we are totally dependent on the products of other people's labour. In earlier times, it was very clear that if our tribe or clan were to leave us behind, we would perish. We want, very deeply, to belong. The price of membership is subscription to the value system of one's society.

As long as our society ascribes legitimacy to the goal of producing and consuming ever more, it will be an uphill struggle to avoid over-exploiting natural resources and polluting beyond the limits of tolerance. If the goal of sustainability were wholeheartedly adopted – and was

sincerely used as the foundation of decision-making – we would, within a decade, be moving so clearly toward a sustainable world that we would no longer be worried for our children and grandchildren.

It is important to turn off unnecessary lights, to compost and to support local producers. Each step slows the expansion of human impacts on the Earth. More critically, your acts are testimony to the goal of sustainability. When such testimony reaches critical mass, anyone wishing to accelerate growth will feel like a smoker lighting up in a public space. From that point, solutions will emerge everywhere and be implemented in every corner of our world.

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Mike Nickerson is the author of three books on sustainability, including "Planning for Seven Generations" and "Life, Money & Illusion; Living on Earth as if we want to stay." For more information on the Question of Direction and how to stimulate an appropriate choice, see "The Challenge and the Goal"

Sustainability Project / 7th Generation Initiative

<http://www.SustainWellBeing.net>

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phone (613) 259-9988 / e-mail: [sustain5\(at\)web.ca](mailto:sustain5(at)web.ca) ♣

Pensioners and Refugees – Setting the record straight...

Just want to address the "Pension compared to refugee allowance" item from Sheila Van-Hooren, Battleford SK, (on page 29 of Feb-Mar 2008 *Dialogue*).

I accessed the government's CIC website, "Just the Facts", and found the information that clarifies Ms. Van-Hooren's submission. This erroneous email has been circulating for over four years, and I have been trying to set the story right at least that long. You can find the correction at

<http://www.cic.gc.ca/english/facts/aid.html> /

"Refugees do not receive more financial assistance from the federal government than Canadian pensioners."

"... Government-assisted refugees get a one-time payment of up to \$1,095 from the federal government to cover essentials ... They also receive a temporary monthly allowance for food and shelter that is based on provincial social

assistance rates. In Ontario, for example, a single refugee would receive \$592 per month. This assistance is temporary --- lasting only for one year or until they can find a job, whichever comes first."

OAS and GIS pensions rates are based on the seniors' income as reported in their tax returns, and are indexed to the cost of living. CPP pensions are based on the individual's contributions plus that of their employer. That's not to say seniors did not pay into the OAS program over the past 50 odd years, because they certainly have. The government does not record tax revenue broken down for the OAP program, but it did so in the beginning.

I hope this will clarify the misinformation contained in that email. – *Call Me Canadian!* John M. Wood, Morinville AB ♣

"Your Health Matters"

Sugar is dangerous!



Derrick Lonsdale, M.D.

Iver Mysterud, Ph.D. wrote a book on the dangers of sugar. Unfortunately for most of us, it is in Norwegian, but he and his coauthor wrote a paper in an English medical journal (*J Nutr Env Med* February 2007;16(1):39-42). The title is "A nursing mother's sugar intake causing

restless babies: a case history". In the Introduction the authors say that "Sugar is on the verge of becoming the tobacco scourge of our time". This must be an extraordinary statement in the light of our present intake of this commodity. I have written about this subject in a previous issue but

return to it again, since it seems to me that it is a reality that must make us think seriously about what we humans are doing to ourselves.

It is well known that glucose is the most important fuel in the body, particularly in the brain and nervous system. It seems, therefore, that to suggest it as a dangerous commodity is absurd, even ridiculous. First, we should note that sugar is never found in a free state in nature. It is always produced by plants and stored in the root, the stem or the leaf. Mother Nature expected us to consume sugar in that form. Well, of course, we did not do that. We learned to extract it from its plant source, the main one being sugar cane. =>

There is a simple axiom. When we extract an active principle from a plant, it becomes a drug and we are, in fact, using sugar today as a drug. I often ask people where we taste sugar and the answer is invariably the same-----with the tongue, of course!. I point out that the tongue is an organ that houses cellular constellations known as taste buds. Their action is to react to the stimulus by sending a message to the brain. That is where we taste, using specialized brain cells that react to the incoming signal by giving us the sense of taste. The stimulus input by all natural (God made) food is provided by permutations and combinations of six different stimuli, sweet, sour, bitter, salt, astringent and metal. The particular mix of stimuli gives us flavor. An apple, for example, may be sweet, sour or bitter but this is only because this particular sensory stimulus dominates. The others are there, but diminished.

