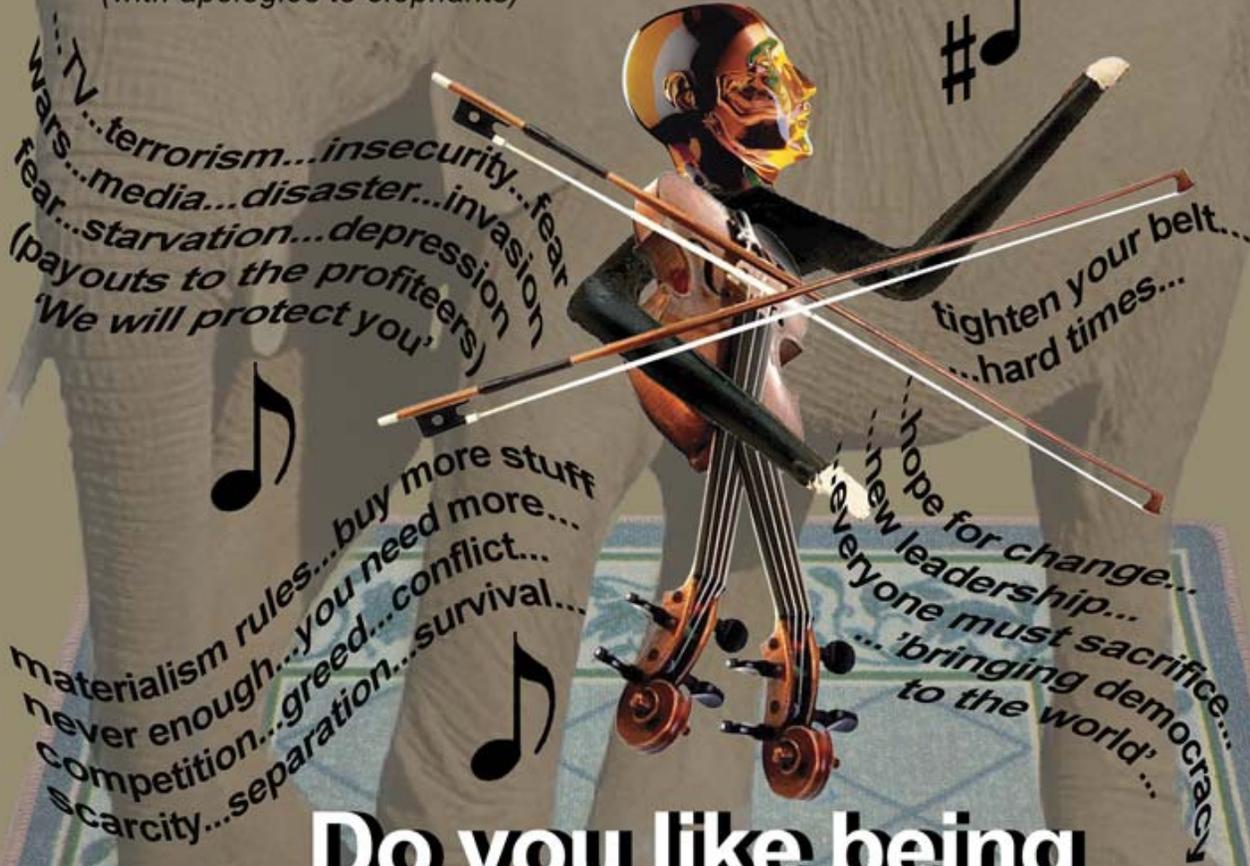


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dialogue

Canada's Independent Voices MAGAZINE

The unmentionables...
military-corporate-banking cabals
that tell the lies and call the tunes
(with apologies to elephants)



**Do you like being
played as a fiddle?**

We can change the world when we start dancing to our own music...
"We are the ones we have been waiting for"

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A word from the publisher and editor...



The themes that have emerged from this issue are interconnected (well, isn't everything!)... "*The Elephants in the Living Room*" are the behind-the-scenes power brokers that the mainstream media (and most people) won't talk about. But even though we may not hear or talk *about* them directly very often, we certainly hear their tunes (and lies), endlessly. If we dance to their discordant 'music' it

can drive us crazy – and it would be easy to slip into pessimism about the state of world affairs... fabricated wars and genocide, knowingly-created economic crises, national ponzi schemes, huge payouts to profiteers, privatizing of national assets, socializing of corporate debts, etc. And the globalization agenda is seeming to pick up speed for its final moves.

The challenge for many of us is to know and understand the narrow, self-serving designs of the world's military-corporate-banking cabals (and their politicians), without letting such knowledge drown us in fear and anxiety. As one or more of our writers in this issue suggests, when the light of awareness shines on diabolical plans, the power of such plans is destroyed. And there are many lights shone upon nefarious schemes – close to home and around the world, in this issue. It is our hope that each of us will continue to do what we can to wake up (ourselves and others!) so that we may co-create a sustainable and cooperative future on Earth.

The next page, p.4, breaks with the tradition of starting with Canadian political topics, instead offering some wisdom to help us face these challenging times. The idea that "*we are the ones that we've been waiting for*" is reflected in several articles throughout this issue. The concept that our "leaders" can "save" us is part of the formula that has brought human civilization to the brink of disaster. "*We are the ones*" is an insight that empowers us to find workable solutions and rebuild our communities – when we stop looking to someone else to do it for us.

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. We will happily send a free introductory issue to anyone in Canada that you would like to suggest – to help the magazine grow.

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 print magazine is still: dialogue@dialogue.ca]

We close with a caution attributed to a statesman of yesteryear... "*The jaws of power are always open to devour, and her arm is always stretched out, if possible, to destroy the freedom of thinking, speaking, and writing.*" – **John Adams** (1735–1826). Through our sharing of ideas in *dialogue*, we circumvent the *jaws and arms of power* – and maintain our own freedom to think, speak, write... – as well as our freedom to come together in our neighbourhoods and communities.

Maurice, volunteer publisher *Janet*, volunteer editor
...and Penny, of course!

P.S. February 2nd is "**Candlemas**" – marking '*mid-winter*'
~ said to be when the awakening begins that will bring us Spring!

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 22 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)

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

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We Are The Ones...And This Is The Hour

The Hopi Message For Our Times
- from *The Elders, Oraibi, Arizona Hopi Nation*"

"We are the ones we've been waiting for"

"You have been telling the people that this is the Eleventh Hour.

Now you must go back and tell the people that this is the Hour.

And there are things to be considered:

Where are you living? What are you doing?

What are your relationships? Are you in right relation?

Where is your water? Know your garden.

It is time to speak your Truth.

Create your community.

Be good to each other.

And do not look outside yourself for the leader.

This could be a good time!

There is a river flowing now very fast.

It is so great and swift that there are those who will be afraid.

They will try to hold on to the shore.

They will feel they are being torn apart, and they will suffer greatly.

Know the river has its destination.

The elders say we must let go of the shore, push off into the middle of the river.

Keep our eyes open, and our heads above the water.

See who is in there with you and celebrate.

At this time in history, we are to take nothing | personally.

Least of all, ourselves.

For the moment that we do, our spiritual growth and journey comes to a halt.

The time of the lone wolf is over. Gather yourselves!

Banish the word struggle from your attitude and your vocabulary.

All that we do now must be done in a sacred manner and in celebration.

We are the ones we've been waiting for."

Received from: "Richard Moore" <rkm@quaylargo.com> ♣

On learning to sit in council with others

From Alice Walker's book, We Are The Ones We Have Been Waiting For

"...Our Earth home will be insecure and uncertain for many millennia. Despite our anxieties, we will have to learn to find comfort and solace here. Not by cordoning ourselves off from others, not by killing others or stealing their resources, but by learning to sit in council with them as we discuss what has become our common destiny on a planet nearly wrecked by the behavior of human beings. In this regard, it is helpful to witness the growing formation of councils the world over: of women, of elders, of grandmothers, of wise people who love the earth and look forward with apprehension and caring to the coming generations." – excerpt from Alice Walker's "We Are The Ones We Have Been Waiting For," first published by The New Press (2006).

"We are the ones we have been waiting for" **video on YouTube:** original video:

www.youtube.com/watch?v=ZOT4Jn9WcMk

(there is a censored version of the same name that has had the audio replaced by music)

Also visit the YouTube page of videos posted by "Result321" to learn about the 167 Billion in GOLD that was stored under the World Trade Centre; George Carlin on "God Bless America"; Documented Lies told by the American Government ("How to Create an Angry American") – <http://www.youtube.com/user/result321> ♣

From: Joel Bleifuss, Editor/Publisher, InTheseTimes.com, Chicago

In light of the struggles that await us in 2009, I've posted a poem I hope you'll enjoy.

The Peace of Wild Things

When despair for the world grows in me
and I wake in the night at the least sound
in fear of what my life and my children's lives may be,
I go and lie down where the wood drake
rests in his beauty on the water, and the great heron feeds.
I come into the peace of wild things
who do not tax their lives with forethought
of grief. I come into the presence of still water.
And I feel above me the day-blind stars
waiting with their light. For a time
I rest in the grace of the world, and am free.

- Wendell Berry

Wendell Berry (born August 5, 1934, Henry County, Kentucky) is an American man of letters, academic, cultural and economic critic, and farmer. He is a prolific author of novels, short stories, poems, and essays. ♣

From Near and Far...

The Canadian debate on deficit financing

Richard Priestman, Kingston, ON

On Thursday, January 15, Anna-Maria Tremonti of CBC's "The Current" announced that "*Debt Burden*" would be discussed on Friday, January 16. But what a disappointment it was. So one sided. We heard a 30-second clip or two from Jack Layton and Michael Ignatieff, and then a long interview with Niels Veldhuis of the Fraser Institute, explaining why increased government spending and deficits would *not* be good for the economy. While I didn't agree with him, he made his case very well. He did not need the support of Barbara McDougall who took most of the rest of the program.

What we needed to hear was an equally well-made case *for* government spending. This could have been provided by the Canadian Centre for Policy Alternatives as well as other like-minded economists.

