

dialogue

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Canada's Independent Voices

MAGAZINE

Lost causes and... miracles



**Lessons
from Nature**

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HST Extinguishment Act a valid matter for Province to deal with

From FightHST.ca

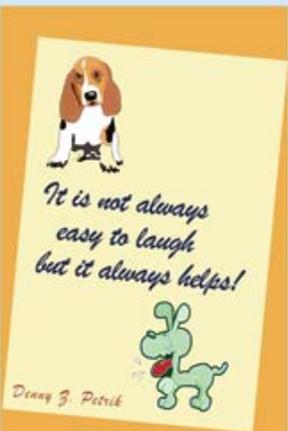
AUG. 20, 2010: Vancouver - BC Supreme Court Chief Justice, Robert Bauman, ruled today that the Initiative petition to end the HST in British Columbia is a valid matter for the legislature, and gave the go ahead to the Chief Electoral Officer to hand over the petition and draft Bill, The HST Extinguishment Act, to the legislative Standing Committee.

Initiative proponent, Fight HST leader and former Premier, Bill Vander Zalm, said lawyers for the business lobby tried to argue that the HST Extinguishment Act was beyond provincial authority. They said the HST was an exclusively federal tax that could not be extinguished by the BC government once implemented.

Justice Bauman's decision has essentially nullified that argument by allowing the legislature to undo the HST by whatever means is necessary.

Vander Zalm explained, The HST Extinguishment Act's purpose is to get rid of the HST by terminating the CITC Agreement that gave rise to it. We have said all along that may involve negotiations or discussions with the federal government to give effect to our intentions. Now all of that can happen.

Read in full online: <http://tinyurl.com/HSTbauman>



More stories & links: pp. 59-60

The story of cosmetics
Real history of Africa
Some big lies of science
Run From the Cure
Television: the enemy
Real News links:
deficit-cutting,
Big Pharma fraud,
BP oil spill.
Sail Transport Network
Sailing the Salish Sea
Auto-Free Times
PANB candidate,
Terry James
Anglo Society Flag
Don Parker's
Chilean Chiropractor
Sudbury's Full Monty

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EXTRACT

www.dialogue.ca

A word from the publisher and editor...



Maurice, Janet and Penny

The reason this issue is almost a month late is due to the manifestation of an acute “lost cause” situation and its attendant miracles... For several weeks, we were wholly engaged in helping to rescue a family member who was facing a personal crisis – in what often appeared, to observers, as a “lost cause”. Nevertheless, miracles always arrived when needed and helped us all to successfully carry out our respective roles in the

healing process (which is ongoing).

On the positive side, the unavoidable delay has meant that many articles are included that would normally have arrived too late! On the down side, the growing mound of correspondence on the editor’s desk also meant that some things have been missed that should have been in this issue. Please accept our apologies if your letter is not included – or if you were stressed by the delay of this issue.

This edition features many a topic that might be considered by some to be a “lost cause” – especially as so many of the interests of ordinary people are being swept away by the seemingly unstoppable swell of mega-corporate interests. Indeed, at times it seemed as though this edition was, itself, in danger of becoming a “lost cause!” But miracles do happen – all around us every day. It’s just that we are usually too busy to notice and appreciate them.

Is it our own apathy – or uncertainty or fear or mis-perception? – that compels us to proclaim somebody else’s cause to be “lost”? Consider the beautiful and fragile Monarch Butterfly that sets out in early fall on a 3000-mile migration from Canada to Mexico, even though it has never flown the route itself before... “When they arrive, they settle on the fir trees, to hibernate. In March, they mate and start flying back to us. Three or four generations are hatched along the way and their descendants arrive back here in late May and June,”* laying their eggs on Milkweed plants. Fortunately nobody ever tells them that their enduring feat is impossible or doomed! [* You can read more about the amazing Monarch at: www.nativeorchid.org/dorisMandM.htm]

And what do we make of the paradox that it often seems we have to “surrender” in order to succeed? The creative process often demands that we abandon the urgent struggle so that the next stage can emerge... Living organisms “transform” themselves everyday, as part of their ‘nature.’ Is it so far fetched to think that we humans may also have it in our nature to transform ourselves... from voracious, controlling creatures into – not delicate, nectar-sipping beings – but perhaps wide-awake, loving & brave humans...?

There are many articles pointing the way to new ways of seeing, thinking, being and doing... Charles Eisenstein’s “*Sacred Economics*” (P.13), Richard Moore’s *Reflections* (P.16), a discussion, initiated by Gerry Masuda, regarding *alternatives to the political party status quo in Canada* (P.20)... and *Personocratia* (P.40). Exposés include the *Veterans scandal* (P.5), *the saga of lawlessness in Canada’s wild west* (P.33), and the *International Tribunal into Church Terror* (P.54).

Just a reminder that *Dialogue* is an independent, volunteer-produced, not-for-profit publication and has always relied on the donations of its readers to survive. If you are in a position to help at this time, your donation is very greatly appreciated. *Renewals have been very slow lately!* Without your support and your voices, there would be no *dialogue*! *Thank you.*

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

dialogue is...

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

dialogue, for over 23 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 personal invitation to participate!

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

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dialogue was founded in 1987 and is published six times a year. Maurice J. King, Volunteer Publisher
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From Near and Far

Harper finally admits he wants to give away Canada

From: Jeremy Arney, Saanichton BC

To: Editors of 246 Cdn. newspapers/media outlets.

Please tell me where is the news that should supersede anything and I mean 'anything' in Canada right now.

Our prime Minister, with a mere 37.65% of the people who voted behind him, is fully intending to give away Canadian Sovereignty in favour of a few trade deals and a few dollars. He has finally come right out and said what a lot of us have been thinking he has wanted since he became prime minister.

LINK: www.youtube.com/watch?v=McWAnMWOsYY

PM Stephen Harper "I know some people don't like it. It is a loss of national sovereignty, but it is a simple reality."

For a Prime Minister who refused to acknowledge in the election of 2008 that there was a financial problem in Canada to one whom now, less than two years later, says we have to surrender our sovereignty to survive financially.

This is TREASON from a man who does not have the backing of the majority of Canadians, who has not asked Canadians for this mandate, who has not conferred with parliament, who is simply taking the country where HE wants the country to go - into the world-government mode.

Did you even know this? If you did why have you hidden it from Canadians - your readers or watchers or listeners, who rely on you for this kind of information?

I acknowledge that I do not read all these publications, and some of you may have mentioned this development, and if you have, great but why is it still hidden news? Why have the rest of you not picked up on it and simply shouted or rather screamed this to Canadians.

Your prime minister is willing and wants to give away Canada and Canadian sovereignty. Do you not care? I do. ♣

Reference to Conrad Black re the Avro Arrow and Bill C-232

Ernest Semple, Dollard-des-Ormeaux QC

Thanks to Kim Lian for circulating Conrad Black's blunt article, "Canada is great, but needs great projects," in the National Post, July 10, 2010.

I agree with almost every statement except blaming Diefenbaker for the demise of the Avro Arrow. And I worked on three missile weapon systems for it, Canadian Velvet Glove, American Sparrow II, and the Hughes Gar 3 Radar version. The air frame and engine were super. The air force's egotistically stupid self-administration of the project was terminally flawed. The project was killed by Liberal C.D. Howe's negative prognostications, and later by five venal ministers in Dief's government, mainly Donald Fleming the flip-flop Finance Minister, an Air Force Marshall, and premature announcements by a top civil servant that alerted US companies to come in for the kill.

Link to referenced National Post article:

<http://tinyurl.com/NPblackAvro>

[EXTRACT] **Conrad Black on Bill C-232:** "The pending legislation (Bill C-232) to require that all Supreme Court justices be bilingual (French-English) is cut from the same shabby cloth. I have been a bilingualism supporter in Canada all of my adult life, am an alumnus of English-and French-language universities, and would meet any reasonable test of proficiency in both official languages. But only 40% of French Canadians and about 10% of English-speaking Canadians (assigning everyone to one or the other group), or about 19% of the whole population, would be even preliminarily eligible for the position of Supreme Court Justice. This is very unjust, and is completely unacceptable policy to presumably, over 80% of Canadians, who are ruled out at an early age." ♣

Conrad Black, scapegoat

Robert E. S. Morgan, Arundel QC

Conrad Black has been used a scapegoat by the capitalist establishment by whose rules he played, too successfully. Like Cecil Rhodes, he lived by the belief "A British subject I was born, a British subject I will die."

May I point out that my first Canadian passport stated "A Canadian citizen is a British subject." In spite of the 1931 conference designed to have the British Empire evolve to become the British Commonwealth of Nations under which Canada was recognized as an independent Dominion.

Opportunistic politicians found it to their political advantage to continue to beat narrow nationalist drums, which is why a loyal Canadian and British subject was obliged to renounce his Canadian citizenship in order to fulfill his vow of allegiance to our symbolic collectivity, the Queen. Conrad Black and his wife deserve better. ♣

Some Big Lies of Science

From Richard Moore (recommended by Viviane Lerner)

Dr. Denis G. Rancourt, Global Research, June 10, 2010

"[T]he majority of politicians, on the evidence available to us, are interested not in truth but in power and in the maintenance of that power. To maintain that power it is essential that people remain in ignorance, that they live in ignorance of the truth, even the truth of their own lives. What surrounds us therefore is a vast tapestry of lies, upon which we feed."— Harold Pinter, Nobel Lecture (Literature), 2005

The maintenance of the hierarchical structures that control our lives depends on Pinter's "vast tapestry of lies upon which we feed." Therefore, the main institutions that embed us into the hierarchy, such as schools, universities, and mass media and entertainment corporations, have a primary

EXTRACT CONCLUDES NEXT PAGE, BOTTOM LEFT ⇒

From Near and Far

Veterans wanted dead, not alive, ombudsman charges

Allan Woods Ottawa Bureau, www.TheStar.com

Aug. 18, 2010 – OTTAWA: Col. Pat Stogran, a retired infantry officer, has spent the last three years advocating better treatment for Canada's wounded veterans.

But the federal ombudsman only realized the enormity of the battle he was fighting after a recent conversation with a civil servant who watches over the government's purse.

"I was told ... that it is in the government's best interests to have soldiers killed overseas rather than wounded because the liability is shorter term," Stogran said.

For the former Canadian commander in Afghanistan, it was a revealing answer to a stunning problem. The government's treatment of soldiers and Royal Canadian Mounted Police officers who have sacrificed their limbs, mental health and lives for the country was a question of dollars and cents.

In some cases, said veterans who joined Stogran at a news conference Tuesday, Ottawa is even using tax dollars to avoid paying compensation to veterans.

The fight against Kenneth Young, who said he was exposed to the deadly chemical known as Agent Orange at CFB Gagetown in the 1970s, has cost some \$8 million, the former army soldier said. At least \$1 million has been spent fighting a class action suit brought by 6,500 veterans to stop the government from cutting their long-term disability insurance benefits by the amount of their monthly disability pension from Veterans Affairs Canada, said Dennis Manuge, who left the military for medical reasons in 2003 and is leading the lawsuit.

The years of struggle against bureaucrats at Veteran's Affairs Canada has shaken these once proud soldiers' faith in their governments and in their countries. Manuge, who fought back tears, his hands trembling, said his frustration has him on the verge of "ultra radicalism" when he should be preparing for the birth of his first child in December.

Even Stogran, who fondly recalled his "gun-slinging" year in Bosnia and felt commanding troops in Kandahar was the peak of his 30-year career, has his doubts.

SOME BIG LIES... continued from P.4

function to create and maintain this tapestry. This includes establishment scientists and all service intellectuals in charge of "interpreting" reality.

In fact, the scientists and "experts" define reality in order to bring it into conformity with the always-adapting dominant mental tapestry of the moment. They also invent and build new branches of the tapestry that serve specific power groups by providing new avenues of exploitation. These high priests are rewarded with high class status.

Continue reading at: <http://tinyurl.com/GRRancourt> ♣

"After two and a half years in this job it would be tough for me to say to a young person, 'You know what? You want to join the Canadian Forces.'"

While the treatment of Canada's wounded should be improving with the climbing casualties from the decade-long deployment to Afghanistan, it has actually gotten worse in some respects.

Paul Franklin, who lost both legs in a January 2006 suicide bombing, was actually one of the lucky ones.

Back in Canada, he was offered a choice between the outgoing system for disability payments – \$4,000 a month for the remainder of his life – or compensation under the new system, a \$250,000 lump sum payment.

"I did the math real quick and \$4,000 a month works out to \$2 million if I live 40 more years," he said. "It was a no-brainer." Michael Barnewell, 29, injured just 10 months later, never had Franklin's easy choice.

"With a lump sum payment, the problem is that it's not enough. You either try to use it now and then it's gone so you don't have it for the future, or you try to invest it for the future and what do you do now?" he said. "Under that old system, when you get those payments, you're just taken care of. It's just such security. It's always there. It just comes."