When we take in a commodity that gives our sweet sensing cells a stimulus without the other five, it is acting as a drug. It makes no difference whether the substance is sugar or an artificial sweetener. The brain is programmed to react to give us a sense of extreme pleasure. Consumption of sugar is, therefore, hedonistic and, when consumed in this manner can easily lead to craving and, in some people, addiction. Addiction may be defined as a repeated stimulus that provides overwhelming pleasure. I have seen many patients addicted to sugar and many addictive to salt by the same reasoning. Unfortunately, the term addiction is not officially acceptable, since most physicians regard it as a simple lapse of self control that is easily overcome. Addiction is classified as a disease and sugar is not included officially as an addictive substance. I can state from my vast experience that for some people, it is severely addictive and extremely hard to control.

When the brain receives this input signal, it sends a message to the pancreas to release insulin. When sugar is ingested in the naturally occurring plant source, there is a relatively slow rise in blood sugar. The absorption is modified by the fiber in the plant source. When it is taken as a drug, absorption is rapid and the brain receives a proportionally much higher and more acute signal that results in a message to the pancreas that causes an excessive release of insulin. As this daily ingestion of sweet, sweeter, sweetest goes on, the mechanisms in the hypothalamus become endangered. Although there are other complex mechanisms involved, it is the major cause of obesity in the U.S., not just the excess of calories alone. The hypothalamus is our "guardian angel" that enables us to adapt to our current environment. Fat cells known as adipocytes secrete a hormone called leptin that signals the hypothalamus. This normally causes reduction in the sense of appetite. It has been found in obese people that the hypothalamus is insensitive to leptin so there is a loss of a normal appetite control mechanism

Another vitally important thing to understand is that glucose must be fed into the mitochondria, the engines of the cell where the energy for function must be synthesized. This is an extremely complex biochemical process, involving many enzymes. The enzymes require vitamins and minerals as cofactors in their normal function. One of the most important of these is thiamine (vitamin B1) and it has long been known that an overload of simple carbohydrate can overwhelm the processing action of this vitamin. The result is a relative deficiency. By this, I mean that an increased load of glucose raises the bar. More vitamin is required to enable adequate oxidation (combustion) of the glucose.

For thousands of years, people who eat white rice have contracted the nutritional disease known as beriberi. It was not until 1910 that the "antiberiberi factor" was isolated from rice polishings (the cusps that surround the grain contain the vitamins) and this was eventually shown to be thiamine. Its deficiency is now accepted as the major cause of beriberi. Exchange white rice for white bread, pasta, bleached flour, chocolate, candy and many different forms of baked goods and you have the modern equivalent of white rice. These "goodies" are very high in carbohydrate calories that are known as "empty calories" meaning that they do not contain the vitamins needed to process the large dose of sugar involved.

Because vitamin deficiency diseases are thought to be only of historical interest, most modern physicians never even consider such a diagnosis. Very few of them are aware of the many central nervous system symptoms that develop from this kind of calorie overload. The last time that I checked, the annual ingestion of sugar in the U.S. amounted to 150 pounds per capitum and it is hard to imagine the number of ships required to bring the sugar to this country. It is time to look seriously at our hedonistic tendency to create our own illnesses.

Stay away from sweet, sweeter, sweetest and recognize the simple truth that we are collectively responsible for much of our vast array of illnesses and diseases.

It is of importance to understand that our ability to adapt to our environment on a continuous basis relies on the action of the autonomic nervous system and the endocrine glands. Both of these systems come under the automatic control mechanisms of the limbic system in the brain, the center of which is the hypothalamus. The early symptoms of beriberi are due to dysfunctional changes in these vitally important control mechanisms in the brain. We produce these changes at our peril.

Everything is connected to everything else.