We also needed to hear how government deficit need not add to *"debt burden"* if the government borrowed from its own bank, the Bank of Canada. Leaving Canadians with a massive debt will be harmful, as Niels Veldhuis said, but only if it is carrying the burden of interest charges. The debt servicing cost to the government when it borrows from the

Bank is zero because the government owns the Bank and all interest paid to it comes back as dividend, less a small administrative cost. To prevent an increase in inflation due to the extra money in circulation, the statutory reserves (eliminated by Brian Mulroney) would have to be re-instated.

We need massive amounts of money to kick start the economy: through upgrades in infrastructure, health, education, low cost housing and improvements to the environment. The financing for this should come from the Bank of Canada.

The huge federal debt accumulated during the past 30 years, which reached a peak of \$588-billion in 1997, is due mainly (94 percent of it) to compound interest, not government programs. Total interest paid on the federal debt from 1975 to 2006 amounts to \$959-billion - and this does not include the interest paid on provincial and municipal debt.

Had we used the Bank of Canada to finance government capital expenditures during the past 30 years, we would not be carrying the huge debt that we are to-day. We must not repeat that mistake.

R. Priestman is President of the Kingston Chapter of the Committee on Monetary and Economic Reform (COMER).
Email: rdpriestman@gmail.com (Tel. 613-634-0237) ♣

Our Economic Depression

Charlie Fillmore, London ON

Canadian billionaire investor Stephan Jarislawsky, one of 24 billionaires in Canada, spoke to the Montreal board of Trade in early December 2008. Included in his speech was the statement, "Canada needs a government that provides massive stimulus to diminish the recessionary harm to the economy caused by enormous greed. Canada must conduct massive infrastructure spending and be prepared to provide increased social support for the unemployed."

The American Great Depression commenced in the fall of 1929 and shortly after in Canada. It lasted until the Second World War. Hopefully I am wrong, but I believe we are now entering another depression, not a recession.

Ontario's North, already decimated in our forest industries, with mining and minerals going down the drain, is in dire straits. In Southern Ontario's industrial base, auto and truck assembly plants and feeder plants are closing like pins being knocked down in a bowling alley. All of our other provinces, particularly British Columbia and Newfoundland, are struggling to keep afloat. (One exception in Ontario is the recent opening of the new Toyota plant in Woodstock.)

Infrastructure spending on labour-intensive projects across Canada, such as roads and bridges, is a very important first step to regain our footing in our battle against economic depression. Also, our key industrial bases must be given massive financial help - with all companies doing their part in restructuring and being more competitive world wide. ♣

Stand up for the CBC

Stephanie McDowall, Nanaimo BC

I had no idea that so many of our more remote communities in B.C. can no longer receive CBC Radio or TV. This is very very wrong. As one of the writers points out, we live in a geologically unstable area and may possibly have a .9 earthquake some day. We are also experiencing extreme weather far more often than in the past. It is essential that our population have access to the CBC, our publicly owned broadcasting system. This is a hundred times worse than the Federal Governments plan to do away with our lighthouses.

I hope you will take the time to write to Harper, Ignatieff, Duceppe & Layton, as well as to those at the CBC. Please speak out.

An additional \$200 million cut to the CBC budget must not be allowed to take place. I have no faith in Ignatieff, as the Liberals have also historically been cutting the CBC's budget. They started the process of dismantling the CBC.

I am disgusted with what the CBC has become, but I am not giving up. I know they still have wonderful staff and highly skilled researchers. I want it back to what it was twenty five years ago. Canadians have a right to this national resource. ♣

Canadian Politics

A Letter to Michael Ignatieff, interim leader of the Liberal Party

From Dick Field, Toronto ON

I feel sorry for you. You have become the leader of the most destructive political party, now in Parliamentary Opposition, that has ever assumed the responsibility of governing Canada. This letter concerns your beliefs, as outlined in your book, **The Rights Revolution**, published in 2007.

The true state of affairs in Canada is the exact opposite of that you have described in the Preface of your book. You say that the book was based on a series of lectures you gave on CBC Radio in 2000 when you were a professor at Harvard University. How could you be so inaccurate?

Surprisingly, when I read the rest of your book I found a confusing array of more and more self deception. You appear to have realized that many of your beliefs flew in the face of the facts that you yourself proclaim in the same book. That is why people will never envision you as a leader. Clarity of thought is not evident.

Just a few misstatements from your Preface:

“As Canadians, we have managed to create a single political community of equal citizens out of aboriginals, franco-phones, anglophones, and all other peoples like me whose families came here as emigrants from other countries.”

You’ve got to be suffering from periods of extreme mental delusion. The Indians have declared themselves Nations, 601 or so nations. The Quebecois have instituted hateful laws against their fellow English-speaking citizens and discriminate against them *sixteen ways to one*. Nearly 40% of them want to separate from Canada. Every ethnic group, racial group and so-called disadvantaged group has been granted special rights and laws under the Charter. Some community of equal citizens.

“Out of these different languages we have forged a political system that holds us together and keeps us talking through our differences.”

The truth is that the elites (the establishment) have dictated

a political system based on the rule of government and judges, government funded vested interest pressure groups and forced language edicts. All the foregoing buttressed with draconian so-called Human Rights tribunals that make a mockery of all the rules of justice that free Canadians once assumed were theirs by right. This, Mr. Ignatieff, is a society growing accustomed to obedience to authority for fear of financial or social ruin. Some political system!

“As Canadians, we know what we have to do. The rights enshrined in the Charter of Rights and Freedoms exhort us all to narrow the gap between the Canada we actually live in and the Canada we know we can build together.”
(Abridged statement).

Great heavens! Have you no idea of the disaster this convoluted Charter has created and the corruptions of democracy and individual freedom it represents? This is a “group rights” document with special laws and rewards for special people. Even the rights proclaimed are granted at the whim of our governments and courts; the very opposite of every English-speaking person’s fundamental beliefs. Some rights! Some Charter!

Sorry Mr. Ignatieff, but you represent a continuation of all that has brought political Canada to its knees. I suggest you read my article in which I attempt to encapsulate our sad state of affairs. The following URL will take you straight to the article:

<http://canadafreepress.com/index.php/article/7449>

If you wish a more scholarly erudition of the facts, please read F.L. Morton and Rainer Knoff’s book, **The Charter Revolution and The Court Party**, published in 2000.

I realize you are confronted with an almost insoluble situation. But to survive and retain your personal integrity will require total clarity of thought and a willingness to uphold the historic civil rights of all Canadians.

– **Dick Field, Toronto ON ***

A Conservative majority coming

Roly P. Smith, Brampton ON

We most certainly don’t need another election, but the opposition parties aren’t concerned with anything other than their own selfish interests. The Conservatives may not be the final answer, but they’re what we have so let’s try and make the best of it.

Letter to the Hon. John Baird, M.P.

Transport and Infrastructure Minister, House of Commons

You say you are all disappointed because the other parties don’t share the desire to lead by example. You won’t be proceeding with the changes to the political party financing. You also suggested the move by the Liberals and NDP to form a coalition supported by the separatist Bloc Quebec

is a threat to democracy.

I’ll tell you what is a real threat to democracy. Canada is the only country in the world that allows a regional party to sit in parliament and vote on national issues. When our forefathers drafted laws governing the powers of provinces and the federal government, and eventually drew up boundaries for the 10 provinces, they never made an exception and allowed for a separatist party to sit in Ottawa as a national party.

Canadian voters can cast ballots for Conservative, Liberal, NDP, and now Green Party candidates under our democratic system. Try and explain to me how a regional party (Bloc

Quebecois) can sit in Ottawa and vote on national issues. As you suggest, they are supporting the Liberals and NDP. The Liberals and NDP combined only have 126 MPs, which is not enough to throw over your government and form a coalition government. They must have the 49 Bloc Quebecois votes to carry off such an undemocratic move. Now, let me point out a truth that no one ever mentions. The Bloc Quebecois are elected by strictly Quebec voters. Not one single Canadian voter outside of Quebec can vote for or against a Bloc M.P. That's democratic?? Despite this obvious fact, the Bloc can meddle in federal matters, force a new "unwanted" election or help the Liberals and NDP to form an "unelected" coalition government. This is a travesty of justice and an insult to all Canadian voters. The main reason the opposition parties are talking is because they reject the idea of losing the \$1.46 per vote cast for their party during the last election.

Canada is in the throes of a recession. All citizens are asked to practice restraint and tighten their belts. Politicians and political parties should not be the exception. The Prime Minister was 100 percent correct when he said, "They want to take power, not earn it." He noted that the Liberals and the NDP are drawing support from the Bloc Quebecois, a party that "wants to destroy the country." Sir, your government should not back down on the contentious plan to kill subsidies to political parties. Your economic plan is excellent, regardless of what the opposition may state. If the opposition wants another election, so soon after the last one, let them have it. In turn, with very little doubt, the Canadian electorate will give the opposition parties the award they so richly deserve – total destruction. Your party should definitely receive the majority it deserves and a new Conservative dynasty can be started. – *R. P. Smith ♣*

Power, Parliament and Prorogation: A Canadian Political Drama

A. Wayne MacKay, Halifax NS

Wayne MacKay of Dalhousie Law School in Halifax, Canada, says that while Governor General Michaëlle Jean's decision (in December) to grant Prime Minister Stephen Harper's request to suspend the Canadian parliament until January to avoid losing a confidence vote to a coalition of opposition parties is politically popular and what most Canadians wanted (at least outside Quebec), only time will tell if it was constitutionally wise...