But that security has been eroded by tight-fisted officials and a Conservative government that promised to honour the country's soldiers and veterans but has left them feeling abandoned, Stogran said.

Stogran chose against an outright attack on his elected political masters, but did circulate a 2002 Canadian Alliance political pamphlet in which then-leader Stephen Harper promises to defend Canadian soldiers the way that they have defended the country.

Speaking in Mississauga, the prime minister sidestepped the strident criticism from Stogran in recent days and said the government is open to suggestions that could improve future programs.

But like other federal watchdogs who have either been fired or undermined by the government, the Tories may just bide their time until Stogran's term expires in November and his pulpit evaporates.

Until then, the ombudsman has made it clear he intends to make life difficult for the government by exposing what he calls the shameless treatment of Canada's veterans and urging Canadians to advocate for change.

"These are your sons and daughters, your brothers and sisters. The time is now to do something about it. Make sure this government understands that this must stop."

Read at TheStar.com: <http://tinyurl.com/Au18stogran>

Forwarded by Stephanie McDowall ♣

Canadian Politics

Is this the Canada we want?

A Letter sent to the Times Colonist, Victoria BC



Jeremy Arney

Posted on July 25, 2010

Jeremy Arney, Saanichton BC

As I read some of the newspapers, watch the TV and listen to the talk radio stations, from here in Canada and from the USA, I am struck by a common trend:

People no longer matter.

I know there are those who will say – where have you been? But I have been here watching and fuming but I have also realized that especially our present Federal Government and the BC legislature have openly lost interest in the people in favour of big business. At least in the past there has been some pretense, but now they do not care that we know it, they thumb their collective snouts at us.

The word contempt comes to mind

It is not a new and sudden thing for sure, but in the last few months it seems to have been ramped up that the people do not matter, that the Canadian Parliament can be made dysfunctional by stupidity and that it is quite alright for “officials” to lie to us, pretend we are not here, or even herd us like cattle as was shown in Toronto a few weeks ago.

Actually cattle probably get treated much better than those who simply wanted to make a peaceful statement, and were not allowed to do so. My daughter, who was in Seattle (unknown to me at the time) for the WTO demonstration a few years ago, knows well the smell of tear gas and that allowed her to escape the evil clutches of the Toronto security thugs (both those overdressed in riot gear and those with their shirt tails hanging out) who were supposed to protect everyone against terrorists and chose instead to attack peaceful demonstrators singing “Oh Canada”. Did anyone else notice the ugliness and hate on the face of that plain clothes, straw haired woman cop as she swung her baton? After allowing mayhem to be done by what we now believe to be their brothers in arms the previous day, to attack the citizenry in such a fashion can only be called stupid and cowardly, and any loss of faith in the police agencies in Canada was well earned that day.

We are told that these men and women were just doing what they were told, and that makes it even worse as they knew what they were doing was wrong. Let’s not even get into how much they were paid to assist in the suspension of any civil liberties Canadians think they might have.

But these events are really only the surface that the media glom onto rather than tell us the real story.

Our federal government is comprised of a rag tag bunch of Alliance/Reform coalition politicians, who it seems are bound to follow like lemmings as their senior idiot sells

Canada to who ever wants to buy us. It is bad enough that many years ago Mulroney sold us out to the Americans and then Chrétien made it worse, now Harper wants what is left to be purchased by EU countries, Colombia and if there are any pickings left I am sure he has another buyer in mind.

Remember the throne speech : “Canada is open for business” translation means open for investment, means open for buyouts.

Since Mulroney’s original FTA deal we have steadily lost our ability to control our companies and production of anything as manufacturing leaves our homeland for cheaper countries. This of course looses us jobs of any value, and this government is happy to replace them with part time jobs at such places as Wendy’s or Wal-Mart. Benefits, once part of a job package, are now almost unheard of except in upper management or civil service positions.

All governing parties are making the claim that they are reducing taxes and what they really mean is that they are infinitesimally reducing the personal income tax of lower income earners. At the same time other taxes are rocketing up and corporate taxes are due to come down again. The argument is that keeping corporate taxes high will stop prices from coming down for goods and services, and will stop future expansion of businesses. That argument is about as sound as me holding a full gown elephant over my head with one arm.

How can anyone justify reducing taxes for a company which has just made record profits and paid huge bonuses to the senior directors? They need help?

If one follows the money, which is generally good advice, it takes us, or I anyway, to assume some very ugly things about our politicians and their personal financial healths.

Over the last 70 years a social network was put in place so that there would not be people without the means of living a meaningful life. These services have been so eroded since Reagan and Mulroney got together that we now have a homeless and sick population in Canada which is totally unacceptable to anyone but the heartless corporate morons who run our governments.

This headlong rush into trade deals with all other countries does not benefit you and I one bit. Yes it benefits the bigger companies, which will be purchased, gutted and then abandoned along with anyone who worked there. How exactly does that benefit the person on the street? How does it for instance benefit the Colombian peon? Be sure that the CEOs and their friends in government will make out very well.

We already know that the NAFTA ruined the Mexican corn farmers because Yankee corn flooded the market down =>

there at a deliberate knock down price designed to destroy the Mexican farmers...thus the price of Yankee corn could go up again...strangely benefiting companies such as Goldman Sachs with their futures games, but not the American corn farmer.

In spite of all this Harper wants to bash on with the **great Canadian Giveaway** on the backs of what he considers to be great Canadian accomplishments recently; namely the disruption of the Copenhagen Climate Control summit in order to protect the Alberta tar sands; the winter Olympic financial fiasco which was a great success thanks to the athletes not him, and the non-meetings of the G8 and G20 which as far as I can tell accomplished nothing inside the meetings thanks to him, but established the future of the Canadian Police reaction to any peaceful public action by Canadians.

Peaceful demonstrations are not to be tolerated but of course the police and their cohorts can do what they want. Just a few days ago the Liberal government of Ontario arranged the arrest of people peacefully demonstrating in a government building about the cuts in funding for the physically handicapped... Imagine, riot police charging wheelchair inhabitants with batons raised and then arresting them for being in a public building to

present an invoice for lost funding!...that's the modern Canadian policeman?

Is this the Canada we want?

Not for me.

Who will take it back for us?

Liberals and NDP are struggling with realising that they are useless as long as they vote the party line because I suspect their leaders are bought and paid for and will not look after the people ; the Bloc are interested in rescuing Quebec from the demise of Canada, so who do we have in our corner?

I really think that the answer is to eliminate all political parties, including those on the fringe such as the Green Party and Canadian Action Party, the latter of which has some absolutely great ideas that cannot be put into place as long as corporation controlled parties run our lives.

Maybe it's the time for the elimination of all parties and to have 308 independents in Ottawa.

Now that would be something and yes I have some ideas about that I will get to later.

Enough for now, **Jeremy Arney**

CAP candidate for Saanich -Gulf Island 2008

[EMAIL: iamjema@gmail.com] ♣

The G20 and the age of deceit...

Alan A. Macdonell, Williamstown ON

July 13 2010 - The billion dollar boondoggle arranged by Harper and his minions on behalf of the so-called G20 summit was even phonier than the one staged in Montebello. I was treated to the spectacle of one or two agitators stomping down the roof of a conveniently-parked police vehicle, while 20,000 riot squad members stood around and watched. Some windows were attacked, and a few missiles tossed but the instigators of violence were surprisingly few in number, although the television coverage attempted to compensate by repetitive views of the same incidents.

Some happenings, in this age of deceit, are so obviously contrived that no proof is needed regarding the sequence of events. 9/11 was such an event: and I contend that the Toronto G20 extravaganza is another. I don't need proof for my opinion, but, for those purists who do, I'd recommend an excellent June 27th article by Terry Burrows (at www.globalresearch.ca) in conjunction with a number of photos from [The Globe and Mail](#).

I saw no sign of any meeting being held, but rumors insist a G20 conference was indeed held, and was attended by 8,000 or 10,000 guests. When I first heard this number, I figured a last hurrah for the special interests was underway, before conceding that globalism was dead. Apparently, such is not the case. The usual bromide was produced, such as tax cuts for the rich, and elimination of the deficit.

Canadians are well acquainted with the other side of this coin. Another vicious gouge taken from employment insurance, more devastation in the health care industry, and, eventually, confiscation of pension funds, to name a few.

This global garbage seems bent on inflicting a terminal disease upon the world. Canada is now wasting top quality military personnel on somebody else's imperial adventure in Afghanistan. Canada is also under a sneak attack from foreign interests, aimed at installing a North American Union with the U.S.A. and Mexico as partners. We note the larger U.S. banks and brokers have speculated US taxpayers into a debt of several hundred trillion dollars. Also, corruption in Mexico is so pervasive that the country has the status of a failed state. In short, not fit partners for the owners of the second largest land area on planet, with every natural resource and, so far, manageable debt.

Canada has three larger political parties and a couple of smaller ones, with hardly a word from any of them in defense of Canadian sovereignty. Most of them are like lemmings, exactly alike, and tied into this global garbage. There is room for a totally different political choice, based on sovereignty in Canada. It could be called the Canada Party and would provide a realistic alternative to the current mess. Sovereignty versus World government or patriots versus traitors. Sounds good to me. ♣

"The Fifth Columnist"

False Flags and Black Blocs – Oh my!



Michael Neilly, Dunrobin ON

The first time that I saw the term “false flag” was in Chris Shaw’s column in *Dialogue* magazine. I understand that it’s a strategy that navies used to conceal their true identity and intentions until the last minute. Their ship would fly a friendly flag on approach, and, at the last minute, raise their own flag and attack.

With false flags, not only does the enemy need to be deceived, but even allies: disinformation, counter-claims, doubt and paralysis, until the only truths left are hatred and fear. And that, I believe, is the true goal.

I watched with considerable dismay the violent events that marred the G20 conference this summer in Toronto. Yet more and more I’m becoming sceptical of the political theatre staged for our consumption, the false flags.

We could take what happened in Toronto at face value. This is the story we are told, that a group of disaffected, anarchist youths from Quebec, a so-called Black Bloc, caused much of the mayhem. Or, peeling a layer back, perhaps this group was funded by, say, union dues or a political party sympathetic to the causes of unions and the “oppressed classes”. Going one layer even deeper, we could say that the government of Canada innocently funded this group or possibly even orchestrated the whole thing, like the 911 conspiracy theory.

In so many ways, this whole mess could have been defused. The G20 meeting itself could have been held at CFB Alert in Canada’s remote north country. For one billion dollars, you could have built a convention centre in the remote ghost town of Michipicoten Harbour, north of Wawa, Ontario, and restored the rail service to once again bring in the tourists. Imagine resurrecting a ghost town – a real economic benefit – AND housing the G20 Summit. In remote locations such as these, defence of G20 participants would have been much easier, with far less cost and “collateral damage” and virtually no risk. The relatively tranquil G8 Summit held in Huntsville, only two hours north of Toronto, neatly illustrates this point. Perhaps the G20 in Toronto was simply a grand diversion to distract protesters from the G8 Summit in Huntsville?

Another aspect that nobody talks about is the law that says it’s illegal to wear a disguise in public. It’d be easy for police to simply stride in and yank the balaclavas off the protesters – anonymity gone, licence to party gone. For some reason, this candy-ass country, at least outwardly, is so craven about respecting protests that it refuses to enforce its own laws.

Why have these G8/G20 meetings at all? What, of any substance, is or has ever been accomplished? Instead of people marvelling at some great pronouncement, all we remember is burning police cars. This being the case, to stage a pointless event in an area ripe with targets of opportunity, to refuse to unmask and arrest the protesters before they massed, it’s as if Canada wanted this protest to get violent and to hell with bystanders, businesses and the police officers who were tasked with keeping the peace.

It would be very easy to call these “anarchists” the disaffected, much harder to take a look at our precious Canada that funds political pressure groups of all sorts under the guise of multiculturalism and social justice, the Canada that might want to create political change by staging conflicts. Digging beneath the superficial aspects of this story would mean challenging the ridiculous multicultural mythology we’ve created, of victim classes that must be subsidized uncritically, in perpetuity, regardless of the warnings from even our own spy agencies.

How convenient that as the Cold War ended and we began to breathe easier, another enemy emerged, radical Islam. With the recent bombing of a Canadian Forces recruiting center in Trois Rivières and the fire-bombing of a Royal Bank in Ottawa, more enemies appear to be massing at our gates. The false flags are fluttering in the breeze.

Keep your eyes on your freedom, your land, water and air. The growth machine called civilization, your friend that flies the happy-faced false flag, wants to consume these things, and lay waste to the planet in the process. It wants fearful, warring people addicted to credit, drugs and oil. Never mind the black-shirted louts we saw in Toronto, the worm-tongued manipulators in \$2,000 suits are pulling your strings. Run that up your flagpole and salute!