– **Derrick Lonsdale** ♣

Derrick Lonsdale is a Fellow of the American College of Nutrition and a Certified Nutrition Specialist. www.prevmed.com

From Quebec

"Time to Say Goodbye" (second edition)

From John Gray, Montreal QC:

I have just rec'd the following from Reed Scowen -- It is not a Blog -- rather the author is inviting those people who are concerned about the "Quebec Issue" to reference his new book "Time to Say Goodbye--Building a Better Canada without Quebec" (Second Edition).

From Reed Scowen:

You have probably read or heard about Time To Say Goodbye- Building a Better Canada Without Quebec, which was published a few months ago. The purpose of the book is to provide Canadians with a new way of reacting to the unending demands by Quebecers for benefits not available to other Canadians, accompanied by the threat of separation if they don't get their way.

Encouraged by the success of the book we have just opened a brand new website to facilitate sales of the new Second Edition and stimulate discussion on the subjects it raises. The website is: www.canadawithoutquebec.ca

I hope you will take the time to check it out. If you register with us we will keep you informed each time we add new material to the website...

The ideas in this book... constitute a realistic and feasible alternative for resolving the Quebec-Canada issue. The symptoms of the problem are recognized by nearly everyone. In a recent Globe & Mail editorial page article Rudyard Griffiths points out that "French and English Canada are more culturally and politically remote from each other than at any time in the past half century". He points out that that Quebec "has achieved sovereignty-association in everything but name".

We all seem to agree on the symptoms, but solutions vary. Time To Say Goodbye offers a considered and realistic alternative, one which is becoming the first choice of many Canadians.

And the next time we are faced with another one of those "either-or" demands from Quebec let's remember that we Canadians have choices too.

More at www.canadawithoutquebec.ca ♣



No justice for violent acts?

In support of rights and free speech, **AffiliationQuebec** has never questioned the right of *Les Jeunes Patriotes du Québec* to demonstrate in front of meetings, except to advise authorities of their presence in the interests of public order and security.

"We recognize open intimidation when we meet it," states **AffiliationQuebec** leader Allen Nutik, "but in our supposedly free and democratic society, we expect violence to be contained."

The unilateral decision by Montreal police not to charge the unwarranted and violent aggression into the peaceful, "rights rally" meeting area within the hotel premises, at an event held by an official Quebec political party Sunday afternoon, is both surprising and disturbing. There are sufficient pictures and video to identify the perpetrators and their aggressive acts. That the plain-clothed police officers were neither present nor assisted is equally of concern.

Nutik questions if the refusal to seek justice under the law is an open signal that acts of violence against democratic process will be tolerated, and it is now to be considered normal procedure to target minority rights advocates in Quebec?

Nutik called the incident "regrettable, reprehensible, and unprovoked," and further asks "If the unwillingness of officials to press charges in the face of open intimidation and violence is indicative of the additional price which must be paid in suppressing the message of abrogated rights in Quebec? **AffiliationQuebec** is an official political party representing the full rights and interests of loyal Canadians living in Quebec.

FROM: **Allen E. Nutik, Leader/Chef**

AffiliationQuebec

AffiliationQuebec is a new Quebec political party formed to champion Canadian values and rights

Tel: 514-799-4919 / Web: www.affiliationquebec.ca ♣



Baby boom in Quebec

Received from Malcolm Orr, Chateaugay QC

Anna Laberge hospital (in Chateaugay, Quebec) is experiencing a mini baby boom, as a microcosm of the entire province. Since the year 2000, there have been reportedly an average of 1500 babies born at the hospital each year. This past year 2006-2007, the hospital has seen over 1720 babies born and is predicting an even larger number for the current year. [...] The surge of babies born in Quebec has been the most significant in decades. The Institute of Statistics Quebec, in

their "annual demographic report," show that as many as 82,100 babies were born between July of 2006 and July of 2007. "It's been somewhere between 60 and 70 years that the birth rate has reached such remarkable heights," notes Chantale Girard, who conducted the study.

According to experts, the rise in birth rate can be explained as a direct result of an improved economy and the presence of various beneficial Government-sponsored programs, such as family allowance and the \$7-a-day daycare program. [...] [Reported in Le Soleil, Jan 30, 08] ♣

From British Columbia

"Liquid Gold: Energy Privatization in British Columbia"

Book Review

Sue Stroud, Brentwood Bay BC

Book by John Calvert

In case you think the Premier's climate action commitment is anything more than a hoax let me tell you a bit about the incredibly dirty privatization of BC Hydro.