Dec. 12 08 - Rarely have Canadians (or Americans!) been so riveted by political life in Ottawa as during the late days of November and the early days of December, 2008. The nature of this focus on Canada's Parliament was not the kind of positive energy that surrounded American President-elect

Obama's historic election victory a few weeks before, but rather a negative and nervous energy characterized by disbelief, disgust and surprise. In a time of economic crisis rivaled only by the Great Depression of the 1930s, Canada was being plunged into a political crisis not seen since 1926, when then-Governor General Byng denied then-Prime Minister William Lyon Mackenzie King's request to

dissolve Parliament, so the Prime Minister could avoid a non-confidence vote in the House of Commons. Governor General Byng denied the request and called upon the leader of the opposition (former Prime Minister Arthur Meighen) to attempt to govern by forging an alliance between the Conservatives and the Progressives – a coalition of sorts. Fast forwarding to 2008, Prime Minister Stephen Harper's minority Conservative Government, elected only a few weeks before in a general election, brought forward an economic update that so enraged the opposition parties in the federal Parliament that they formed a coalition of the Liberal and New Democratic Parties, supported by the separatist party from Quebec – the Bloc Quebecois.

Continue reading at:

<http://jurist.law.pitt.edu/forumy/2008/12/power-parliament-and-prorogation.php>

Reprinted with the author's permission; this article appeared in Dec.2008 in The Jurist (University of Pittsburgh, School of Law)

A. Wayne MacKay is Professor of Law at Dalhousie Law School, Halifax NS. Extensive biographical notes at: <http://law.dal.ca/Faculty/Full Time Faculty/Bios/A Wayne Mackay/index.php> ♣

The sound of one democratic hand clapping

Coalition government, yes, but it's not the one we deserve

Larry Gordon, Executive Director, Fair Vote Canada

After 141 years, is Canada finally, albeit accidentally, on the path to modern representative democracy? Don't pop the champagne cork yet. We still have a way to go, but the law of unintended consequences may be at work in Ottawa. The drama began on November 28 when Jack and Gilles went up the Hill. They joined Stéphane Dion to announce

the historic Liberal-NDP coalition agreement, along with support from the Bloc. The three-party partnership is now poised to give Canadians an experience rarer than a Leafs' Stanley Cup victory parade: true majority rule.

Similar to voters in most advanced nations, Canadians seldom give majority support to any single party, doing so only four times since World War One and only once in the last half-century. But thanks to our antiquated first-past-the-post voting system, Canadians are generally ruled by phony

majority governments. Typically, a party will get 40 to 45 percent of the votes, but win 50 to 60 percent of the seats, which gives them 100 per cent of the power to set the Parliamentary agenda.

At the recent Liberal-NDP-Bloc press conference announcing their parliamentary partnership, the three party leaders correctly claimed to represent the majority of voters, thus having a more legitimate right to govern than Stephen Harper.

The emotional reaction across the country by both supporters and opponents of the coalition would baffle people in most democracies. Several parties collectively representing the majority of voters, announcing they would govern on a platform of their common policies? That's called business-as-usual in modern democracies. But the coalition we got is not the coalition we deserved.

If voters had used a fair and proportional voting system in the recent election and cast votes the same way, a different coalition would have emerged because the seats held by each party would have reflected their portion of the popular vote. The following scenario is based on a projection showing a fair allocation of seats.

We would most likely have had a true majority coalition with three parties, rather than the current two-party minority coalition propped up by the Bloc. The coalition would have been more politically cohesive, with stronger representation from all regions.

The three people sitting at the front of the room at the recent coalition press conference would have been the Liberal leader representing an 81-member Liberal caucus, the NDP leader representing a 57-member NDP caucus and the Green Party leader representing a 23-member caucus. Assuming a proportionate assignment of portfolios, the resulting coalition cabinet might have been 13 Liberals, 8 NDP and 4 Greens. The regional composition of the coalition would have been dramatically different. The coalition would have boasted about 43 MPs in the west, rather than just 21, and in Quebec 30 MPs rather than 14.

What about Mr. Duceppe? He would have been sitting on the opposition benches with just 28 Bloc MPs, rather than the 49 he has today that give him the power to pull the plug on a federal government.

A fair voting system would also have provided a more stable and effective government. [...]

If we form that people's coalition, we just might be able to put Canada on the path to real representative democracy. If we fail to do so, then political turmoil, bitter regional animosities, and failed governments will likely become the norm and the future of Canada itself will be at stake.

READ IN FULL ONLINE:

www.fairvote.ca/files/FVC_flyer_dec_5_08.pdf

Fair Vote Canada, 26 Maryland Blvd.,

Toronto, ON M4C 5C9

Email: office@fairvote.ca / Tel. 416-410-4034 ♣

Harper's Letter to the Governor General in 2004

From Mel Hurtig <mhadmin@vivelecanada.ca>

No doubt by now you have heard about this letter [sent by then-opposition parties to the Governor General in 2004].

I thought you would like to see it.

September 9, 2004

Her Excellency the Right Honourable Adrienne Clarkson,
Governor General, Rideau Hall, 1 Sussex Drive
Ottawa, Ont. K1A 0A1

Excellency, As leaders of the opposition parties, we are well aware that, given the Liberal minority government, you could be asked by the Prime Minister to dissolve the 38th Parliament at any time should the House of Commons fail to support some part of the government's program.

We respectfully point out that the opposition parties, who together constitute a majority in the House, have been in close consultation. We believe that, should a request for dissolution arise this should give you cause, as constitutional practice has determined, to consult the opposition leaders and consider all of your options before exercising your constitutional authority.

Your attention to this matter is appreciated. Sincerely,

(signed) **Hon. Stephen Harper, P.C., M.P.**

Leader of the Opposition (CPC)

Leader of the Conservative Party of Canada

Gilles Duceppe, M.P.

Leader of the Bloc Quebecois

Jack Layton, M.P.

Leader of the New Democratic Party ♣

Coalition & Democracy in Canada

Jeremy Arney, Victoria BC

I constantly get this feeling when reading (Times Colonist) editorials, and the letters to you, that I am on a different page, in that it is a "two party" coalition not three as is constantly stated. Please help. My understanding is that there is a proposed coalition between the Liberal and NDP parties, with the Bloc offering not to bring that coalition down on a non-confidence motion for 18 months. The Bloc will not be part of the coalition in any other way. They will have input into what they consider best for both Quebec and Canada, and will vote against anything they do not feel fits that criteria, as will any Conservative who has the interests of the Canadian people they represent at heart. This is how it is supposed to work.

Mr Harper's attack on the coalition on the basis of the Bloc (of avowed separatists) being disastrous for Canada, (apart from being disingenuous because its assumption of "three parties" is not true), is, in my view, less so (disastrous, that is) than his avowed intention to hand Canada over to the North American Union, which is to be run by corporations not answerable to the people.

Democracy? What is democracy? And do we really have it here in Canada? How responsive is our government to our

wishes? If you answer: "They are not", then we do not have democracy. So you, as learned writers and investigators of the truth, please tell me that I am right or wrong here, in my assessment of the situation, and why were we being bombarded with this "three party" coalition thing? ♣

Nothing undemocratic about the coalition...

Gerry Masuda, Duncan BC

There is nothing undemocratic about coalition governments. Voters do not vote for coalition governments (except for Borden's Union Government during WWI). Coalition governments are formed after an election to develop a functioning government in the absence of a majority. Coalition governments also may be formed if the ruling government loses the confidence of Parliament. This is well established Canadian Parliamentary tradition and is a recognized part of our democratic process.

I am astounded at Prime Minister Harper's spin and rhetoric in stating that a coalition government is somehow undemocratic. However, I am even more astounded by the 'silence' of the opposition leaders in not immediately challenging Harper on the spin he placed on the possible formation of a coalition government to replace him. I cannot understand why he was not challenged on point of fact. Due to their continuing silence, the Conservatives are now echoing this across Canada to discredit any coalition government which may develop to replace Harper. It seems to me that our opposition leaders have a responsibility to correct Harper. I can only conclude that their 'silence' is deliberate collusion. I explain this by stating that I believe all our political party leaders have been 'bought'/compromised and are taking their orders from the 'elites behind the throne.' The elites apparently want Harper and want him to have a majority government.

I also believe the silence of NDP Party Leader Jack Layton and Green Party Leader Elizabeth Mays on not introducing the Security and Prosperity Partnership Agreement (SPPA) into the debate during the last elections as another unexplainable silence. SPPA, leading to North American Union and the introduction of the amero as a common North American currency, has vast implications for Canadian sovereignty. Yet all Canadian party leaders avoid this issue which deserves to be debated fully in Parliament and by the public.

This is particularly disturbing since a large majority of Canadians are unaware of SPPA and its implications for Canada. How can you explain the silence of our political leaders on such an important national issue? My explanation is that the our Canadian political leaders have all been 'bought'/compromised into silence on orders from the '*elites behind the Throne.*' ♣

Sickened by so-called Conservative Party

Art Bradford, Orillia ON

The last (and the next) federal election is costly and dangerous, particularly if big corporations give huge support to a so-called Conservative Party. It used to be the Progressive Conservatives, while David Orchard spent over 16 years to help it stay that way. Then a takeover by Mr. Harper (& western Alliance Party) occurred.

Ontario still feels results from the deep cuts Mr. Harris made in programs people had a right to depend upon. Mr. Harper is following this example. He is also using Harris supporters to help run his campaigns. It seems that Mr. Harper has dreams of being able to enforce a type of government that is in his mind. So far he has not shown much action concerning the economy or the environment. 'Let things work out on their own' is not a successful approach.

I feel sick when I read that the (federal) so-called Conservative Party is being directed by former Harris supporters. My feelings are worsened when newspapers say that many women appear to like Mr. Harper. Please think carefully about the future of Canada.

The only way to defeat Mr. Harper is to have people vote Liberal in very large numbers. We will then have a better chance at really having something done about the environment. As well, Parliament will have many experienced members to help improve the economy. ♣

Stephen Harper: a psychopath in power?

by Robin Mathews at ViveLeCanada.ca

[EXTRACT] Begin at the beginning. From research and observation I conclude that Stephen Harper is a psychopath – a dangerous psychopath, dangerous to Canada and to the world. Some readers will agree; some will dispute the allegation. But the condition of Canada and the condition of the world is so dire as I write that to refuse discussion of the factors that lead me to the conclusion would probably be a major irresponsibility.