~ and on another hot topic, the Census: Myopic topic or percentile dysfunction

So the Federation des Communautés Francophones et Acadienne du Canada (FCFAC) – who else? – wanted a hearing in Federal Court to re-instate the long form census. Apparently the “five questions on the long-form census pertaining to language spoken at home and at work are so crucial that without that information the federal government does not have the tools to adequately implement the Official Languages Act and is breaching Canada’s Constitution.”

Like a lot of these pressure groups, FCFAC receives money from Canadian Heritage, \$175,000 in 2007, according to the pch.gc.ca website. They don’t produce anything at all; →

Myopic topic or percentile dysfunction, continued

they just pressure governments to build their segregated society for them. It's always couched in bafflegab, but basically they insist that English Canada must wipe their backsides for them in order to ensure that their "communities" remain "vibrant". It's amazing how a people once so proud are now totally steeped in entitlement. And that Canada funds groups dedicated to imposing their beliefs on us.

Some Canadians actually believe that filling out a census is an opportunity to stand up and be counted (to be taxed) and even equate this extraction of information by government with democracy! Anyone agreeing with the long version's cancellation is cast as hateful and narrow-minded, as having an ideology! Frankly, good Liberals, what is 'a belief in collectives being given things because of their differences' but an ideology?

In so many ways, this "issue" reminds me of the "tainted tuna" scandal during the Mulroney years. Honestly, nobody died, nobody was sick. It was pathetic political mud-slinging. Here we are again with the long-form census. Maybe it's a case of "percentile dysfunction."

While the National Statistics Council says that switching to a voluntary survey in 2011 would result in a "gap" in the knowledge of Canadian society – to which I would add, that the many pigs at the Canadian welfare state trough depend on – the council recommends that the threat of jail time should be removed, a good compromise, and that 20% of Canadian households get the long-form in 2011.

It was heartening to hear, too, amid all the rhetoric coming from the usual suspects, that 50% of Canadians don't care about this issue.

Really, the King and his evil sheriff take a census in order to provide services for which they gladly tax us [...or, in order to tax us and grudgingly provide services?!!]. Heck, you can tax Ontarians 13% for pretty much everything and we don't say a word. But touch that census? My conclusion is that Canadians want to be punished by their government.

It's masochism, pure and simple. *Te amo punere quom-quom te punere studeo* – the one bit of Latin I remember from high school – I love you but I am eager to punish you. And as Canadians, we love it!

I, for one, would like any government and the pigs at the trough to move beyond the myopic concerns of a class society – of collectivism and so-called "rights" to "free" things based on their skin colour, language, gender, etc. – and for them to take the long view. I'd like some visionary statements from our prime minister regarding sustainability and stewardship, such as:

- **Canada shall be a hydrogen-based nation in 20 years.**
- **The output of all manufacturing and industry shall be non-toxic in 20 years.**
- **Canada will no longer borrow from private banks (everybody hates banks) but instead from the bank of Canada. Any interest on government debt goes to the people, not private banks.**
- **We will not grow for the sake of growth and will leave the land as we found it.**

Honestly, John F. Kennedy promised the moon (literally) in 10 years and America did it. He told Americans where they were going. But for Canadians, we like our governments heavy-handed and intrusive. We talk about democracy, but haven't a clue what it actually means. We'd rather talk about the *Society of Near-Sighted Pigs* that must be funded forever to remain "vibrant" and retain their fragile "identity": articulated farts from a blinkered people. You might as well tune the radio while your car goes over a cliff. Oh, by the way, FCFAC wants their court costs paid for by the federal language rights support program, that's you and me. And so it goes...

- **Mike Neilly, Dunrobin ON**

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

Apathy Begone: Activating Minds and Voices

David Boese, St. Catharines ON

Sent to: Prime Minister Harper Stephen J. Canada Leader
Cc: Flaherty, J; Rick - M. P. Dykstra
Subject: Monetary Crisis

Dear Prime Minister Harper,

I am writing to express my concern over the policies of monetary issues. No matter what you or the media tell us, we little folk know there is a crisis looming with regards to the way money is created and dispersed. There is something intrinsically wrong, with the banks been given carte blanche authority to create money out of thin air and counterbalance it with debt!

Under our present system we will never pay off the debt, we will never eliminate poverty and we will never narrow

the disparity income gap that is undermining the stability of our economy. There are many of us who know what should happen, but it appears that you don't even pretend to listen.

I know you can't escape the criticism you are getting for the reckless spending of the G8 and G20 but you can redeem yourself and your government by using the tools that are enshrined in our Bank of Canada Act. Don't think for a minute that a "finger in the dike" will hold back the torrent of financial ruin forever! Your opportunity is now--- don't blow it!

I implore you to listen to the likes of Paul Hellyer, where you can find the solutions to economic prosperity and stability.

dash@vaxxine.com

From my blog: <http://boeseblog.wordpress.com/> ♣

Canadian Politics & Economics

Thoughts on our dodgy economy

Russ Vinden, Errington BC

I enclose my latest comments on our dodgy economy along with some thoughts as to how it might change. I have always held the view that grouching is allowable if positive suggestions are included.

I was impressed with your editorial in the last issue, dealing with our increasingly specialized and fragmented culture, and feel perhaps that it is in some way a by-product of perpetual mis-government. When deceit and corruption are generally winked at in business and government, the tendency is for individuals to become more self-centred, to look after #1 first, and to gradually withdraw from communal concerns as being too remote and unfulfilling.

I'm sure this is why participation in elections is at such an abysmal level nowadays – people feel it is pointless when they are so distorted, and the very people elected to manage our affairs clearly have no interest in correcting them if it reduces their status or power in any way. Dead ends ensure a supply of dead beats, I'm afraid.

However, I think I detect an increase in *Dialogue* articles and letters on a wide variety of social, cultural and economic matters, and perhaps a diminishing number of repetitious tirades against language laws in Quebec – I guess so many folk have just packed their bags and left, and are involved in other scenes.

Thank you for your upbeat attitudes and continued improvements; *Dialogue* is unique in giving space to the worst and the best, apparently without censure, and I'm glad I am allowed to blow off steam occasionally.

HST: a marker for mis-government

The HST has come, a marker for mis-government if ever I saw one; the Finance Minister here in BC has announced with a straight face that the deficit will be substantially smaller than anticipated; the first rebate cheques for low income people have arrived. So far, the sky has not fallen.

Obviously, Liberal heaven is soundly administered, there is enough bread, and we can get on with the build-up for the next Games, or whatever is designed to take our minds off our dodgy economy.

Does this sound a little sour? Maybe so, but the abysmal thinking which passes for responsible administration continues its utter disregard of a fundamental law of economics, namely - *'Debt is for constructive purposes only, but For Your Life, Do Not Borrow The Interest'*.

In that one sentence lies the whole explanation for the immense growth of government debts; the entire cancellation of some programs, the steady deterioration of others; and the devious and secretive search for all-embracing Trade and Economic Agreements

with other supposedly rich and prosperous nations, in the desperate hope that some of their success might rub off onto us.

This last effort has turned to ashes over the last couple of years as bank-led financial collapses have in turn savaged the US economy and now the European, to whom we had transferred our hopes when financial mismanagement on a vast scale was exposed in the USA. Abruptly, all talk of a shining new Progress and Prosperity Partnership quietly disappeared,

Then surprise, surprise, just as the new Euro talks got under way we heard that Greece, Portugal, Spain, Ireland and some other new, small East Euro member countries were also in a state bordering financial collapse from the sheer size of their unpayable debts and crushing interest costs. It appears that they too had all been induced to borrow massively, from the World Bank no less, amongst others; which was founded on noble sentiments but has performed like any other loan shark. The fix was in; and the remedy, surprise, surprise, is 'cut everything of benefit to your nation, and we will lend you enough to enable you to resume payments of due interest'. Of course, of course - who would question such advice?

All these countries are now in dire straights. Not one has the resources which can ever repay the mind-blowing debts, any more than the mighty USA can ever clear its reported multi-trillion dollar obligation -or Canada repay its own national debt. They will simply go on and on, transferring, by taxation, massive sums of earned wealth straight to the money lending sector, and I do not think that that is the purpose of government or the intent of nations.

The world is awash with usury; it has always been condemned, and it is time it was checked.

So what on earth persuaded our last twelve federal administrations to agree to abandon borrowing from their own wholly-owned Bank of Canada, when it had operated with complete success and to the enormous benefit of Canada for 40 years?

This truly alarming situation is not in the least helped by the widely reported comments that the troubles were 'of course mainly due to bloody-minded union demands for excessive pay rises, to a widespread popular dis-inclination to pay taxes, and to massive corruption in governments'. There is some truth in these strictures; but what inducement is there for people to pay taxes at all when governments legislate ways for wealthy people and businesses to ship their money out to tax-free havens? It is lunacy.

Honestly balanced budgets clearly cannot be achieved under wholly privatized funding, and the abiding curse on every budget in Canada for the last 35 years is that all ⇒

such debts (with the exception of credit to cover the issue of new currency) have been raised from the private banking system at interest rates which for 18 consecutive years were either borderline usury or just plain excessive.

This is the bedrock on which our enormous debts are built. They cannot be extinguished while this system remains, because it is by design a self-perpetuating system. A debt built on productive use of money can be extinguished sooner or later from the natural increase inherent in production, it is axiomatic.

A debt built on inability to pay excessive – and entirely unproductive – interest, which is then borrowed, and not only adds to the debt but adds to the annual interest charge, can never be extinguished and compels one of two courses.

Either the whole enterprise or country collapses into chaos, or the banker simply moves in and takes total control for his own purposes, one of the core requirements for fascism. Either way, capital takes precedence; staff, suppliers and countries lose.

Even today, while Prime Rates for most-favoured customers have been below 4% for 17 years, federal debt is still burdened by far greater rates – yet government debts are guaranteed under OECD membership rules, and are classified 'risk-free' by the bankers own Bank of International Settlements in Basle. Moreover, thanks to the Mulroney Conservatives, banks are no longer required to risk any of their own capital for such loans; they purchase our bonds by using them as their own collateral, as neat a trick as anyone could possibly imagine. Our careful and responsible elected administrators swallowed it without a blink.

Governments, having totally colluded in this process, never discuss it. But the common factor in all these disastrous budgets has been the ideological commitment to privatization, which is accepted without question – and with the possibility of reverting to Bank of Canada loan funding totally ignored.

When the worldwide financial meltdown occurred a bout 18months ago, private bank spokesmen quickly announced that: “Canadian banks are in rather better shape than those in the 'States'.”

Good grief, why would they not be? They have been raking in between fifty and seventy Billion taxpayer dollars annually for decades, legacy of their foresight in jacking up interest rates to near-usury levels as soon as the Bank of Canada was abandoned as a source of loans –and keeping them excessive for 18 years.

Of course, no administration in Canada could balance their budgets under this assault, and everyone was forced to borrow their constantly recurring deficits to avoid default. These borrowings are by far the major part of all federal and provincial debts today, because no administration (except Alberta's, floating on oil) has been able to pay them off

despite decades of relentless economies and cutbacks.

Nor-- given the continued refusal of government in Ottawa (which sets national monetary policy) to revert to loans from our own Bank at minute cost; and its determined recourse to endless, enormously costly private loans -- can this abysmal situation end.

No one in or out of government dare predict an eventual extinction of the debts.

The hubris of the Liberal and Conservative Parties, besotted with ideology imported from the Chicago School of Economics in the late 1960's, is beyond understanding. They alone have initiated and maintained unpayable debt for 35 years, and it will be their legacy, for which they will be remembered. The HST is but the latest desperate attempt to balance budgets that are inherently incapable of balance because the burden of interest is so grossly disproportionate to any discernible benefit.

How many are aware that throughout the first half of this decade, the utterly unproductive interest on federal debt alone (\$33 -- \$38 billion a year) was about two and a half times greater than the then budget costs of the entire Canadian Armed Forces (around \$14--\$16 billion?) Or that as far back as 1995-6-7, Ottawa alone was firing \$44 --\$47 billion straight out of taxpayers' pockets into the banks? This disastrous transfer of earned wealth, producing nothing for the country, is I feel, tantamount to sedition, defined as 'activity knowingly injurious to the state'.

I think that handing over the most basic function of government -the funding of itself and its national programs - to private enterprises for their profit is not a valid purpose of government. Moreover, there is a powerful historic precedent to uphold this view.

When Canada – and the whole world – was grinding its miserable way through the Great Depression, the private banking system was notoriously unprepared to lend sufficient money to any government, scared witless as they all were from the collapse of the German economy in the mid-1920s, and the devastating business crash in 1929.

So some enlightened government leaders put their heads together and with some private investors founded the Bank of Canada, backed with the full resources of the nation. Crucial to the whole process was the fact that the Bank, being majority-owned by the national government, returned any profits to government as dividends. Not written in, but well understood, was the fact that the profit on the creation of money for governments IS enormous.

The profound effect of the returning profits was that the loans were effectively almost interest-free. Immediately programs of national development were successfully developed, and the whole economy got back into gear after 10 years of stagnation. ⇒

All this information is factual and documented, but never surfaces in any discussion of government policy or possibilities. So what can we do? The entire process has been effectively removed from public awareness, and this cannot be due to casual chance.