Just before Christmas I took a day long economics course sponsored by the BCGEU and taught by John Calvert. One part of the course was devoted to the changes made to BC Hydro by the BC Liberals and the costs we will all be facing as a result. John has just published an excellent book on the topic called *Liquid Gold: Energy Privatization in British Columbia*, and I urge everyone to take the time to read it. It will teach you just how our government goes about taking apart our public institutions and using them to make billions for their buddies.

The BC Liberal government has decided to destroy BC Hydro, W.A.C. Bennett's public power corporation, for the benefit of their friends and corporate backers. No other privatization in Canada comes close to the cost, size and underhanded trickery involved in this one.

Bennett built this corporation because there was no other way to ensure the development of our natural resources, the costs involved were too prohibitive for private businesses to take on. What resulted was a crown corporation that provided clean, extremely cheap electricity to business (far too cheap), and inexpensive electricity for taxpayers. We have had the lowest rates in North America for the last 20 years and this common asset is the reason.

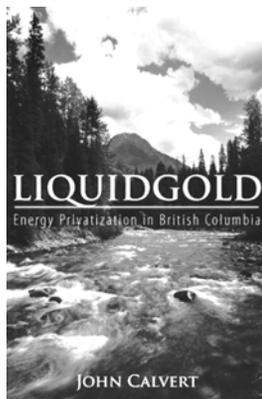
Gordon Campbell, always attuned to the wails of the corporations who said that BC Hydro had an unfair advantage, decided to open up the goldmine. IPP's (Independent Power Producers) were given insider information in the form of a comprehensive study paid for by taxpayers as to where to place their 'run of the river' power plants, which were touted as a wonderful environmental innovation. These profiteers have taken out 535 licenses most of which are on First Nations land claims and for which no compensation is planned.

The projects are unquestionably an environmental nightmare. The Parks Act has been changed to allow these smooth operators to clearcut transmission lines through the pristine wilderness of our parks just by asking for the park boundaries to be changed. The projects are small often only in comparison with huge hydro dams. They are not small in any environmental sense. They require large holding reservoirs, access roads -- all the usual disturbances -- and our

salmon runs and other wildlife habitat will vanish all the faster as a result.

BC Hydro has been forced to give up its transmission lines to a separate corporation called BC Transmissions. Hydro is no longer allowed to create new power. It must now leave this task to private businesses: the run of the river projects. Even worse, BC Hydro is now forced to buy uneconomic power (power that is inconsistently available) from the projects:

"Private developers can thus obtain prices through BC Hydro contracts that are much higher than either the price BC Hydro would pay if it generated the energy itself or the price it would pay to out-of-province suppliers if permitted to rely on this market for some of its future energy requirements [BC Hydro buys low from outside BC in low use hours and sells high during peak hours because the market price of energy fluctuates hourly according to use]. In short the government's policy framework has resulted in a very sweet deal for private power interests in B.C."



Citizens can stop this. Unlike columnist Bill Tieleman of The Tyee internet news, I do not believe what the Liberals are doing cannot be stopped and cannot be undone. We will have huge court battles, but if we stick to the principle of 'no taxation without representation' I believe we can fight these multinationals. We must point out that our governments signed trade agreements behind closed doors, with no public input, no due diligence, no public debate and against the public will (polling has proved this time and time again). Therefore our public assets are being sold illegally under the guise of fair market or free trade.

I believe the courts will ultimately uphold this as the basic principle of democracy. Citizens are not less than their governments: governments only serve at the pleasure of the citizens. When we elect them, they do not become our parent and we are not unschooled children. Government is a tool meant to carry out our vision. Did any of us envision massive raw log exports, salmon killed by sea-lice and oil tankers slopping their poison down our coasts? Of course not. Nor did we authorize the sale of our rivers and the destruction of our BC Hydro assets.

The whole idea that BC is facing a power crisis has been manufactured for profit. Read the book and find out the real reasons your BC Hydro rates are about to make a huge jump! ♣

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