First, Stephen Harper is – and is not – "just another politician". The ways in which he is are not flattering. To be, in many ways, like Brian Mulroney (Harper's confidant and adviser), like George Bush, Tony Blair, Robert Mugabe, and others of their ilk can hardly be positive. Many of them are marked by a push toward despotism and pathological lying that is so deep it makes them seem ingenuous, almost simple. They all appear to possess an utter lack of conscience. [...]

Read in full online at:

<http://www.vivelecanada.ca:80/article/235930502-stephen-harper-a-psychopath-in-power> ♣

Canada-Quebec Politics

Divide and conquer

Rather than "uniting" Canada, as is the stated goal, bilingualism has served to divide Canada, as is its intended nature. This makes perfect sense since a divided people can never agree to eliminate this policy.

Bilingualism was imposed on the people of Canada by Trudeau, the Liberal government, and others to follow, as a way to divide and conquer the Canadian people, and by all appearances it has worked. Canada is now more divided than it ever has been. On the one hand, Quebec implements racist policies daily. On the other hand, people from the West are becoming increasingly dissatisfied with the status quo.

It is to be hoped that a strong Western movement will form. In one sense as a counter-balance to Quebec, and in another sense as a *refusal to accept the status quo that Canadians are denied jobs in their own government simply because they do not meet the artificial requirement of being "bilingual".

Francis Reynolds, Ottawa, CAB

Canadians Against Enforced Bilingualism (CAB) ♣

Most Canadians "Well-Meaning" (but policies "hijacked")

Most Canadians are well-meaning and believe that the French language should be protected. This is what has led to the policy of "official bilingualism". The problem is that this policy has been hijacked by opportunistic politicians and bureaucrats.

Quebec has used it as an excuse to oppress their English-speaking population. The federal government has used it as an excuse to discriminate against unilingual people in terms of employment within their own government. 40% of positions have now been declared bilingual, even though only about 10% of Canadians are bilingual.

Sign-laws are now appearing in eastern Ontario townships, even though language is a provincial and federal jurisdiction, not municipal (as stated in the charter of rights).

THERE HAS TO BE A BETTER WAY to protect the French language without discriminating against everyone else.

CAB [Canadians Against Enforced Bilingualism] is committed to finding this. - *Bill Forester, Ottawa, CAB ♣*

Economic Situation in Canada

Say No to Auto Industry Bailout

Bob Coster, Westbank BC

If the Federal Government decides to subsidize the big three Canadian auto workers, this would set a dangerous precedence. In view of Canada's present position, and with other businesses failing at this time, it would not be in the best interest of the Canadian government to be subsidizing the people in the auto industry. These people are among some of the highest paid working in Canada.

Any industry that cannot be competitive should not be in business in the first place. Over the years the federal government on numerous occasions have repeatedly subsidized the Canadian auto workers. It's time now to give it a rest. Why is it the federal government has always been so willing to answer their plight?

The woodworkers in B.C. and Quebec have been suffering a lot longer than the auto workers, and have yet to see the government stepping up to help their cause. Or are the woodworkers considered as second class citizens. Or is it because they don't live in Ontario. While Canada is currently involved in a economic recession, it would be unwise for the federal government to be put in a position of helping out any particular industry. The U.S. congress re-

cently asked the CEO's from the auto industry to come to Washington, and when they showed up, they were asked how they arrived in Washington. They were asked how many came in commercial jets or private jets. And not one of them said they came by commercial jet. I believe the auto workers should be looking for other solutions is solving their problem. A cut in wages would be somewhere to start. Some of these CEO's receive extravagant paycheques, and travel in luxurious jets all around the country. It's no wonder the industry is in trouble. But where do they get the nerve to continually ask the federal government to bail them out. The auto industry has flooded the market with new cars, and if the recession doesn't end, and soon, who will be in a position to be buying these new cars, from the market.

Whatever the outcome, Canadians from all walks of life are involved, whether they like it or not. This is only the beginning, and already many businesses have had to shut their doors, putting hundreds of people out of work. It's in evidence everywhere, so it's not just the fat cat autoworkers who are suffering. The handwriting is on the wall; things are bound to get worse, before they get any better.

With a gloomy future facing us, there will be less demand for new automobiles, too. Regardless of who builds them. ♣

Growing gap between the rich and poor in Canada - **Mel Hurtig, Vancouver BC**

Those of you who have read *The Truth About Canada* will know that in that book I showed how average Canadians lost out badly compared to the wealthy during the boom years of the 1970s, 1980s and 1990s. The Fall 2008 *International Productivity Monitor* (page 19) shows that between 1975-76 to 2006, the worker share of GDP declined by an enormous \$90.175 billion. Meanwhile, in every year, the gap between rich and poor in Canada grew significantly. ♣

The Economic Crisis

ICH - www.InformationClearingHouse.info

The Crisis of Common Sense Is it so difficult to understand the financial crisis?

By Matthias Chang, Malaysia

God gave us a brain to think, to think naturally and in simple terms, and not in a complicated way. When we think naturally and use common sense to address problems, we will be able to arrive at simple solutions.

But our education system tortures us mentally and forces us to think in complicated ways. Our teachers, economists, politicians and so-called experts in God and religion make mountains out of mole-hills, turning simple truths to complex arguments and "scientific theories and equations".

These experts need to make things look difficult to survive and to make sure that we have to rely upon them for solutions. It is often said that, "in the land of the blind, the man with one eye is the King".

Thinking used to be a pleasure and so very invigorating. But now experts have ensured that thinking is difficult and tiring, so burdensome, that we don't think at all.

The result is that common sense is thrown out of the window, and we have been conditioned to rely on our mental crutch, the so-called experts to think for us. How sad.

It Is So Difficult To Understand The Financial Crisis

Many have expressed to me that they are overwhelmed by the complexity of the global financial tsunami and are absolutely confused as to how to prepare and survive the crisis.

When I explained in simple terms, they refused to accept the explanations as to them "it was too simple." It must be more complicated, as otherwise how can the crisis become a global fiasco?

Continue reading online:

www.informationclearinghouse.info/article21605.htm

Matthias Chang is a prominent barrister and author based in Malaysia.

Forwarded by Stephanie McDowall, Nanaimo BC ♣

Tax Havens: hidden hand in the financial crisis

http://therealnews.com/t/index.php?option=com_content&task=view&id=31&Itemid=74&jumival=3067

January 8, 2009, ANP: A look at how offshore financing helped to enable the economic meltdown. View video at **Independent World Television** (*theRealNews.com* – "Taking on the Military-Industrial Complex."):

IWT Website: <http://therealnews.com> ♣

Borrowing from Peter to Pay Paul

From: www.Globalresearch.ca Montreal

The Wall Street Ponzi Scheme called Fractional Reserve Banking

By Ellen Brown - www.webofdebt.com

Cartoon in The New Yorker: A gun-toting man with large dark glasses, large hat pulled down, stands in front of a bank teller, who is reading a demand note. It says, "Give me all the money in my account."

Bernie Madoff showed us how it was done: you induce many investors to invest their money, promising steady above-market returns; and you deliver - at least on paper. When your clients check their accounts, they see that their investments have indeed increased by the promised amount. Anyone who opts to pull out of the game is paid promptly and in full. You can afford to pay because most players stay in, and new players are constantly coming in to replace those who drop out. The players who drop out are simply paid with the money coming in from new recruits. The scheme works until the market turns and many players want their money back at once. Then it's game over: you have to admit that you don't have the funds, and you are probably looking at jail time.

A Ponzi scheme is a form of pyramid scheme in which earlier investors are paid with the money of later investors rather than from real profits. The perpetuation of the

scheme requires an ever-increasing flow of money from investors in order to keep it going. Charles Ponzi was an engaging Boston ex-convict who defrauded investors out of \$6 million in the 1920s by promising them a 400 percent return on redeemed postal reply coupons. When he finally could not pay, the scam earned him ten years in jail; and Bernie Madoff is likely to wind up there as well.

Most people are not involved in illegal Ponzi schemes, but we do keep our money in accounts that are tallied on computer screens rather than in stacks of coins or paper bills. How do we know that when we demand our money from our bank or broker that the funds will be there? The fact that banks are subject to "runs" (recall Northern Rock, Indymac and Washington Mutual) suggests that all may not be as it seems on our online screens. Banks themselves are involved in a sort of Ponzi scheme, one that has been perpetuated for hundreds of years. What distinguishes the legal scheme known as "fractional reserve" lending from the illegal schemes of Bernie Madoff and his ilk is that the bankers' scheme is protected by government charter and backstopped with government funds. At last count, the Federal Reserve and the U.S. Treasury had committed \$8.5

trillion to bailing out the banks from their follies.⁽¹⁾ By comparison, M2, the largest measure of the money supply now reported by the Federal Reserve, was just under \$8 trillion in December 2008.⁽²⁾ The sheer size of the bailout efforts indicates that the banking scheme has reached its mathematical limits and needs to be superseded by something more sustainable.

The Great Credit-Crunch Hoax of 2008

FYI from Erik Andersen - More about the "Great Game".

**ONLINE AT: <http://mises.org/story/3288>
Daily Article by Robert Higgs | Posted on 1/9/2009**

Remember the credit crunch? Of course you do. We'd never seen anything like it, or so the highest financial authorities and their lapdogs in the news media told us - not in a cool, calm, and collected way, either, but in a breathless delivery that suggested imminent economic doom unless the government immediately undertook to "do something." Which it did, of course, on a scale never before witnessed in US history.

So, looking back, as people are prone to do at this time of year, we can clearly see the telltale signs of the financial disaster that struck the financial markets last autumn: the terrible credit crunch, the "frozen" credit that portended a complete economic "meltdown" unless the government took drastic measures to head it off. (The government's spokespersons and the media's talking heads never got straight whether the thing was very cold or very hot, as they reached for horrifying metaphors in all directions at once.)