The situation remains. The silence is absolute.

Why will no one in Parliament or Legislature acknowledge the fact of continuous loan funding for governments by its own wholly owned Bank of Canada for four whole decades, with profound benefit to the nation?

According to Kenneth Dye, Auditor General in 1993, over 90% of the accumulated debt since Confederation consisted of unpayable, borrowed interest; and less than 10% was due to excessive spending or waste, the common media view. I doubt the situation has changed much if at all since then.

Regrettably, I do not understand the continued silence of the NDP on this matter. It is reportedly on their list for policy change if they ever win federally -- but low. It gets no publicity at all, and the impression is of embarrassment, of conceding a point to the wing-nuts -- a strange attitude for the Party rooted in a strong social conscience.

Do the Greens have it as a priority? If so, publicity is sorely lacking there too. As for the Bloc, they are only interested in separation; would they create and issue their own money in that event? An intriguing question.

Which leaves the Canadian Action Party, tiny and grossly underfunded, as the only Party with this solution -- restoring money-creation to the Bank of Canada -- as a major plank in its program. Ultimately, I believe that this desperately needed event can only come from disaffected back-benchers -- people already elected but deeply disturbed by the directions their Party has taken. In the present power position, it would not take many from different Parties to coalesce into a group powerful enough to force a sort of palace revolt in favour of fair elections, funding governments from the public purse so that the benefits returned to the nation instead of the sharks, and complete elimination of private funding for Parties, so that the open purchase of influence is abolished and replaced by a taxpayer/voter-regulated playing field.

All over the world, the countries that are pulling themselves

out of the swamp of usurious loan funding are those like emerging, socially-inclined South American nations, and India and Malaysia and China, who fund themselves in the way which was so successfully demonstrated here for so long -- before the ideologues took over.

By accepting the almost total privatization of government debts, the major Parties have effectively given up on any idea of extinguishing them. Yet the universal advice given to debt-strapped people is to consolidate their debts to get better terms. Well, we have the best source of low-cost loans right here in our own backyard, set up and chartered for that very purpose and so functioning for 40 years -- but deliberately ignored by the Liberal and Conservative Parties who adopted the current monetary policy in 1975 and resolutely ignored their own Bank's facility ever since.

By creating new, very low-cost debt to pay off the old, horrendously expensive ones, and even charging the same rates, all budgets would immediately show an unbelievable multi-billion dollar improvement -- permanently, since the huge profits of money-creation would flow in instead of out. **Would the private banks scream? Oh, yes.**

Would it matter? No -- they brought the world's financial systems close to complete collapse through their greed and deliberate involvement in derivatives, unexamined credit, and super-sophisticated money-laundering schemes. Besides, they would still have their traditional areas of business and personal finance to attend to.

However, while they may in due course find their activities rather more closely monitored by legislators than in the past, such mayhem can arise again very quickly, and the warning lights have not gone out.

But time is slipping by and the banks are quickly reorganizing themselves. The certainty is that without a profound reassessment by individual MPs and MLAs of the essential cause of the crushing debts, they will become relentlessly bigger. There may be cosmetic changes, and things may be cleaned up a little; but if fundamental changes are not made, near-usury will be permanent -- as will the taxes to sustain it.

I believe it is a time for individual legislators to search their consciences, and perhaps think more of their nation and less of their Party.

- Russ Vinden ♣

Quotes from Rodrigue Tremblay [www.thenewamericanempire.com]

"A State divided into a small number of rich and a large number of poor will always develop a government manipulated by the rich to protect the amenities represented by their property." - *Harold Laski (1893-1950), British political theorist, 1930*

"Money becomes evil not when it is used to buy goods but when it is used to buy power... economic inequalities become evil when they are translated into political inequalities." - *Samuel Huntington (1927-2008), political scientist*

"Any intelligent fool can make things bigger, more complex, and more violent. It takes a touch of genius, and a lot of courage to move in the opposite direction."

Albert Einstein (1879-1955) Physicist and Professor, Nobel Prize 1921

"When plunder becomes a way of life for a group of men living together in society, they create for themselves, in the course of time, a legal system that authorizes it and a moral code that glorifies it."

Frederic Bastiat (1801-1850), French economist ♣

ECONOMICS AND INSPIRATION

Sacred Economics



By Charles Eisenstein

25 April, 2010, www.Realitiesandwich.com

[EXTRACT] This article is adapted from the introduction to the upcoming book [Sacred Economics](#). The purpose of the book is to make money and human economy as sacred as everything else in the universe.

Today we associate money with the profane, and for good reason. If anything is sacred in this world, it is surely not money. Money seems to be the enemy of all our better instincts, as is clear every time the thought "I can't afford to" blocks an impulse toward kindness or generosity. Money seems to be the enemy of beauty, as the disparaging term "a sellout" demonstrates. Money seems to be the enemy of every worthy social and political reform, as corporate power steers legislation toward the aggrandizement of its own profits. Money seems to be destroying the earth, as we pillage the oceans, the forests, the soil, and every species to feed a greed that knows no end.

From at least the time that Jesus threw the moneychangers from the temple, we have sensed that there is something unholy about money. When a politician seeks money instead of the public good, we call him corrupt. Adjectives like "dirty" and "filthy" naturally describe money. Monks are supposed to have little to do with it: "You cannot serve God and Mammon."

At the same time, no one can deny that money has a mysterious, magical quality as well, the power to alter human behavior and coordinate human activity. From ancient times thinkers have marveled at the ability of a mere mark to confer this power upon a disk of metal or slip of paper. Unfortunately, looking at the world around us, it is hard to avoid concluding that the magic of money is an evil magic.

Obviously, if we are to make money into something sacred, nothing less than a wholesale revolution in money will suffice, a transformation of its essential nature. It is not merely our attitudes about money that must change, as some self-help gurus and "prosperity programming" teachers would have us believe; rather, we will create a new kind of money that embodies and reinforces our changed attitudes. [Sacred Economics](#) describes this new money and the new economy that will coalesce around it. It also explores the metamorphosis in human identity that is both a cause and a result of the transformation of money. The changed attitudes of which I speak go all the way to the core of what it is to be human: they include our understanding of the purpose of life, humanity's role on the planet, the relationship of the individual to the human and natural community; even what it is to be an individual, a self. This should not be surprising, since we experience money (and property) as

an extension of our selves; hence the possessive pronoun "mine" to describe it, the same pronoun we use to identify our arms and heads. My money, my car, my hand, my liver. Consider as well the sense of violation we feel when we are robbed or "ripped off," as if part of our very selves had been taken.

A transformation from profanity to sacredness in money, something so deep a part of our identity, something so central to the workings of the world, would have profound effects indeed. But what does it mean for money, or anything else for that matter, to be sacred? It is in a crucial sense the opposite of what sacred has come to mean. For several thousand years, increasingly, the concepts of sacred, holy, and divine have referred to something separate from nature, the world, and the flesh. [...]

The economic crisis we face today is just one of many crises that are converging upon us all at once: crises in energy, education, health, water, soil, climate, politics, and the environment. My previous book, [The Ascent of Humanity](#), traced the origin of each to a common root, millennia old, that I call Separation. Their convergence is a birth crisis, in which we are expelled from the old world into the new. Unavoidably, these crises invade our personal lives, our world falls apart, and we too are born into a new world, a new identity. This is why so many people sense a spiritual dimension to the planetary crisis.

I dedicate all of my work to the more beautiful world our hearts tell us is possible. I say our "hearts", because our minds tell us it is not possible. Our minds doubt that things will ever be much different than experience has taught us. You may, as you read the forgoing encomium to a sacred economy, have felt a wave of cynicism, contempt, or despair. You might have felt an urge to dismiss my words as hopelessly idealistic. Indeed, I myself was tempted to tone down my description, to make it more plausible, more responsible, more in line with our low expectations for what life and the world can be. But such an attenuation would not have been the truth. I will, using the tools of the mind, speak what is in my heart. In my heart I know that an economy and society this beautiful is possible for us to create, and indeed, that anything less than that is unworthy of us. Are we so broken, that we would aspire to anything less than a sacred world?

*** Read in full (original article):

www.realitysandwich.com/sacred_economics

Charles Eisenstein is a writer, speaker, and the author of [The Ascent of Humanity](#) and other books. See his blog at:

www.ascentofhumanity.blogspot.com

See also his blog at RealitySandwich:

www.realitysandwich.com/blog/1736

Article received from Richard K. Moore ♣

Richard's Reflections on his Scotland trip

Greetings,

Many people responded with considerable energy to the 'trip report' [<http://tinyurl.com/RKM445>]. I will be doing some responding on a personal basis, and I think it is appropriate to mostly respond by expanding on the ideas. People seemed to get the impression that I had made a big shift, as regards spirituality. In a certain sense, that may be true, but not in the sense one might assume from all that 'stuff' about the nature of consciousness, and reality, and esoteric paths. That may offer insights into the nature of things spiritual, but the map is not the territory -- it remains largely 'head stuff', a mental model, shadows on the cave wall.

Upon reflection, I see two 'lessons' that I somehow integrated, brought into somatic expression, while on the retreat. The first is that human conversation is equivalent to a game of patty-cake. A way of bouncing off one another in order to be 'in rhythmic relationship'. The exchanges must reflect cleanly off one another, as the hands do in patty-cake, but the content may or may not be of consequence. The medium is the massage.

If one unilaterally changes the 'significance level' of a conversation, that breaks the balance and spoils the game. It's called 'being a bore', of either the air-head variety or the pedant variety. The story of my life. Somehow when I got back to Wexford, I found myself able to play patty-cake. Is that a spiritual breakthrough? Perhaps. It was certainly something I needed on 'the path', something that was holding me back in various ways.

And this same lesson does show up in a Sufi story. In the *Wisdom of the Idiots*, I turned 'by chance' today to a story called "Correction". An ignorant critic tells the teacher that he misspelled a word. The teacher changes the word accordingly. After the critic leaves, the students ask the teacher why he accepted the erroneous 'correction'. He answers:

That was a social occasion. I applied the behaviour of culture and politeness, not the behaviour of truth, because when people want politeness and social interchange, they cannot stand truth. Only stupid people and pedants imagine that their duty is to instruct everyone, when the motive of the people is generally not to seek instruction, but to attract attention.

The other lesson, one that takes longer to integrate, is about becoming oriented with the 'parallel path'. The Sufi path is in fact a parallel path, but I didn't see it, because of the esoteric nature of many of the stories. It always seemed to me that one would need to master the esoteric before really being on the path. What I see now is that an 'esoteric' story is simply a signpost for a part of the path that the student hasn't reached yet. It's meant for later and has no value in the present, other than the encouragement of appropriate humility.

The stuff by Berman, and the Misty Path stuff, were able to convey the concept of 'parallel', of the path being everywhere and all the time, and every moment being equally magic. When I think of this in the context of the Sufi material, which I've been working with for a long time, a number of observations click into perspective. I cannot say they are 'true' observations, but they do feel like a kind of 'truth'.

There is only one path for you; you are already on it, and no one else is on that path. Your whole life is your path. Being 'on' the path, in the spiritual sense, means being fully open to your own experiencing. Being more open may cause you to shift the nature of your experiences, into more useful practices and activities, but it is not the activities themselves that make you 'on' the path. It is about being open to your experience right now, *á la Tolle*.

Be wary of spiritual groups and spiritual leaders. How can a one-fits-all path be your path? A highway is not a path. A real teacher must first see the path you are on, before guidance can be offered. For the student, there is little to distinguish between a real teacher and a false teacher. The false teacher is more likely to say that which is appealing, and that which sounds 'enlightened'. Truth itself is often not appealing and may appear mundane; that is why we have avoided noticing it.

The path of being a good carpenter is as holy as any other path. You do not need to switch to a 'spiritual' path, but to welcome the spirit that enlivens the path you are on, *á la Arjuna*. Anyone you meet may be your teacher. You may learn more from the bus driver, than you will in the 'place of learning' where he drops you off.

The next step on your path is overcoming that which is currently blocking the growth of your consciousness. You may not need to visit a holy shrine; you may need to learn how to play patty-cake. What you need can be found not in a catalog of spiritual adventures, but in the circumstances of your own life. Diagnosis precedes prescription. Pay special attention to your failures and upsets -- particularly when they are 'not your fault' -- there is always a needed lesson there for you.

There is a lot of talk these days about humanity being on the verge of a transformation of consciousness, about an evolution to a higher consciousness. I believe that is a real possibility, that there is an emergent spiritual energy afoot. However people have many pre-conceived expectations about the nature of such a transformation, expectations arising from a confused understanding of spirituality, of transformation, and of the human condition. [...]

The emergence of harmony at the local level begins the process of co-creating cultural coherence. What begins as a social project of community improvement becomes gradually a

matter also of spiritual evolution, as the 'business of our paths' increasingly involves 'harmonization among paths'.