But, wait, something is terribly wrong in the statistical record! The devastating credit crunch, the greatest threat to this country since the Russians exploded an H-bomb, the most menacing economic event since the stock-market crash of 1929, the . (*sputter*) . (*sputter*) . (words fail me in the face of such terrors as it evoked in the minds of government ministers and financial titans of all stripes). Well, I am rather embarrassed, on behalf of all these giants of the ruling elite, to inform you that in retrospect the *Monster from Lack-of-Liquidity Lagoon* doesn't really show up as such in the most relevant statistical series.

Probably the most important measure of credit-market conditions is the amount of commercial-bank credit outstanding. These figures show that although the middle part of 2008 does stand out in the long view, it does so, not by virtue of credit's frightening contraction, but only by virtue of its hitting a six-month plateau from April through September.

At no time during that interval, however, did the amount of commercial-bank credit outstanding fall below the amount outstanding at the beginning of the year. In short, credit

Penetrating the Bankers' Ponzi Scheme
What fractional reserve lending is and how it works is summed up in Wikipedia...[...]

Continue reading online:

www.globalresearch.ca/index.php?context=va&aid=11600

♣

was actually ample, indeed, at an all-time high; it simply stopped growing as usual for six months, stuck at about \$9.4 trillion, while one Wall Street wizard after another told NPR that "no money is moving, the credit market is completely shut down" or some such cock-and-bull story.

After the six-month pause, commercial-bank credit zipped upward again, so that by the end of the year, the amount outstanding stood more than 8 percent higher than it had a year earlier. Some credit crunch! Année terrible, indeed.

But don't write off this silly little hoax too fast, because, however baseless it might have been in economic reality, it was manifestly good enough for government work. And that work has now placed US taxpayers on the hook for trillions of dollars of additional Treasury commitments and put all holders of US dollars and other dollar-denominated assets at risk of tremendous losses of their money's purchasing power.

The beauty of the **Great Hoax of 2008**, from the perspective of the ruling class, is that it was also a **Great Scare**, and such scares invariably serve as pretexts for the rulers' most audacious assaults on the peasants' lives, liberties, and purses. You'd almost have to admire the elite's ability to spook the rest of us into blind, unreasoning panic on such a flimsy basis, if it weren't for the fact that after the episode has passed, we find ourselves enormously worse off, our economic prospects diminished greatly, and our liberties throttled more tightly by an even bigger Leviathan, with nothing to show for it on the upside but the further enrichment of a handful of big bankers and other malefactors of great wealth and power.

Speaking as a self-appointed representative of the peasantry, I'd say that notwithstanding the thrills and chills we got out of it - the terrific excitement it brought to the boob tube while it lasted - the whole shebang now seems hardly worth the trouble it's caused us, not to speak of the trouble it holds in store for us as its consequences play out over the years to come. [...]

Continue reading at:

<http://mises.org/story/3288> ♣

More Elephants In The Living Room...

Issues being ignored by the Canadian mainstream media

Alan A. Macdonell, Williamstown ON

The Canadian Action Party was apparently forced out of contention in this election by lack of funds. This is unfortunate. They were the only party willing to attack the monetary swindle being perpetrated against Canadians. My choice in voting has been reduced to the realm of "none of the above." It is difficult to get interested in a procedure that will result in the installation of another 308 "accessories to fraud" in the House of Commons.

Scepticism is the main reaction to the list of issues being introduced to the electorate, by the corporate press and media, as the only items of contention. I think they've missed a few: Northcom, the unilateral announcement, by G.W. Bush, claiming U.S. jurisdiction over all coastal waters within 500 miles of any North American coastline, is somewhat worrisome. Canadian Arctic sovereignty is already in dispute. The North American Union being shoved at us could legitimize these U.S. jurisdictional pronouncements. Thanks, but no thanks.

The maniacal NAFTA corridors, in which huge foreign built multi-lane toll roads are planned to criss-cross Canada and the U.S. for the purpose of delivering Asian slave labour products to North America and beyond, will hopefully gen-

erate resistance. It is noted George Bush Senior, while President, re-instituted a draconian version of Eminent Domain to facilitate property seizures for the purpose of building these toll roads.

The Security and Prosperity Partnership, signed for by Paul Martin in 2005, is pointed at overwhelming the few labour standards still existing in Canada and the U.S.

Canadian military are bleeding and dying, and Canadian taxpayers are anteing up enormous amounts of war funding, for the usual obscure reasons. Profiteers are drawing down fat dividends from selling offensive weapons and 'ammo, usually to both sides if historical precedents are invoked. Few profiteers will ever be found anywhere near the action. Shameful.

On the National level, cutbacks and year-long waiting times are now normal for our once proud Healthcare service. When coupled with cutting corporate taxes to the bone, it's fairly obvious that healthcare privatization is the conservative goal, if re-elected. The liberals had similar aims, but hesitated to carry them out. They did repudiate their funding obligations, however, so are the main cause of the current state of Canada's healthcare services. ♣

Language and Power in Canada: Anglophones beware

Joe Houlden, Ottawa ON

Dialogue readers may recall my brief article at page 40 of the Aug.-Sep. 2007 issue. I had written that the Speaker of the House of Commons had declared that he was no longer going to keep statistics regarding the participation rates of Anglophones and Francophones in the workforce of the Administration of the House.

I also reported that the Commissioner of Official Languages, Graham Fraser, was not interested in pursuing the matter, even though he had stated that his office examines the cited participation rates in determining a federal institution's compliance with Section 39 of the Official Languages Act (the "equitable participation" section).

Dialogue readers will no doubt be pleased to learn that I did not let the matter drop. On March 14, 2008, after an extensive exchange of correspondence between myself and the Commissioner resulted in nothing more on his part than bureaucratic baffle-gab, I filed a complaint with his office.

I argued that, because the House was no longer collecting the data in question and had no intention of doing so, it, and other parties, would be unable to determine the compliance of the House with Section 39. On March 31, 2008, I received an unsigned letter from the Commissioner's office indicating that a member of that office would communicate

with me once a preliminary analysis of my complaint had been completed.

During the rest of 2008, I faxed the Commissioner four times, asking when he expected the preliminary analysis to be completed. All of those communications remain unacknowledged, much less answered.

The last I heard, the participation rates of the Administration of the House were 41 percent Anglophone, 59 percent Francophone (certainly not the usual quotas of 75% Anglophone, 25% Francophone); but that was a couple of years ago. Now, the Administration, which is subject to the Official Languages Act, has no way to definitively determine whether it is in compliance with Section 39.

Why is all of this so important?

The trend over the years has been an increasing number of Francophone employees in many federal institutions. Should the House's position be copied by other federal institutions, it is likely that Francophone numbers will escalate even more and opportunities for Anglophones diminish accordingly. The House has shown the way and Graham Fraser, one in a long line of connected, sycophantic language Commissioners, couldn't care less. Anglophones beware! ♣

"Politics From The Far Side"

The Olympics as a Tool...

Chris Shaw, Vancouver BC



The mythology of the Olympic Games is deeply embedded into our individual and collective psyches, in ways that other mythologies outside of organized religion can't begin to approach.

For those of us raised on television, the cyclic parade of elite athletes in the summer and winter games are

never far from view: After either is finished, the media begin hyping the one to come, the process seeming to repeat endlessly. Each cycle resells the same myth that the Games foster peace and human understanding through the purity of noble and honourable competition. One might just as well demand that children forgo Santa Claus as to dare the to question the notion that Olympic myths might not match reality. The gradual, or sudden, suspicion that they may not be what they pretend is for many a terrifying journey to the precipice. Thus most turn away from the ledge, far happier to remain within a comfortable *mythos* than face a potential meltdown of belief.

Some of the mythology surrounding the Olympics goes back to antiquity. Take, for example, the belief that the term *ekecheiria* signified an Olympic-mediated truce during which wars ceased so that the Games could proceed in peace. Alas for the myth makers, modern as well as ancient, it's not true. *Ekecheira* merely meant that athletes and spectators travelling to the Games were not to be molested. Wars, then as now, happily carried on.

In spite of this, we are asked by the IOC and Olympic boosters to swallow the myth, to believe that somehow the magic spirit that imbues the Games transcends human conflict: Where before - all was hatred and strife, at the Games Serbs and Croats knock back *slivovitz* together, Palestinians and Israelis break bread, Hutus and Tutsis dance the night away oblivious to the horrors back home. That it is simply imaginary was starkly demonstrated this last summer. As Beijing opened the 2008 Games, Georgia choose this precise moment to launch an attack into the breakaway province of South Ossetia, in turn triggering a devastating counter blow by Russia.

The rebirth of the Olympics one hundred and some years ago spawned new myths, a dominant one being that the Games somehow encouraged the spread of democracy and freedom. That particular myth has suffered numerous body blows over the years: The Nazi-hosted Olympic Games in Berlin in 1936, the massacre of student protesters in Mexico City in 1968, and, again, last summer's farcical pretence by the IOC that the Games had opened China to democratic

reform. While the IOC was spouting its pious, mealy mouth words, Chinese authorities were busy arresting anyone who dared even think of protesting. Those who made the mistake of applying for a protest permit, a requirement according to the government, were quickly convicted and dispatched to "Re-education through labour" camps to serve lengthy sentences.

The IOC and its local organizers have always used the mythology to great advantage, usually successfully convincing sceptical citizens that somehow hosting the Games their city will aid in promoting peace. The same promoters next carefully add on the old Nigerian Banking Scam trick of promising wealth to accompany the ersatz altruism. Just like the banking scam, boosters and their government backers put out the word that hosting the Games will spark the local economy, increase tax flows into treasury, and even spill over into rental opportunities for local homeowners. What is left out of this economic story tale is the glaring fact that overall costs in infrastructure and security – all paid by taxpayers – simply overwhelm whatever meagre profits are generated for the select few during the running of the Games.

These various myths are part of the tool chest used to create successful bids and keep host city citizens asleep. At another level, the Games themselves are merely tools to be used by those who wield them for a particular purpose.