In this sense, the transformation of humanity's consciousness does involve the transformation of individual consciousnesses, but not in the sense in which 'personal transformation' is generally imagined from our traditional ascent perspective, and not occurring as a 'prior event'.

Instead, there is a co-evolution between cultural coherence on the one hand, and the expansion of our spiritual paths into the cultural domain on the other. Cultural transformation and personal transformation happen together, as we would expect in a social species. The 'next spiritual step' for

humanity is about harmonizing our paths, not switching to new paths.

Richard K. Moore, Wexford, Ireland

This message archived at: <http://tinyurl.com/RKM446> or <http://groups.yahoo.com/group/cyberjournal/message/446>

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2012: Crossroads for Humanity:

<http://rkmdocs.blogspot.com/2010/07/toc-2012.html>

Climate science: observations vs. models

<http://rkmdocs.blogspot.com/2010/01/climate-science-observations-vs-models.html>

related websites: <http://www.governourselves.org/>

<http://escapingthematrix.org/>

<http://cyberjournal.org> ♣

A BOOK IN PROGRESS: 2012: Crossroads for Humanity

Author: Richard K. Moore, Wexford, Ireland

Ch. 5: The emergence of community empowerment

URL: <http://rkmdocs.blogspot.com/2010/07/community-empowerment.html>

Escaping marginalism

In the previous chapter I offered the following observation regarding the program-based initiatives: Localization activists are motivated by a vision of transformation, and their initiatives do have transformational potential. However none of these initiatives, apart from a few notable exceptions, has found a way to escape from marginalism and really begin to have a significant effect on any community's economy, or to move any community significantly closer to sustainability.

The basic problem is that there is very little sense of community left in our societies. Typically there are the activists who promote the programs, the early adopters who join in, and the 'silent majority', who seem to be motivated only by immediate benefits.

With Wisdom Councils, however, we saw that randomly-selected citizens – a microcosm of the silent majority – can indeed become energized around community involvement, even when no immediate benefits are involved. The 'latent energy of democracy' can be awakened, when people are listened to, and when they feel their voice can make a difference.

Nonetheless, the process-based initiatives have also failed to escape from marginalism. The energy of the grassroots can be awakened, in a small group and for a brief time, but there is no place to go with that energy, no container that can sustain the energy.

This situation suggests a potential synergy. Perhaps the pursuit of programs can provide the container, the use of process can awaken grassroots energy around this pursuit, and the two together can propel localization beyond the marginal.

For this purpose a Citizen Insight Council might be very

helpful. Such a council could begin with presentations from local activists, describing the various localization programs. The council can then take that as a starting point, in talking about what they'd like to see happen in the community.

The public meeting following such a council could be a very exciting event. Not only would there be the infusion of energy from the council reports, but there is also the energy of the activists, whose volunteer efforts are the driving force behind making programs actually happen.

Following the reports, there could be breakout sessions, with activists and council participants distributed among the various tables. Then there could be report-backs from the tables, and some general discussion. Hopefully from such an event, a focus would emerge around programs that are energizing to both activists and the community generally.

I'm not trying to provide a recipe here, just an example of how process and programs might be combined to awaken community energy, and to bring that energy and activist energy into harmony. Once such a harmonization process was started, it would make sense to have ongoing events, by which the community as a whole would increasingly be taking ownership of the programs.

There are other processes, such as Open Space Technology, which enable a large number of people to participate creatively together. And there are lightweight processes, such as a Listening Circle, which can enable neighborhood groups to find common ground, and to develop their own unique contribution to the ongoing community 'conversation'.

Currently, it is reasonably fair to say that program-oriented activists see themselves as leaders in the community, and as the 'ones who know what needs to be done'. If the community is brought into the planning and envisioning process, as outlined above, then the role of the activists shifts. Rather than 'those who know what needs to be done', the activists become 'folks who have good suggestions to offer'. And rather than leaders, the activists are more in the role of volunteers, who are willing to take on the task of

moving community projects forward.

In seeking to find ways for localization to escape from marginalism, we have been exploring the potential synergy between processes on the one hand, and programs on the other. This is a very important synergy, as it can help bring the community together, and enable the community as a whole to become an active agent in its own transformation.

In this chapter we will be exploring other synergies as well, among the various programs themselves. Awakening grassroots energy is part of the answer, and making the programs more effective is also part of the answer, in our quest to escape from marginalism, and begin the transformation of our communities and our societies.

What is community empowerment?

My dictionary suggests these usages of 'empower': I empowered my agent to make the deal for me. The local ordinance empowers the board of health to close unsanitary restaurants.

In this same sense, in our political system, local elections empower the local government to make the decisions for the community. It is the government that is empowered, not the community itself. In an empowered community, if such a thing is ever to exist, the people themselves make the decisions for the community.

In ancient Athens, they did have a system where the people themselves – at least the property-owning males – made the decisions. Hundreds of people would gather in the amphitheater, anyone could speak up, and eventually a vote would be taken on the issues of the day. In New England, they used to have town hall meetings that operated similarly.

Whether an empowered community would make sense in our modern societies is an open question. Most people

would probably dismiss the idea out of hand, as being impractical, unworkable, and unwise. How could ordinary people possibly reach agreement and do a competent job of governing themselves? How could they even be motivated to participate in making decisions?

I do not think we can answer such questions. We don't know whether direct democracy makes sense at the community level, or exactly how it would work if it does make sense. However, in the context of localization, there is some hope that a process of community empowerment might evolve, if local people increasingly participate in managing localization programs.

In the previous section I suggested that involving people in the envisioning process could be a way to help localization to escape from marginalism. We will also be looking at other synergies that would also make localization more successful.

The more successful the programs become, the more people will want to get involved in the programs. And the more people do get involved in the programs, the more successful the programs will be. Enabling people to get involved, so that their voices matter, is where participatory processes, 'wise democracy processes' if you will, come in to play.

If people increasingly participating in such processes, we can expect that the processes themselves will evolve and become more effective over time.

Taken all together, there seems to be a natural feedback loop that could be expected to push communities toward the realization of empowerment, once they begin to tap the synergies that are latent within the threads of localization.

[Feedback invited – Richard K. Moore rkm@quaylargo.com] ♣

A Discussion on Alternatives to the Status Quo...

Initiated by **Gerry Masuda, Duncan BC**

VIEWING OUR LEADERS THROUGH A FILTER

The *Elites Behind the Throne* (ruling class) set the legislative agenda for the party in power. Once this is done, the focus shifts to ensuring the agenda is not delayed or derailed.

To achieve this, the Elites need to control leaders of all political parties, top executives of labour unions and leaders of popular NGOs by compromising or effectively threatening them.

I suggest you try an exercise. The next time you have reason to examine/evaluate the actions of a leader, put on 'this leader is probably compromised' glasses. Now examine the leader's actions, or more revealing, the leader's inaction on important issues relevant to the organization's purpose. Are the leader's comments/actions appropriate? If they are not appropriate, why not? Could one reason be that they have

been compromised?

The use of 'this leader is probably compromised' glasses is useful in determining whether the leader is doing his/her job and earning his/her salary paid by you.

I challenge you to try it. The results could be very disturbing but enlightening. – **Gerry** [gerry.masuda@gmail.com]

An Alternative to TINA ('There Is No Alternative')

I think it is important that We the People consider other alternatives than TINA (There Is No Alternative). Rather than cutbacks due to falling government revenues, consideration should be given to clawbacks to offset the drop in revenues. This clawback would also reduce the increasing gap between the rich and poor. I hope that CLAWBACKS NOT CUTBACKS becomes a fighting motto for We the People. I hope this letter, if published, generates further letters.

CONTINUES ⇒

DEVELOPING CONSCIOUSNESS AS A WORKING CLASS

Gerry Masuda, Duncan BC

[I don't like the subject title but couldn't come up with anything better - Gerry]

In Canada, workers overwhelmingly outnumber those who rely on investments rather than work for their livelihood. With one person, one vote, why are not workers dictating their government's policies and direction?

I suggest this is because workers have no sense of class consciousness in a society where we have been manipulated to believe is 'classless.' Thus most of the working class vote for the traditional two corporate supported and controlled Conservative and Liberal parties.

By design of the 'ruling class,' the NDP party has deliberately been made ineffective (by using Trojan Horses and other means). This ensures that the workers do not unite, and use their numbers to take over political power. Should this happen, the worker's governing party would impose social justice and look after their own and society's needs and desires - at the expense of the ruling class. Thus, a way of removing the dominance of the current ruling class is to develop a sense of identity and solidarity within the working class. Once this is achieved, We the People will rightfully take over political power peacefully.

WHY DON'T WORKERS RULE CANADA?

Why don't workers politically rule Canada? We have the numbers to do so. Just look to South America where the indigenous peoples of Venezuela, Bolivia, and Brazil, represent a growing trend where political power is being taken over by the more numerous but formerly powerless and abused indigenous peoples. South America is living proof that numbers can be translated into political power.

In a democratic system where each individual has one vote, one would think that the more numerous workers would rule their country as in South America. Yet in Canada, the majority of workers vote for the two traditional parties, that are both, supported by and provide support to the wealthy and corporate interests at the expense of We the People.

Why is this so? Perhaps it is because *We the People* lack a sense of working class consciousness and solidarity. This,

perhaps, can be explained by the deliberate cultivated myth that we are a classless society where everyone is equal. This 'divide and rule' strategy accounts for the political power of wealth at the expense of We the People.

The solution seems simple. It is to develop a working class consciousness in Canada. Our model could be the long suppressed and victimized aboriginals in South America who rose to power based on their growing awareness of their identity, numbers, needs, and pride.

How do we develop a working class consciousness and solidarity in Canada? Perhaps we could achieve this through first clarifying our working class needs, desires, aspirations and fears.

We the People have to become aware of the political injustice and abuse we are subjected to by the wealthy in Canada. We must become aware that our needs and desires differ from those of the 'class' of super-wealthy who now control political power. We must become aware that our system of government looks after the interests of the super-wealthy at our expense.

The next step in awareness is that we the workers of Canada, due to our overwhelming numbers, can take political power just as the aboriginals have done in South America. I suggest that we could achieve this by drafting two lists: what We the People Want and what we Don't Want. In developing the Want and Don't Want Lists, we would generate a lot of publicity, interest, involvement, and a growing awareness of our identity, pride, and solidarity as a working class.

I believe that there would be no need to develop a new party. The traditional corporate based Conservatives and Liberals would become historical anomalies. Only the NDP would remain. However, the new NDP would be a different party. An inner circle of elites within the party would no longer develop party direction. The Want and Don't Want Lists, developed by We the People, would provide direction, control, and accountability of the party. The party leader and our elected representatives now become hired implementers of our Two Lists.

The Two Lists can be the basis for We the People taking political control of our destinies without creating a new political party. Comments?

~ *Gerry Masuda* [gerry.masuda@gmail.com]♣

Comment re CAP, Paul Hellyer, and the need to develop a working class consciousness

Stephanie McDowall, Nanaimo BC

Well for what it is worth, here is my opinion re forming a new Party.

We are living in a time where we have been governed by a succession of corrupt governments that are only fronts for the Corporations. We are having to contend with a dangerously corrupt media which refuses to cover most important

issues that Canadians need to know about or they cover issues in very misleading ways. The SPPA was only one example. A new Tommy Douglas would never be allowed to develop a public profile today.

The last party to attempt to evolve in Canada and came close to succeeding was the Canadian Action Party (CAP).

Under Paul Hellyer's guidance this Party was attracting good media coverage and was appealing to an increasing number of Canadians across Canada. Canadians wanted CAP. Most importantly they had raised considerable money for their war chest. I believe it was over \$1MM. This was a considerable amount 25 or 30 years ago for the earliest stages of a political party. (I am no longer sure of the time frame and am too busy to research this.)

Their success was the cause of their downfall. The "big guns" came out to destroy CAP because CAP would have brought about real change to our "system" and especially Canada's monetary policies. The big guns succeeded relatively easily.

I was working as an EA at Queens Park back then and we all got the gossip from Ottawa. This is what the gossip was: First a significant number of "Young Tories" and "Liberal Youth" joined CAP. Soon there was all kinds of destructive infighting taking place at Hellyer's party headquarters. Supposedly Paul Hellyer was told that if he did not back off re his monetary policies his daughter's life would be endangered.

His war chest money was stolen by unknown people and as far as I know was never recovered. I am only guessing here but I can't see how this could have happened without the cooperation of one of the chartered banks. I would be very surprised to learn that a huge amount of money was kept in a safe at this Party's headquarters.

Paul Hellyer quit the Party & who could blame him? CAP has never been the same since. Our media ensures it never will either.

No one will ever be able to start a new party that would appeal to any of us. A Party that advocates real change will be destroyed and pretty damn quickly too.

As all of the above was gossip, I am forwarding this to Mr. Hellyer for his comments if he chooses to respond. Perhaps all that I heard was hog wash but certainly everyone at

Queens Park believe this happened.

What happened to CAP is extremely tragic for Canadians. In my opinion, Mr. Hellyer was one of the very few honest and ethical politicians to appear in the past three decades or so. Perhaps the last. Unfortunately what happened will happen over and over again because we do not live in a democracy and never have. We have a system in place to prevent populist movements.

It used to be that when the elite felt threatened ...they made sure Canadians received a bit more of the pie to quiet everyone down. Now they can't be bothered even with this.

We do need a new Party. A good one, from our point of view, will never be allowed to really get off the ground.

Another answer is needed. ~ *Stephanie McDowall*

P.S. I was talking about establishing something NEW. Perhaps the Refed is the way to go. I know little about this Party. I did read what was up on their site though. All political parties have disappointed me. I have observed that the name of the game seems to be gaining power and looking after personal interests.... such as remaining elected long enough to collect the pensions.

Perhaps the Refed (BC) would be different. I think CAP was and their intention was to remain that way. Hellyer was known for his integrity and honesty for a significant number of years. He had proved himself to the public & had a very good reputation. No one doubted his decency. Very few people are this way anymore, no matter where one looks for them. People are having to struggle too hard and end up compromising their principles because they believe they need to in order to provide for their families or to achieve a higher standard of living.

I would be supportive of a Party that had the interests of the majority of Canadians at the forefront.

That is all I ask.

Stephanie, stephmcd@telus.net ♣

Comment re bringing people together...

From: Dennis Shaw, Nanaimo BC

Gerry's original theme about the need to bring all the people together does not seem to be making much progress with the group in his distribution list. I received two negative responses to information I offered about a small positive action that is growing in BC, and of course a negative reaction is usually the response to any new idea.

But the BC Refederation Party is not a proposal. The party was registered 10 years ago and, in spite of the media blackout, is now the 5th largest party in the province [more than 50 nominee candidates in the month before the 2009 election, 22 candidates ran, almost 4000 votes].

The Vander Zalm HST Initiative recently proved that British Columbians will unite, given a mechanism that allows

them a vote. This is likely Gerry's "working class consciousness" at work.

The main BC Refed plank is to give British Columbians the RIGHT to citizens' initiatives on a permanent basis, and that is why people are starting to send in memberships. What Refed has said for 10 years has just been proven in this Initiative. The difference in the Refed Direct Democracy Act is that the result of referendums and initiatives are BINDING on government.

Fearful talk about a Banker backlash will prevent us from uniting. Better to get behind a positive action that is growing. Everything starts small. Help Refed run 85 candidates in 2013.

~ *Dennis Shaw, Nanaimo BC*

P.S. Read the article on the Refed website - <http://refedbc.com> - called "Unlearning" [extract follows, link at the end]

UNLEARNING - WHAT IS IT ?

[and why is it important to you ?]

Why the growth of Refed is gradual.

And why it is inevitable.

“More powerful than standing armies is an idea whose time has come.” - Victor Hugo

The BC Refederation Party’s website suggests “radical and outrageous” facts about the Canadian system of political control. However, all Refed’s research is backed by the government’s own documents - it is fact, not opinion.

Before we get to Unlearning, here are some facts uncovered by BC Refed - [facts, not opinions]:

1. Canada has no constitution. Politicians use a statute to control people and call it a constitution. They passed that statute themselves. So they have voted themselves into power.
2. The central Canadian government is unlawfully constituted. That is, according to the World Bank’s definition of a lawful government.
3. The Canadian Supreme Court is therefore also unlawfully constituted. An unlawful government has no power to create a lawful court system.
4. The provinces have never confederated. No confederating document can be produced that is signed by the provinces and approved by the people. The inherent right of the people of Canada to choose their form of government has never been allowed.
5. BC has no constitution. A BC statute is used as a constitution. The BC politicians voted the people out of power when they passed it.
6. The people do not govern themselves – they are ruled. The only definition of a constitution that produces democracy is “A Charter of government deriving its whole authority from the governed” [Black’s Law Dictionary, 6th Ed]

This whole country is unlawfully governed. However, the problem can be fixed – the task is not impossible. Now, Refed’s facts appear outlandish if your mind has been taught from birth to believe that the Canadian system is democratic.

Refed’s facts shock your entire belief system. They stun. They can’t be true!?! And so before your mind can accept such facts as true, your mind must question its own belief system. What if some of our beliefs really do need to be

“unlearned”?

The BC Refederation Party cannot cause your mind to “unlearn”. BC Refed can only present facts, ask questions, and suggest that your mind re-visit one or two of your assumptions.

Think - who first put ideas into your young mind?

Are we able to question ideas that have gripped our mind for a lifetime? What if some of those ideas were not correct? Are those ideas right just because they were put in your mind first? What if Refed’s facts are right? What should we do about it?

Once unlearning starts to take place, the mind can be unsettled, perhaps even uneasy. So much is not what it seemed to be. “What can a person do?”

Joining others can add confidence to an uneasy mind. A workable plan is devised by the group. Obstacles are overcome. Unwanted results are avoided. Leaders appear. The numbers grow. **Action dispels fear.**

The root cause of today’s mess is the political system. We should target the system, not any politician or party or policy. We see discontent on every side. People are starting to ask - “Is this the only possible political system ? Is there not some better way to govern ourselves honestly ?”

BC Refed has designed an honest political system. A cleanup of our political apparatus will improve the rest of your life. And our youth and the next generation will also reap the rewards of your “unlearning”.

To unlearn what others put into your mind in childhood requires a superior intellect, and intellect has nothing to do with formal education. You can unlearn and prove your superior intellect if you decide to. If you think that unlearning is worth a try, and if you want a true democracy not a phony democracy, then take another look at the BC Refederation Party. We know that our facts are right. Help us start the cleanup. The task seems huge, but you can take the first step with us.

Be encouraged by this - Rome ruled for 1000 years. The 150 year old Ottawa system is a midget. It can be replaced by a ‘people-approved’ system. BC Refed has made a start.

We can do it. Inevitable. Unlearn. Think Refed.

<http://refedbc.com/siteB/UnLearning/page44.html>

Dennis Shaw

BC Refederation Party

PO Box 1001, Stn A., Nanaimo, BC V9R 5Z2 ♣

RESPONSE RE: NEED TO DEVELOP A WORKING CLASS CONSCIOUSNESS

Dale Perkins, Victoria BC

I will make an attempt at responding to Gerry’s note (on Pages18-19).

So far, the extent to which radicals (progressives – what’s the correct term to

use?) in this region can go is to participate in various movements which emerge continuously. These movements may be about homelessness, or anti poverty strategies, or any other ‘hot button’ issue that emerges (eg the G 20 event), but their achilles heel is a few people latch onto ⇒



a prevailing issue and attempt to influence it to a degree which satisfies their own political ideology and biases. The 'hot life' of these movements will only be a few months. Then another issue arises and the same cadre of activists latch onto it. Nobody is building base organizations, which have to be multi-issued and include people who are hot about their particular issue(s), and who are coached or led by activists who understand organizing for power. As the late Saul Alinsky said/wrote - any movement that isn't organized at the grass roots level becomes a 'bowel movement' very quickly. After people have had their big shit they think they've done everything they can do and move onto something else. That only deepens cynicism, and further exacerbates political impotence -- and nothing changes.

No point in blaming the NDP or Unions, because they are operating inside the political context in this country. We are, after-all, a capitalistic, market-driven society. And I don't see that seriously changing in my life-time. You either can become a cynic yourself, or decide you will do what you can with what you've got. The general population is so wired to our consumer culture, and dependent on electronic media for their sources of information. Nobody is interested in building community any more, but are only interested in their next hit and sound-bite to give them confidence they still live on this planet. Facebook and Youtube provide ersatz community, which lasts only as long as the next fart. But everyone using them know there will be another along before the morning, so they only have to wait a little while before another flavor lands on their doorstep.

This is all my perspective, not a critique. Of course I may be absolutely 'out-to-lunch' and I'm missing something vital that needs to be given attention and investment of my energy and time. I'd only be too happy if that were the case. But I don't see it now, nor can I make out any signs of something else happening that deserves my attention.

Your suggestion about the "worker's revolt" and their readiness to be organized is not something I see evidence of. Most 'workers' I know are as imprisoned by the consumer bug as the elite or the "establishment". There is no class consciousness that I'm aware of. There are only consumers, and those who are restrained from consuming more because of lack of credit and income. They are not able to analyze it further because they're wired, as I've said, to the message brokers' messages - that is their reality which they get a steady diet of from all the commercial media outlets available to them - of which there are legion.

Again, I'm not interested in blaming the NDP or the unions for this situation. It's happened insidiously and continuously - and I don't think a dose of political dogmatism will unravel it.

Which leaves me feeling rather despondent and fatalistic. I

only return to my organizing roots - "do what you can with what you've got." That means, work with whatever community groups there are in your region. Be ready and willing to assume leadership responsibilities. Build alliances with other like-minded individuals who can critique the situation as you do, and make incremental gains around popular political issues you and others can identify. Side-line the big critiques and analyses for the local, mundane issues that command the attention of significant numbers of people where you live. Participate yourself - not to defend a particular ideology or analysis, but to sharpen the awareness of the participants as to the principal players who are responsible for this situation. That means taking up issues that are 'immediate, specific and winnable' and go out there and win a few, giving an analysis of what happened along the way. Build on the confidence people have based on their experience of winning some (so-called) small victories. And with that see the emergence of a mass-based power base that has the capacity to tackle bigger issues. Now we're talking power, and a popular, organized force that has the capacity to set the social and political agenda of a region/province/country. Of course the people in power will try and co-opt it (whether one of the political parties around, or some other power structure). So keeping it steady on agenda and holding to some recognized values, will be the challenge for the leadership. And finally, realize that people will get tired and burn-out will happen. But we know how to deal with that.

All of this takes considerable work - time, energy and money. The people who will be organizing it will need money to live on - so that has to be a part of the equation. I believe they need to be associated with others doing the same thing - not to become a separate entity, but to learn and grow in their capacity to participate in making significant changes and gains in the society. While not being controlled by this alliance of activists, they will be fed and nurtured by it.

Like the Hopi prayer says - "the time of the lone wolf is over"!

I regret going on so long on this. It's obviously something I have considerable passion around. I'd love to see something like this emerge, and would be willing to dedicate much of my remaining days working on it. However, I don't enjoy tilting at wind-mills (not Dutch enough I guess) nor banging my head against a wall. If I don't believe the plan or proposal has any potential of working I will move onto something else. So far I'm not convinced the plan to organize workers, based on a working class consciousness, has any potential of working.

That's my take on the situation. ~ *Be well, Dale*

Dale Perkins is Coordinator of OrangeForum and a retired United Church Minister, community organizer & social activist. ♣

Reading as an intentional act of citizenship"

Thanks to Lawrence Scanlan for writing this article published in the *Ottawa Citizen*, and to my friend Mark Meal-ing for passing it on. It's a wake-up call, folks. I encourage you to spend the five minutes it will take to read this article as an intentional act of citizenship. [reprinted below] Let me add that Ursula Franklin, quoted early in the article, is someone for whom I have the highest respect and admiration. ~ Donald Grayston, website:

www.donaldgrayston.ca

A less proud country:

Apathetic Canadians have allowed their government to trample freedoms -- but opposition is mounting

By Lawrence Scanlan, [Ottawa] *Citizen Special* July 28, '10

There's been a sea change, a darkening of the political climate in this country. The first instinct is to discount such troubling thoughts. So perhaps the view of someone born elsewhere, but long on our shores, is more to be trusted.

Ursula Franklin, the celebrated physicist, pacifist, author and Companion of the Order of Canada, recently spoke to CBC Radio's *The Current*. She had survived a Nazi death camp

and come to Canada hoping for better. Now 88, Franklin is "profoundly worried about the absence and erosion of democracy in Canada." Democracy, I heard her say on the radio, is a slow and messy process. When Franklin sees cabinet ministers holding press conferences to discuss legislation not yet debated in the House of Commons, she sees that process being skirted. And when she hears the prime minister saying he does not "trust" the Opposition, she sees contempt for democracy itself. "Who wants to live in a country," Franklin asked, "where those who don't think like you are deemed untrustworthy?"

A German reporter here to cover the G20 summit likened Toronto's walls to the Berlin Wall and Checkpoint Charlie. I was just in Berlin and the checkpoint these days comprises a few sandbags and two "soldiers" in Second World War American uniforms posing for tourists' cameras. Walls fall in one place, rise up in another. But surely not here? [...] **READ IN FULL ONLINE:** <http://tinyurl.com/OCscanlan>

Lawrence Scanlan is the author of *A Year of Living Generously: Dispatches from the Front Lines of Philanthropy*. It was published by Douglas & McIntyre in May 2010. ♣

"Prévoyance"



Erik Andersen

Observations from Erik Andersen, Gabriola Island BC Canada's Democratic Deficit

Erik Andersen, Economist

What is the evidence of Canada's democratic deficit?