Whatever the Games once meant to those who founded the IOC and started the modern Olympics, the current IOC sees in them the means to live a life of privilege. Each Games, winter or summer, puts something like \$2 billion into IOC coffers, all of it tax free and completely unaudited by any authority on the planet. For the local boosters – almost always real estate developers or Board of Trade members – hosting the Games is a giant public-private partnership intended to fleece the taxpayer into willingly shelling out for infrastructure projects previously rejected as too costly, too stupid, or both.

Vancouver's upcoming Games are perfect examples of the projects the developers had wanted for years for their own purposes: an unneeded larger convention centre, a subway line that was ill thought, a highway that "needed" to be widened, merely to increase transit to new condo developments. And, of course, there was real estate to develop all over the City, real estate that could be tossed into a bubble economy. That the real estate sector is now in free fall or that the Athletes' Village development threatens to bankrupt Vancouver hardly matters to those who made millions on the backs of the taxpaying public.

Still, as we know, any tool can have multiple uses. A hammer can help put up a building, or knock it down. ⇒

In 1972, Black September used the Munich Games to highlight the plight of the Palestinians, both those who had been festering in the various refugee camps for 24 years, as well as those who had been under occupation for five years. The Olympics were the tool that had the power to announce their presence to the world. In 1980, the US and other countries used their absence from the Moscow Games as a tool to embarrass the USSR about the invasion and occupation of Afghanistan. In the 1984 Los Angeles Games, the Russians and their allies returned the favour. The use of the Olympics as a political tool then lay dormant for another 24 years until Tibetan and Chinese rights activists realized that the Olympic torch relay could be harnessed to embarrass the Chinese about both issues. So well was the anti-torch Olympic tool used that these issues jumped straight into the world's consciousness after decades of relative neglect. This brings us to the upcoming 2010 Winter Games in Vancouver. Activists here watched the impact of the disruptions of the Chinese torch relay and parlayed that knowledge into disrupting the so-called Olympic Spirit Train. The local organizing committee had hoped to use the cross country trip to whoop up support for Vancouver's Games, but at nearly every stop there were demonstrations. In some cases, the planned events were totally disrupted; at many, protesters outnumbered supporters.

The point made repeatedly across the country was that the Games had no legitimacy in a country that had continued to neglect the poor and where Native treaties remained unsigned. The Olympic tool had been turned back on those who historically had wielded it.

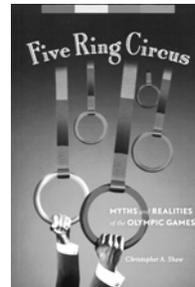
The success in disrupting the Spirit Train has now emboldened the Olympic resistance in Vancouver who have called for a "convergence" as the Games open in February 2010. What this will look like no one really knows, but it is sure to feature street protests designed to use the Games as the means to focus media and thus world attention on the glaring and unsolved problems in our society.

The notion that the Olympics can become the ultimate tool to expose political or social failings now joins the previously restricted use by Games boosters and the IOC to feather their own nests. It's about time. The Games will never be the same again.

If the Games now and in the future serve to embarrass governments into keeping promises, then perhaps there is some use to them after all. It's at best a backwards way to do social policy, but maybe for now the best we can get until citizens start demanding that their real interests come first, not those of the developer elite.

Autobiographical note: I am a professor of Ophthalmology and Neuroscience at the University of British Columbia and author and co-author of over 120 research papers and 4 edited books on various topics in the field. My research is primarily concerned with understanding the origins and timelines of neurological diseases such as Alzheimer's, Parkinson's, and ALS. Most such diseases appear to arise from environmental toxins that interact in still known ways with various "susceptibility" genes. A recently completed book on these topics, [Stealing the Mind: The Hidden History of Neurological Disease](#), awaits a publisher willing to accept controversy and my attempt to shift the dominant paradigms in the field.

As a social activist, I have just completed a book about the modern Olympics, including Vancouver's 2010 Winter Games ([Five Ring Circus](#), New Society Press), which exposes the corporate culture behind the Games (real estate and privatization for local developers; television broadcast rights for the IOC).



I am also the media liaison and policy advisor for the **Work Less Party**, a political grouping organized at the municipal, provincial, and federal levels to promote the notion of zero growth and the direct involvement of people in all levels of

decision making. Our secret weapon is that our political advocacy is designed to free ourselves from the corporate-dominated political reality and create our own system of mutual aid based on community, creativity, and grassroots democracy; in this regard, we don't really care if we "win" elections, rather our focus is on shifting the frame of the debate to help others escape the "matrix reality". ♣

Canada's role in Haiti / R2P / withholding water / genocide

From **Stephanie McDowall, Nanaimo BC**

Canada's role in the suffering and deaths of Haitians is unbelievable. I hope you will read this to see just what role Paul Martin and now Harper have played in all of this. Soon it will be Ignatieff's turn. He also supports R2P and Canada's present role. He is mentioned in this article How did Canada come to sink so low? My God! These poor people are eating mud cakes.

What is wrong with Canada's Parliamentarians? Why are we so cruel? Why are our MP's so cruel? Canada along with the U.S has deliberately insured that monies have been held back for water and for health care, not to mention the basic necessities of life. Canada's behaviour has been criminal. So far, the media has not properly reported on

this. [Anthony Fenton is an independent researcher and journalist based near Vancouver, B.C.]

Haiti & the Danger of the policy 'Responsibility to Protect (R2P)'

by **Anthony Fenton**, www.zcommunications.org

Dec 23, 2008:

As an emerging lobby advocates for the institutionalization of a controversial doctrine of "humanitarian imperialism,"⁽¹⁾ and a new administration that is friendly to this doctrine gets set to occupy the White House, a reminder of the case of Haiti points to the potential dangers posed by an "operationalized" Responsibility to Protect (R2P) norm.

Read in full online with footnotes at:

www.thirdworldtraveler.com/Haiti/Haiti_R2P.html ♣

Working Toward A Better Future for Earth Communities

The Transition Town approach: effective, delightful, profound...

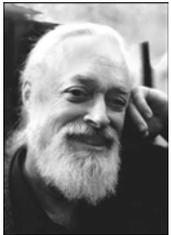
<http://transitiontowns.org>

"The real question is not "How can we keep everything going as it is?" but rather "How can we learn to live the good life within realistic energy constraints?"

-- Rob Hopkins (TT co-founder)

An Introduction to Transition Towns

By Tom Atlee, Eugene OR



Dear friends,

In recent months, I've been hearing more and more about a sustainability program called **Transition Towns**. And it is not just me: it has gone viral. It is being initiated in communities around the world at an ever-accelerating rate.

At the time of this writing (Jan. 11, 09),

there are 126 communities who qualify as Transition Towns, despite the considerable criteria involved. [*Dialogue Editor's Note*: There is one Canadian town so far – Peterborough, Ont.]

Beyond that, there are about 600 more communities seriously considering it, all laid out on Google Maps to help everyone find each other and start new groups...

First worked up as a student project in the UK in 2005, Transition Towns has spread around the world in 3 years, entirely from the grassroots, truly viral. I feel like a late-comer. It is almost embarrassing to be writing to you about it now, in 2009, but I figure the world can use all the help it can get right now, and building resilient communities is a "the more the merrier" kind of undertaking.

The Transition Town movement is sometimes called the Transition Initiatives movement because it has come to include cities, colleges, islands, and all sorts of other communities in addition to towns.

And it is no surprise why it is spreading so rapidly. Not only are these folks incredibly pleasant, upbeat, and savvy about the use of the internet, but the Transition Towns initiative offers a refreshingly creative channel for people's growing unease about the slow-motion collapse of the old structures and systems we've come to depend on. It offers an inspiring, fully adaptable and evolving positive vision of incremental change toward sustainability that any community can realistically and pragmatically implement -- one that can be launched by any group of ordinary citizens.

The Transition Town (TT) approach not only faces global-impact challenges squarely, but suggests that we can "build ways of living that are more connected, more enriching and that recognize the biological limits of our

planet."

While Peak Oil and Climate Change are understandably profoundly challenging, also inherent within them is the potential for an economic, cultural, and social renaissance the likes of which we have never seen. We will see a flourishing of local businesses, local skills and solutions, and a flowering of ingenuity and creativity. It is a Transition in which we will inevitably grow, and in which our evolution is a precondition for progress. Emerging at the other end, we will not be the same as we were: we will have become more humble, more connected to the natural world, fitter, leaner, more skilled, and ultimately, wiser. – *from the Transition Towns Handbook*

Perhaps most remarkable is that the Transitions Towns approach engages people NOT by scaring them out of their wits or telling them what to do, but by providing powerful motivations, possibilities, and ways for them to explore creative local responses for and among themselves. There is no blueprint. The guidance provided involves tools, ways of talking and co-creating together, visions, and links to other people and resources engaged in this effort. What we do with all that is up to us.

Transition Town (TT) initiatives are formally about the "localization" of communities to prepare for disruptions arising from the twin crises of "(a) PEAK OIL -- not running out of oil, exactly, but when the world's demand for oil exceeds its ability to produce it (and the current low price of oil will not last long: see http://my.earthlink.net/article/bus?guid=20090106/4962e550_3ca6_15526200901061823557235) and (b) CLIMATE CHANGE and the extreme weather and other disruptions that accompany it.

However, there are other crises that effective localization and community resilience programs like TT can also prepare us for, from economic depression (which we're already tasting) to the disappearance of government services in a flood of red ink... to solar flares disrupting our power grid and electronic control systems (an eventuality NASA has deemed possible by 2012. We have gotten ourselves into a kind of addictive dependence on globally vulnerable systems whose potential (likely? current?) collapse dictates a prudent (inevitable?) turn towards relocalization and resilience. [...] (the) Transition Towns movement... has much to teach us. Here's my take on one set of its core principles: The key to sustainability is RESILIENCE -- resilient communities, resilient people, resilient cultures, resilient systems. Resilience, TT folks like to point out, means a community or system can bounce back after challenges and shocks -- everything from food-supply interruptions to economic down-

turns to energy crises. Resilience is in many ways the healthy counterpoint to obsessive efficiency. Resilience makes healthy systems in which life-serving productivity arises from their well-being and responsiveness. Obsessive efficiency, in contrast, makes productive systems at the *expense* of well-being, degrading people and trashing ecosystems to maximize production and monetary profit. When productivity is defined as units produced and profits made per hour, rather than as life-value added, it becomes the enemy of life. The effort to create resilient Transition Towns is an effort to make an evolutionary leap into a kind of economics that focuses on supporting and adding value to life, not only in the OUTCOMES of productive activity, but in the vitality of the activity, itself.