- * From the Chief of BC First Nations on "Early Edition" a clear statement that progress in securing settlements from our governments has only been possible by taking the issues into a court of law.
- * Successful intervention against a gas electricity generation facility at Duke Point only achieved after winning the right to bring the proposal before a real court of law.
- * A measurable advancement in Alexandra's efforts to alter the practice of using open pens for salmon production when she and her supporters were successful in having a feature of this arrangement heard in a court of law.
- * Senator Larry Campbell publicly noting on Sunday that the only recourse open to victims of capricious decisions by the Islands Trust is to go to the courts.
- * The Fight the HST team having to launch a legal action because the Government of British Columbia did not deem it necessary to have legislative authority to strike the HST agreement with the Federal Government.

This list is but a small sample of the actions Canadians have had to resort to in defense against the bullying and narrow interest conduct of our various governments.

There must be a better remedy than a constant parade to our courts but the moral and democratic deficits remain the challenge.

~ Erik

* * *

AGREEMENT GROWS THAT PENSION CRISIS NEEDS PUBLIC SOLUTION, by Ish Theilheimer:

Most Canadians face insecure retirement, with poverty for many seniors. Article available online at:

www.publicvalues.ca/ViewArticle.cfm?Ref=00681

Comment from Erik:

The discussions in Ottawa and the work underway at CARP and by the NDP are very worthy and much needed. There is however a proverbial "elephant" in the room that folks are just not reckoning with.

This spring the Fraser Institute delivered a report on taxation in Canada (by Niels Veldhuis and Milagros Palacios). The major finding for me was that the taxation vector is crippling every other aspect of life in Canada. The record shows that taxes have increased in Canada at a faster rate than other mundane items such as the budgets for food, clothing and shelter. Taxes in 1961 took 33% of the average income of Canadians. By 2009 this proportion has increased to 42%.

For individual Canadians, honestly trying to save money (left over after paying living costs and more importantly taxes) for their retirement, it has been an uphill battle with

governments titling the slope against them.

Inadequate pension incomes for a large and growing proportion of the population is a troubling social issue. The record of pension account mismanagement coupled with the involuntary aspect of taxation makes the task ahead even more difficult than it should be.

The present NDP suggestion to increase the involuntary contributions is a good example of the contradictory thinking imbedded in this discussion. There is a "crankiness" with Canadians these days that has been manifesting itself by the support for the "Fight the HST" campaign and the public's outrage at the unwillingness of MPs to subject themselves to an audit by Sheila Fraser. In economics and taxation literature there is a condition described by the "Laffer Curve". It is a linear representation of the success or otherwise of collecting tax revenues. The important point here is that thousands of years of experience establishes that there is a point on the curve where using the law (extortion by another name) to increase tax collection turns out to be where the opposite happens and total taxes collected fall off. The big debate is where is that point; not that there is no such a point. The anti-HST campaign is probably one of the best pieces of contemporary evidence that Canadians (or at least British Columbians) have decided we have gone past that point even though folks like Premier Camp-

bell do not like to be defied in their quest for even more tax revenues and not because of need but because of want.

* * *

Sinister Financial Vectors at BC Hydro Written by Erik Andersen - Tuesday, 17 August 2010

An Economic Analysis of the Impact of the Campbell Private Power Policy on the Financial Health of BC Hydro. As the evidence of need for more electricity in BC is not apparent, the aggressive borrowing/investing/contracting with IPPs is plain wrong. It is improbable that the BC Hydro team are "financial illiterates" so there must be some other explanation; hence the word "sinister".

Read online at: <http://thecanadian.org/>

* * *

Note to Richard Priestman re article that follows on Canadian banking (**below**):

It would be interesting to have the opinion of a knowledgeable person on the probability of the government's chances of recovering control of the monetary system in Canada. In the US it is zero as President Kennedy's assassination demonstrated. I hope there is to be a good quality video made of Paul Hellyer's presentation that will be posted on the internet before any interference is possible.

Erik Andersen ♣

The problem of money creation and control is enormous

From Richard Priestman, Kingston ON

To friends of monetary and banking reform:

[EXTRACT] JUNE 6, 2010: On May 29 I sent out a notice about Paul Hellyer speaking on monetary and banking reform at Trinity-St. Paul's Church, June 18. We learned after the notice was sent that the 2010 People's Summit, civil society's alternative "counter Summit" to the G8/G20 summit, begins the same evening and runs for the whole week-end. Paul did not want to go "head-to-head" with the Summit so it was decided to cancel the meeting at St. Paul's Church. Subsequently, Paul was invited by Marya Folinsbee, Coordinator for the Summit, to speak at the Summit along with George Crowell and Sydney White. There will be some similarities in their presentations, but they will not be identical. [...]

Canadians concerned about the creation and control of money (wanted) to see this issue get as much publicity as possible prior to the G20 meeting because it is a fundamental problem affecting all government policy decisions. Three changes to our financial system are needed namely, *reduce* the money created by commercial banks, *increase* the money created by government, and *re-instate* reserve requirements for the commercial banks.

The problem of money creation and control is enormous.

Canadians paid \$170-million per day (over \$62-billion) in 2008/09 in unnecessary interest on federal, provincial and municipal debt. The cost for 2009/10 and subsequent years will likely be higher. These costs are reflected in taxes, fees, cut-backs in public services such as education and medicare, training and support of laid-off workers and deterioration of infrastructure such as roads, sewers, water lines, affordable housing and the environment. More importantly, government indebtedness to private financiers gives that sector undue influence on government policy leading to decisions that benefit the interests of the private sector foremost rather than that of the community as a whole. ♣

If you are enjoying this EXTRACT of our August-September Issue and would like to subscribe to the 60-page printed magazine (or to receive a complimentary copy – mailed to any mailing address in Canada), please see P.33 or contact dialogue:

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Language in Canada

“Hold your fire, English is in retreat,” – William Johnson

By **Kim Lian McConnell, Ottawa**

Nobody has fought harder than William Johnson for the rights of the English-speaking Quebecer. Like Howard Galganov and many other English-speaking Quebecers, William Johnson has had to give up and join the largest peace-time exodus of a group of people from the linguistically oppressive regime in Quebec. They are still fighting from outside Quebec & we have to applaud them for continuing to do so. Unlike a lot of other people who have given up and either refuse to speak up or they've become victims of the Stockholm Syndrome who are now extolling the virtues of the Official Languages Act – the most blatant attempt to appease the rabid French-language zealots outside Quebec. I count amongst them people like Graham Fraser who is determined to continue pushing for the rights of the French-speakers outside Quebec but will do absolutely NOTHING for the beleaguered English-speakers of Quebec.

The excuse given is that the French language is under threat – even after they've totally reduced the English-speakers to 3rd class status, they are still demanding that more has to be done to further humiliate the English-speakers and make them pay for their version of history i.e. the land was “stolen” from them. The Socialists of course (Liberals, NDP & the BQ/PQ) take advantage of the philosophy in vogue that colonialism is wrong and therefore Britain is “bad” for having won the battle of conquest in Canada. This is so pathetic that I don't even know how any self-respecting Socialist can still be naïve enough to continue to believe this and rail against colonialism, practiced by ALL groups of people throughout history. The only difference between Britain & France is that the latter was a failed colonial power & Britain was the most successful one. This explains the overwhelming power of the English language, the language of the conqueror in many parts of the world. It is just a pity that we have allowed our collective guilt to disarm us and make us unwilling to fight back, even with overwhelming evidence that the policy to force Canadians to embrace the French language is a total failure.

Our organization has taken on the task of fighting for the rights of English-speakers OUTSIDE Quebec, not to allow the pathetic battle cry of “we're being assimilated” to excuse our governments (all levels) in their continual attempts to force English-speakers to accept 2nd class status, based on their inability to master a dying language, only kept alive by the use of legislative force.

My question is – why is the average Canadian so unwilling to admit that this is a battle for the future of our children and grandchildren? Is this the innate optimism of people that their children will master the French language if they just send them to French Immersion? This program is a

failure – only a very small proportion of Canadians will become fluent enough to pass the French language tests at the government level where English-speakers have to write a test much harder than the English-language tests given to French-speakers.

Apart from that, why have we allowed a “conquered” nation to dictate to us the terms under which we have to live in a democratic country populated by a majority speaking the language of the conqueror? ~ **Kim**

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Hold your fire, English is in retreat

While political parties compete to trample the rights of school children, few have noticed that French is thriving in Quebec
By **William Johnson, Ottawa Citizen** Special June 10, 2010

[EXTRACT] The government of Jean Charest is enacting a new law to further strangle English schooling in Quebec. But a coalition including the Parti Québécois, the Bloc Québécois and the New Democratic Party denounced the bill Monday on the grounds that it doesn't go far enough. They all signed a statement calling on the Quebec government to invoke the “notwithstanding” clause of the Charter to override what the Supreme Court of Canada declared last October to be a constitutional right: to have access to English public schooling after demonstrating a serious commitment to the English language while attending an unsubsidized English school.

Monday, NDP leader Jack Layton was asked during a scrum: “Is this merely the position of Mr. (Outremont MP Thomas) Mulcair or is it the party's?” Layton answered: “No, no, it's the position of the party.” Under Jack Layton, the NDP increasingly aligns its policies on language and secession with those of the two separatist parties.

Premier Charest last week introduced in the National Assembly Bill 103, which would require a minimum of three years in select unsubsidized English schools before the right to transfer to public English schools could even be considered. But that would just start the inquisition, case by case, to examine such other factors as what language the family speaks at home, what language siblings were schooled in and other still unspecified matters. [...]

Why is Quebec's political class so intent on erecting barriers around English schools? The usual reason given is that, in Quebec, the survival of French is threatened. [...]

READ IN FULL ONLINE: <http://tinyurl.com/OCJohnson> ♣



"From Down the 401"

Lou Israel, Toronto

My fellow Canadians, I thought I would take a column off since nothing seems to be going on other than the summer reruns, so I am putting my thoughts in short verse (with apologies to Larry Vaincourt):

It's summer, July and now what have we got?
The weather, for one, has been hotter than hot.
And yet all going on has gone on here before.
Is it any wonder why all seems a bore?

Tiger Woods, for example, is back in the news.
We have heard the pro-Tiger and pro-Elin views.
We've waited years for Tiger to have something to say---
And now that he has, we wish he'd go away!

July 1st is the day hockey players become "free".
To play anywhere they want to, and sign contracts with glee.
To some, teams decide they ask more than they're worth,
But to others, these guys could mean a Cup final birth!

Of course, this is happening to basketball too.
I find the whole "will he or won't he" cute, don't you?
Yet Toronto once more loses its best, brightest youth.
Just like Halladay last year---it hurts, right? The truth?

Speaking of the Blue Jays, need we wonder why
They play meaningless baseball though it's only July?
For that matter, we have four teams---which would
you choose?

It's a "city of champs" but all we do is lose???

Of course, now we hear at the G20, police
Arrested many people (not the right ones!)---will
wonders never cease?

Amazing: to get it right, they'll ignore most facts,
And manage to BOTH under and OVERreact!

Not only police carrying guns we fear.
Apparently language cops in BC are here!*

Not to be outdone, officials in NB silenced the voice
Of a woman who requested English as her choice!***

I'm amused that the States and Russia still play spy,

As the 20th century passes them by.
What a quaint old idea, eavesdropping on your friends,
Wiretapping, false arrests, searches...who knows
where it ends?

Don't get me wrong, soccer fans have every right to cheer
For any country they wish as they hoist one more beer.
But seeing every country's flag at the World Cup
But a dearth of Canadian ones just makes me throw up!

In the US, Republicans have an answer that's so
Conducive to solving all their problems. It's "NO!"
Just remember that most of the troubles they're in
Come from previous presidents, who ALL had white skin!

No column's complete without mentioning BP.
Oil spill in the Gulf as far as you can see.
Do you want to choke their CEO, yelling "PLEASE!!!
Have you idiots learned NOTHING from the Exxon
Valdez???"

As if there wasn't enough to distrust governments' acts,
Now with HST comes a weird "eco tax".
And if THAT'S not enough, Stewardship Ontario lied!
They said to premier McGuinty, "This tax you
should hide!"

As for me, the job situation is once again murky.
I could be working come fall, or be dead like smoked turkey.
But not thinking about that for now, cuz it's summer,
And worrying about work is just SO such a bummer!

So I'm going to concerts and comedy shows
And performing myself, when it's called for—who
knows?

Because sometimes in life all it takes is one break,
So if opportunity knocks, it's that chance you must take!

There are no Laurels this month, but just cause he's alive,
I'll give one to my father, who turns 85!

As to the rest of you, be well, may you all,
And be the universe willing, I'll see you in the fall!