Three requirements for resilient systems are: Diversity, Modularity and Tightness of Feedbacks [...]

There is MUCH more to the wisdom and practical know-how contained in the Transition Team materials, but I'll

Time is Ripe for Sustainability Vision

Mike Nickerson & Donna Dillman, Lanark ON



After much preparation, 11 weeks on the road and 91 events, Donna and I finished touring for 2008 in late November. Thanks to all who participated.

During our three years of travel with "[Life, Money & Illusion](#),"

and long before its publication, we have been looking for people interested in moving society toward sustainability. There are a lot of us. It's time to see what we can do together. The Times Have Never Been so Ripe:

The comment that "if the economy doesn't collapse soon, something terrible will happen," seems dated now. We have a temporary reprieve from the rush to overwhelm the Earth. While uncertainty exists, people have become very interested in hearing about how we can get out of the double bind of economic instability and environmental stress. Please join us in the effort to reach out and feed that interest.

Understanding the issues:

These two articles can help. "A Silver Lining to the Economic Downturn" explains how the recent financial bubbles tried to cover up the fact that real economic activity cannot grow, ever faster, on our finite planet, and "Transforming Toward Sustainability," explains where economic maturity might be found. Both are posted at:

www.SustainWellBeing.net/memes.html

Many things that individuals can do are posted

here: www.SustainWellBeing.net/todo_open.html

While, collectively, such actions make a material difference, their greatest promise is that each such wilful act testifies to the new legitimacy. The synergy of this expanding

leave it for you to discover. I've included a number of further links below -- including links to the basic TT primer and Rob Hopkins' extensive TRANSITION HANDBOOK - mostly sent to me by people on my e-mail list (Thank You!).

I have a feeling that in the not too distant future a majority of folks reading this will be involved, one way or another, in Transition Towns. The time is very very ripe.

Cohesively, Tom Atlee, < cii@igc.org >

The Co-Intelligence Institute, PO Box 493, Eugene, OR 97440
<http://co-intelligence.org> / www.democracyinnovations.org

Tom Atlee is founder, co-director, and research director of the non-profit Co-Intelligence Institute. **He is the author of THE TAO OF DEMOCRACY** (www.taoofdemocracy.com)

For a great introductory talk by TT co-founder Rob Hopkins: www.youtube.com/watch?v=kGHRWptCvg0

Dialogue editor's Note: For other Canadian towns that are working through the TT process, Visit the TT website:

<http://transitiontowns.org> ♣

testimony will eventually tip the goal of conventional wisdom from perpetual expansion to sustainability. When that happens, our efforts will be multiplied ten-thousand fold.

Introducing the Challenge:

If you have **Question of Direction** cards, consider sharing them at festive gatherings. Offering hope is entirely in order at this time of year. Each individual who understands the choice between perpetual economic expansion and sustainability moves us closer to being able to make that choice and start moving, as a society, in a better direction. A full explanation is available at "**Seeds for Change**": www.SustainWellBeing.net/seeds.html / If you would like some cards, just ask and we will send them free of charge. "Living on Earth as if we want to stay":

Thirty-five years spent studying and writing about cultural evolution as it relates to achieving sustainability have culminated in "[Life, Money & Illusion](#); Living on Earth as if we want to stay." We are about to go into a third printing of the book. The Table of Contents, reviews and comments from individuals are posted at:

www.SustainWellBeing.net/book_open.html

Measuring Genuine Progress (GPI):

"Revolution is a change of accounting practices."

When the shift in goals takes place accounting practices will change. The health of the environment and the strength of our communities more accurately indicate well-being than does a "strong bottom line." Bottom lines have been getting bigger and bigger for years, yet, well-being is increasingly insecure and the environment is deteriorating. Now the entire financial system is in chaos. The old measure of success is not appropriate today.

A Genuine Progress Index (GPI) provides a more accurate view. A foundation is in place for establishing a GPI for Canada. Details about a GPI and how we can work for one are at: www.SustainWellBeing.net/MWB_open.html

News of progress in other countries adds wind to everyone's sails. Please share your stories.

Support the Sustainability Project: All proceeds from book sales and donations go to the Sustainability Project, a non-profit organization. While we take no pay for our work, your contributions will help provide sustainability cards, send books to decision makers, pay for the third printing of "[Life, Money & Illusion](#)" and, when we get ahead, reprint "[Planning for Seven Generations](#)," which is out of print. Make your cheque out to the "Sustainability Project-WFF" to receive a charitable receipt in Canada. Full details can be found at:

<http://www.SustainWellBeing.net/assist.html>

Your assistance will help advance the message and be much appreciated. There is a way out of the present dilemma and the window of opportunity is open.

Best wishes, Mike Nickerson & Donna Dillman

"There is only one power available to citizens which does not require great wealth or the use of violence. It is the power of collective persuasion. It works on the subtle levels of thought and conversation and it works directly through democracy."

<http://www.SustainWellBeing.net>

Sustainability Project / 7th Generation Initiative

2799 McDonald's corners Rd., RR #3, Lanark, Ont. K0G 1K0
phone (613) 259-9988 - e-mail: sustain5@web.ca ♣

Suggested reading: Trees have rights too

Read Polly Higgins' speech, "Why We Need a Universal Declaration of Planetary Rights," given on 6 Nov. 2008 in Belfast at the United Nations (UK and Northern Ireland) Climate Change Conference. The full speech can be read at:

www.theecologist.org/pages/archive_detail.asp?content_id=2019 ♣

Psychological Warfare

Received from WantToKnow.info

PSYOPS: Highly Revealing Washington Post Article on Psychological Warfare

"PSYOPS seek to exploit human vulnerabilities in enemy governments, militaries and populations to pursue national and battlefield objectives.... The feasibility had been established of projecting large, three-dimensional objects that appeared to float in the air.

"Washingtonpost.com has learned that a super secret program was established in 1994 to pursue [this] very technology for PSYOPS application. The 'Holographic Projector' is described in a classified Air Force document as a system to 'project information power from space ... for special operations deception missions.'" -- Washington Post, 2/1/1999

Article online - by William M. Arkin, author of "[The U.S. Military Online](#)," a leading expert on national security and the Internet, at: www.washingtonpost.com/wp-srv/national/dotmil/arkin020199.htm

Comment from Fred Burks

WantToKnow.info:

"PSYOPS" may be an unfamiliar term to you, yet it is of crucial importance. PSYOPS, or psychological operations, is a term used in military and government intelligence networks to "exploit human vulnerabilities in enemy governments, militaries and populations to pursue national and battlefield objectives," as quoted from the Washington Post article below. Stated more simply, PSYOPS is a means of intentionally deceiving targeted individuals and populations through a variety of sophis-

ticated methods for specified objectives. Consider that all major countries have developed sophisticated PSYOPS programs such as those described below.

Consider also that governments sometimes use PSYOPS technology to deceive their own people in order to achieve certain military or strategic objectives. Learn about Operation Northwoods as one powerful example: www.wanttoknow.info/010501operationnorthwoods
If you want to avoid being deceived and to be informed of how public opinion is sometimes manipulated by government, read the below article and explore our **Mind Control Information Center**. By informing ourselves and spreading the word, we can and will build a brighter future for us all:

www.wanttoknow.info/mindcontrolinformation

This article was published in 1999. Imagine how much these technologies have advanced since then. And if you don't believe these technologies are used by governments to manipulate their own people, see the excellent summary of false flag operations:

www.wanttoknow.info/falseflag

Final Note: WantToKnow.info believes it is important to balance disturbing cover-up information with inspirational writings which call us to be all that we can be and to work together for positive change. Please visit our Inspiration Center, for an abundance of uplifting material: www.WantToKnow.info/inspirational ♣

Protect Us from Our Protectors

While this piece is from 2007, it is an accurate depiction of what many in the truth movement and other realms of activism have been explaining for the past 8 years. While we endure these last few days of Mr Bush and his agenda I suggest we heed the lesson described here. The fundamental underpinning of this piece and this series will still be relevant in the future. - Kevin Logan

THE WAR ON CONSCIOUSNESS



by Paul Levy, Portland OR

[EXTRACTS] We are truly in a war. It is not the war we imagine we are in, which is the way our true adversaries want it. It is not a foreign war against a foreign enemy. It is a war on consciousness, a war on our own minds. The global war

on terror that is being fought around the world is an embodied reflection in the material world of a deeper, more fundamental war that is going on in the realm of consciousness itself.

We have the most criminal regime in all of our history wreaking unspeakable horror on the entire planet, while simultaneously waging war on the consciousness of its own citizens - US. If we aren't aware of this, we are unwittingly playing into, supporting and complicit in the evil that is being perpetrated in our name.

A government's war on the consciousness of its own citizens is by no means unique to the Bush administration. Abusing power over others so as to limit their freedom is an archetypal process that has been endlessly re-enacted by governments throughout history in various forms. With the Bush administration, however, the pathological aspect of this process has become so exaggerated and amped up to such a degree that it is just about impossible not to notice its staggering malignancy. With the Bush administration, the underlying evil that has played out in our government over many years is becoming overwhelmingly obvious for all to see. With the Bush administration, the underlying evil that informs systems of government that are based on "power over" instead of "liberty for" is coming out from hiding in the shadows. Instead of being acted out underground, our government is acting out this evil above ground, in plain sight for all who are courageous enough to look.

Impeaching Bush and Co. ultimately won't change anything unless we deal with the corrupt powers which control and direct them. George Bush is just a finger-puppet of the hidden hand which animates him. Bush only has apparent power, as he himself is a minion of far more powerful predator-like forces whose nefarious interests he serves. Whether we call it the illuminati, the global elite, a shadow

government, or a secret cabal, there is no doubt that there are darker, self-serving forces that have insinuated themselves into and taken over our government. The terrorists that we should be worried about are domestic terrorists who are actually implementing their agendas from deep within our very system of government itself.

The United States Government itself has become a "front" for the underlying military-industrial-financial crime syndicate that animates it. This is not to say that there aren't many good, well-meaning people in our government – they are simply prohibited by the very nature of the corrupt system they are in from reforming it. Our system of government is rigged in such a way so that there is no way to transform the system within the system itself. [...]

The "powers" that have taken over our government have become concentrated and centralized in just a few elite hands, proving how easy it is for the few to control the many. They almost control all the levers of power: financial, political and judicial. In this war on consciousness, these powers-that-be are using the most advanced mind-control technology that our world has ever known to make its takeover complete. [...]

The full article is available at:

www.awakeninthedream.com/artis/war%20on%20consciousness.html

on the author's website: www.awakeninthedream.com

Paul is an artist, a spiritually-informed political activist, a pioneer in the field of spiritual awakening and a healer in private practice. He is the author of "[The Madness of George Bush: A Reflection of Our Collective Psychosis](#)." (see p.59) ♣

The Chemical Dumbing Down of America

-From BrasscheckTV

People used to eat relatively unadulterated food and drink relatively pure water. "Exercise" happened naturally in the course of living. We can survive the banking crisis, but I'm not sure we can survive the societally imposed health crisis. Unfortunately, the cause - and cure – for the health crisis is not well or widely understood:

<http://www.brasschecktv.com/page/506.html>

And watch the trailer for the documentary

"Processed People:"

<http://www.brasschecktv.com/page/525.html> ♣

Party Politics in Western 'Democracies'

The Left, The Right, and The State

Daily Article by Llewellyn H. Rockwell, Jr. 12/31/2008

**This is the introduction to the book,
"The Left, the Right, and the State"**

Llewellyn H. Rockwell, Jr.

[EXTRACT] In American political culture, and world political culture too, the divide concerns in what way the state's power should be expanded. The Left has a laundry list and the Right does too. Both represent a grave threat to the only political position that is truly beneficial to the world and its inhabitants: liberty. What is the state? It is the group within society that claims for itself the exclusive right to rule everyone under a special set of laws that permit it to do to others what everyone else is rightly prohibited from doing, namely aggressing against person and property.

Why would any society permit such a gang to enjoy an unchallenged legal privilege? Here is where ideology comes into play. The reality of the state is that it is a looting and killing machine. So why do so many people cheer for its expansion? Indeed, why do we tolerate its existence at all? The very idea of the state is so implausible on its face that the state must wear an ideological garb as means of compelling popular support. Ancient states had one or two: they would protect you from enemies and/or they were ordained by the gods. To greater and lesser extents, all modern states still employ these rationales, but the democratic state in the developed world is more complex. It uses a huge range of ideological rationales - parsed out between Left and Right - that reflect social and cultural priorities of niche groups, even when many of these rationales are contradictory.

The Left wants the state to distribute wealth, to bring about equality, to rein in businesses, to give workers a boost, to provide for the poor, to protect the environment. I address many of these rationales in this book, with an eye toward particular topics in the news.

The Right, on the other hand, wants the state to punish evildoers, to boost the family, to subsidize upright ways of living, to create security against foreign enemies, to make

On U.S./ Israel / Iranian relations

Letter sent to PM Harper From Rob Brown, Ottawa

It was the height of over-simplification when Bush said, "Either you are with us, or you are with the terrorists". Personally, I am not with either one of them. I don't believe that the average Muslim is a terrorist, any more than I believe that the average American is a war-monger. But some of them are both, on both sides. This is not a matter of "whose side you are on". This is a matter of recognizing those who would perpetrate acts of deception, repression, violence and "terrorism", regardless of which side they are on. Only thus will the people of the world be able to rise above the power struggles (and petty squabbles) between

the culture cohere, and to go to war to give ourselves a sense of national identity. I also address these rationales.

So how are these competing interests resolved? They log-roll and call it democracy. The Left and Right agree to let each other have their way, provided nothing is done to injure the interests of one or the other. The trick is to keep the balance. Who is in power is really about which way the log is rolling. And there you have the modern state in a nutshell. Although it has ancestors in such regimes as Lincoln's and Wilson's, the genesis of the modern state is in the interwar period, when the idea of the laissez-faire society fell into disrepute - the result of the mistaken view that the free market brought us economic depression. So we had the New Deal, which was a democratic hybrid of socialism and fascism. The old liberals were nearly extinct.

The United States then fought a war against the totalitarian state, allied to a totalitarian state, and the winner was leviathan itself. Our leviathan doesn't always have a chief executive who struts around in a military costume, but he enjoys powers that caesars of old would have envied. The total state today is more soothing and slick than it was in its interwar infancy, but it is no less opposed to the ideals advanced in these pages. How much further would the state have advanced had Mises and Rothbard and many others not dedicated their lives to freedom? We must become the intellectual dissidents of our time, rejecting the demands for statism that come from the Left and Right. And we must advance a positive program of liberty, which is as radical, fresh, and true as it ever was.

VIEW THIS ARTICLE ONLINE:

<http://mises.org:80/story/3282>

Llewellyn H. Rockwell, Jr. is president of the Ludwig von Mises Institute in Auburn, Alabama, editor of LewRockwell.com, and author of *The Left, the Right, and the State*. See Also Stefan Karlsson's Article, *Yes, Greenspan Did It*, and *The Crisis in 10 Points* by Robert Stewart.

From: "S.McDowall" <stephmcdo@telus.net>

world leaders, which characterize much of international relations today. And, in fact, have characterized affairs in the Middle East for many decades now. Here is a video on U.S./Iranian relations, which clearly describes how the leaders and governments on both sides have acted deceptively and dishonourably, to the detriment of the people. If you want to understand what is really going on, please watch this video: <http://video.google.ca/videoplay?docid=6906119868285777096>

- a talk by Reese Erlich, sponsored by the Peninsula Peace and Justice Center [www.peaceandjustice.org], based on Erlich's new book, *The Iran Agenda the real story of US policy and the middle east crisis*. ♣

...more elephants in the living room

Making A Killing: the untold story of psychotropic drugging

Hear the sordid story – widely experienced, but even more widely ignored – of the marketing success that has flooded society with psychotropic drugs – prescribed with no authentic diagnosis, often by GPs... “A tale of deception that may be difficult to believe... but fatal to ignore.” Watch at: www.youtube.com/watch?v=NKYAmg5qiAE ♣

If this affects you or someone in your family: do your own research

The sales and marketing of psychiatric drugs has exploded in the US in the last ten years. Here's how these powerful and dangerous drugs are "tested." If your doctor tells you that you or a family member "must" take one or "needs" it, you'd better do your own tough-minded research. **Here's why:** <http://www.brasschecktv.com/page/524.html> and: www.brasschecktv.com/page/527.html

♣

“Winning the War on Cancer”

Why haven't you heard of this safe, effective and inexpensive cancer treatment?

In the book Winning the War on Cancer, author Dr. Mark Sircus discusses sodium bicarbonate, which helps to save countless lives every day. Sodium bicarbonate is the time-honored method to “speed up” the return of the body's bicarbonate levels to normal. It is also the least expensive, safest, and perhaps most effective cancer medicine there is.

Sodium bicarbonate delivers a natural form of chemotherapy in a way that effectively kills cancer cells -- without the side effects and costs of standard chemotherapy treatments.

The only problem with the treatment, according to Sircus, is that it's too cheap. Since no one is going to make money from it, no one will promote it. Those that do will be persecuted for it. The trouble with doing new studies on bicarbonate is that they are expensive and no drug company is going to fund a study when they can't profit from the treatment.

Read Dr. Mercola's comments online and find out why he says “Chemotherapy is a classic example of a cure that is worse than the disease.”

<http://articles.mercola.com/sites/72641.aspx> ♣

Here's to a healthier 2009 – and a more alkaline diet

Received from Louise Malloy, Ottawa

The acid test: A diet rich in dairy, grains and proteins is acid-forming and that's hard on your bones

[EXTRACT] ... Your mom was right. You have to eat your veggies. "The general take-home message here is that fruits and vegetables are extremely alkaline," he says. We spoke with Logan about the connection between pH and health, why acid is hard on the bones and why a colourful plate is your best ally. Why study the link between pH and health? It was always thrown around as more theory than anything else -- that if you took in too many acidic foods it might leach calcium out of the bones. This has now been backed up with some solid science. The page was turned in 2001 with a significant link made between long-term intake of very alkaline foods and a significantly decreased risk of osteoporosis. How do acid-forming foods hurt the bones?

If I go and eat a hamburger, french fries and a milkshake, what happens is that, in order to neutralize the acid that's being formed in the bloodstream, the body rings an alarm bell saying, "I need what are called buffers." Bicarbonate is a major buffer, potassium can act as a buffer, and certainly magnesium and calcium act as buffers.

Our largest reservoir of these buffering agents is our bones.

The brain says, "Give us some of what you've got in storage there to help us neutralize the blood so we can survive the day." The brain is not concerned with the 30-year-risk of osteoporosis. And once the buffers do their work, they're excreted in the urine.

But ... there are much broader health implications than just osteoporosis. We've found a reason as to why that may be. German researchers put otherwise healthy adults on a very acidic diet, a typical fast-food diet. They found, not to their great surprise, that there were increases in calcium and magnesium loss in the urine. What was really amazing was that they found significant increases in the stress hormone, cortisol. Elevated levels of cortisol are associated with inflammation, oxidative stress, increased propensity to develop abdominal fat, cardiovascular disease and mood alterations such as depression. That's why this alkaline diet is so protective of many aspects of human health...

The typical day should be as colourful as possible -- simple as that.

Read in full at:

www.montrealgazette.com/story_print.html?id=1147514&sponsor= ♣

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