* See story at <http://unambig.com/tag/deb-reynolds/>

** You can be arrested for REQUESTING English (P.28)

Your Fellow Canadian, Lou Israel ♣

QUEBEC NOTEBOOK

Montreal filmmaker exposes Quebec's persistent tribal sensitivities

Peter Sauvé, Montreal QC

JULY 15, 2010, MONTREAL – To listen to the usual Canada Day propaganda emanating from the usual circles trying to pretend we're a happily united country, you'd never have expected that an undeniably-obvious truth uttered by a Montreal filmmaker could elicit such wrath from Quebec's allegedly-distinct society.

And if you needed any reminding that the image of Quebec propagated daily by the CBC is highly filtered, Canadian bridge-building propaganda produced at your expense, then consider the latest reality check – and 20 years post-Meech, at that.

At the recent Los Angeles release of his new film, *The Trotsky*, 30-year-old English Montrealer Jacob Tierney

made an obvious comment about Quebec's film industry to a La Presse reporter covering the event. "Quebecois cinema is white, white, white," he said, noting it has typically ignored anglophones, immigrants and members of other ethnic communities (most of whom live in Montreal).

As most here know, Quebec's film industry is highly vibrant and highly Quebec-nationalist. Like Quebec's bureaucracy, teaching profession, unions and media, one would be rather hard-pressed to find referendum-era Novoters among its membership. True to form, it's populated largely by the type of whiner that bemoans Quebec's supposedly-threatened French culture, yet participates in an industry that, arguably, puts English Canada's output to shame.

Cyberspace went "ballistic," Montreal Gazette film critic Brendan Kelly notes, "with a frightening number of folks firing up their computers to deluge media outlets with some reprehensible attacks on this genial, talented, fluently bilingual" Montrealer. "Way too many ethnic insults [were] launched Tierney's way," with enough of those attacking his Jewish roots.

"Those are indeed fighting words, but you know what? He's absolutely right," Kelly says. "I have seen and reviewed virtually every major Quebec movie release over the past 15 years and, sadly enough, the vast majority of these films fail to reflect what everyday life is like here in Montreal. "Multiculturalism is a dirty word in certain francophone circles here, but the reality is that few Montrealers live in a world that is 100-percent white and francophone. That's a good thing, by the way."

Curiously, you never hear a word of English uttered in Montreal-shot French films, Kelly notes. "The one notable exception was the bilingual hit *Bon Cop Bad Cop*... That's because *Bon Cop*, the top-grossing Canadian film ever on its home turf, was produced by an anglo, who just happens to be Jacob Tierney's dad, Kevin Tierney."

Tierney speaks perfect French, incidentally, and could do very well elsewhere but lives and works in Montreal "because he loves his hometown," Kelly adds. "And, in films like *The Trotsky* and the upcoming *Notre Dame de Grace*, he's made a point of casting francophone actors, to underline that he understands it isn't just an anglo world here in Montreal.

"And what does he get for that? He's told to go back to the West Island. Pathetic."

There are two other points to take away from this story. First, Kelly's forthrightness is, regrettably, not typical of The Gazette's limp editorial and opinion-page treatment of Quebec issues. Perhaps that's why the daily's circulation numbers are consistently low.

Second, had Jacob Tierney made the same remarks about the English-Canadian film industry (not that he'd have any

reason to do so, of course), the CBC would have jumped all over the story. Instead, the CBC buries this truth about your Canadian mosaic, but continues to run such exclusionist French Quebec films on its English network. All to promote so-called Canadian values. At your expense. Pathetic, indeed.

* * *

Meet the new boss, same as the old boss... Premier Jean Charest's Quebec Liberal government has come up with its response to the Supreme Court of Canada's decision against its Bill 104, a law that tried to block more children from attending English school even though their sub-group would have been deemed eligible to attend them after paying for and attending private English school for one year.

Bill 103, the Charest Liberal response to the softball decision – Canada's politically-correct Supreme Court failed to strike down such obvious apartheid-like discrimination – now requires the sub-group of children eligible to go the private-school route to pay for private schooling for three years before becoming eligible to attend English public school.

And yes, English private-school tuitions are just as high in Quebec as they are elsewhere – proving that, in the real Canada and Quebec, there's one law for the rich, and another for the poor.

This must leave heroic Montreal civil-rights lawyer Brent Tyler, who successfully challenged the Quebec government before the court on limited funds, scratching his head about justice in Canada.

Montreal historian Sam Allison has no problem seeing what the Supreme Court cannot. In a recent letter to The Gazette, Allison notes Bill 103 further diminishes citizenship rights.

"Supporters of Bill 101 in 1977 claimed that the primacy of the French language would settle future linguistic disputes and that there would be no need to take any further 'humiliating' actions. In reality, Bill 101 was merely a first step to an endless series of even harsher measures.

"Thanks to Bill 101 and the Canadian Charter of Rights, we now have a bewildering mosaic of educational rights that change according to a citizen's ancestry, parental education, and province of habitation," he adds.

Allison's use of the terms "ancestry" and "parental education" are noteworthy. Both are close, if not interchangeable, with the criterion of one's blood lines. And one's blood lines were exactly what the South African regime of apartheid based its discriminatory practices upon.

Thus, Canada's support for Quebec's language laws, reinforced in Canada's defense of them in our United Nations international-treaties compliance reports, differs little from South Africa's earlier practice of apartheid.

“Citizenship should confer equal rights to all people all of the time in all of Canada,” Allison says. “It is surely time for the Supreme Court, the Office of the Commissioner of Official Languages, and the federal Parliament at least to criticize Quebec's actions.”

Asbestos Mining in Quebec

Charlie Fillmore, London ON

On 29 June 2010, the CBC national news broadcast a story on future deep-mining for asbestos in Quebec, namely in the aptly named town of Asbestos.

The CBC interviewer told the viewers that representatives from the Jeffrey mine in Asbestos were negotiating with the Quebec government for a loan of \$58 million so that they could deep mine asbestos. (They have almost exhausted the easy-to-reach deposits.)

The sale of asbestos in Canada has been banned for health reasons, such as lung cancer, and the substance has and still does cut short the lives of many ailing, sick and fragile Canadians.

The CBC noted that the Canadian Cancer Society has written to our government, stating that some 90,000 lives are lost yearly around the world and requesting that Canada ban the export of this deadly product. Also, 15 doctors from around the world have written to our government requesting the same ban.

The mayor of Asbestos was interviewed regarding asbestos mining and he said it will provide 450 full-time jobs in Asbestos. He also said that it is up to governments receiving this product to ensure that it is handled safely.

We also have our Prime Minister flogging this dead horse. Quoting from an article in the Toronto Star, 2010-06-06, written by Kathleen Ruff, a senior human rights adviser to the Rideau Institute: “Economically, the industry is on its deathbed. The last two asbestos mines (the Jeffrey mine and the Black Lake mine in Quebec) are both under bankruptcy protection, have almost exhausted their asbestos deposits, have slashed the wages of remaining workers and seen sales plummet by 50 percent in the last decade. But the industry is counting on Premier Jean Charest and Prime Minister Stephen Harper to rescue it.

“Prime Minister Harper has promised to provide international political protection to stop the industry being regulated; Harper is the only Western political leader and the only national Canadian leader to support asbestos.

“Harper has given the industry his commitment that, as long as he is Prime Minister of Canada, he will support export of asbestos and will block a United Nations environmental agreement, the Rotterdam Convention, so as to prevent chrysotile asbestos from being put on a list of hazardous substances, as repeatedly requested by the convention’s

Right, Professor. But from Harper to Ignatieff to Layton to May, that will never happen in today’s Canada. Our pretense of national unity cannot exist without such hypocrisy.

Peter Sauv , Montreal

Comments?... To contact the Notebook, write to quebecnotebook@hotmail.com ♣

export body.”

I have written to Prime Minister Harper asking him to please stop this terrible export which results in so much suffering and death.

I also sent copies to Premier Jean Charest and five other federal politicians.

So far, I have received two responses. One was positive; it was from Irene Mathysen, M.P., London–Fanshawe. Thank you Irene. I do not expect a reply from the Prime Minister because he or his representatives do not reply to negative letters. So much for democracy in Canada.

Does B.C. Liberal Candidate Dan Veniez - talk out of both sides of his mouth?

Didi Miesen, Montreal

I've been blogging my little heart out on the same 'language bulls...t, etc. and have gone further into taking a good long look at all the 'Laws' our 'lawmakers' are breaking. Kind of fell into that - looking at something else... found a can of worms... that opened... multiple 'containers of worms', sigh.

In any event - I had sent an 'Open Letter' to Dan Veniez... about the language laws, etc. and I hope you'll take a peek - at what kind of candidate - the man who claims he has the 'guts to discuss politically incorrect issues' on his campaign site etc. Here's the link: www.bullbullet.com ♣

Religious rights in Quebec

Kenneth T. Tellis, Mississauga On

I was not surprised at all at the decision by Quebec Superior Court Justice G rard Dugr 's ruling finding that the imposition of the province-wide ethics and religion course on a private Catholic school “totalitarian” and unconstitutional.

While it may be a victory for Loyola High School the Jesuit boys’ school in Montreal, it may not stop the Charest government from appealing the court decision handed down by Justice G rard Dugr .

Mr. John Charest is venturing into an area well outside his political expertise. What he attempting to do is mix his temporal power with spiritual rights? If I may add further, today June 22, 2010 is the 236th Anniversary of the Quebec Act which guaranteed Roman Catholic in Quebec their religious rights. Now we have a Quebec politician of such a low calibre as John Charest who is bent on removing rights accorded by the Quebec Act some 236 years later.♣

OQLA announces 12th success for bilingual signage in Quebec

The Office Québécois de la langue anglaise (OQLA) is pleased to announce that we have achieved our 12th success. At the request of the OQLA, 12 companies have now added bilingual signage to their stores.

In addition, we have counselled over one hundred individuals on English language rights in Quebec.

The OQLA is committed to preserving and promoting the English language in Quebec and ensuring that the English language does not become extinct, all in accordance with the laws of Quebec.

Visit our website: www.oqla.org ♣

NEWS FROM NEW BRUNSWICK

Bathurst reverses decision on Anglo Society Flag

From Kim Lian McConnell, CLF, July 21, 2010

July 21, 2010: My last message congratulated the Bathurst Council for allowing the Anglo Society ONE day to fly their flag (shown below). The local papers (Times & Transcript, <http://tinyurl.com/TT1132675>) and the CBC (<http://tinyurl.com/CBCbathurst>) ran articles on this breakthrough for the English-speakers.

Then the French-speakers and the English-speakers who objected to the message on the Anglo Society website mounted a protest. The CBC was flooded with messages saying that the Bathurst Council made a mistake and they had to reverse their decision. Four days later – they did!!! The Anglo Society (<http://www.asnb.ca/>) was deemed to be anti-French.

I read through all the messages on the feedback and it seems that the Acadian society is a legitimate community but the Anglo society is not because it does not represent a cohesive, cultural community. The Acadian Society can use their Deportation Story, way back in history, to legitimize their current, tax-payer-funded, special-interest status, but the Anglo Society is not allowed to fight against the discrimination brought about by the Official Languages Act, which clearly works against the unilingual English-speaker. They are written off as an anti-French protest group that does not represent the English-speaking New Brunswicker.

Does this prove that the French-speakers & their pro-status English-speakers are better organized and can mount a noisier protest that forced the councillors to reverse their original decision? I believe it does. Not enough English-speaking New Brunswickers care enough to even come to the defence of the Anglo Society! Are the English-speaking majority a beaten lot who have accepted that the French have the right

to impose the French language on them? You bet!!!

When Premier Leonard Jones tried to protest against the official bilingual status of New Brunswick, he was attacked by the French-language students. Like in Quebec, it took the violent protests by the French-extremists that forced the English-speakers to back down and look what has happened to Quebec. The English-speakers left the province in droves and Quebec is now a French-only bastion that is economically unable to support itself. The recipient of huge transfer & equalization payments – mainly from English-speaking Rest (Most) of Canada.

New Brunswick is in the same boat and don't tell me that it is not suffering from the same malady as Quebec!!! - Kim

Comment from Rob Brown, (CAB) Canadians Against Enforced Bilingualism:

How long will this situation continue? Given that official discrimination costs a lot of money, I believe the answer is: "As many years as we keep paying for it". The day the average Canadian gets fed up and says "I'm not paying for this discrimination anymore", is the day it will end. Please read on for further details of how an Anglophone group has been denied the right to fly its flag, while Francophone groups are actually funded by the same government.

At least remember what the flag looks like. [P.60] Remember, you paid for the government to deny us the right to fly it.

Comment from Lou Israel:

Obviously the French are more important than the English. How silly of us to demand equal time. Shame on us. Let us bow before our French-speaking superiors.

Excuse me, I feel my last meal is coming back up.... ♣

NEW BRUNSWICK: Blacks Harbour Mayor Terry James launches campaign as People's Alliance candidate

From Art MacKay, artmackay@panb.org

Charlotte West Isles, July 28, 2010: Terry James, the popular mayor of Blacks Harbour was confirmed Wednesday evening as the official candidate for New Brunswick's newest political party, People's Alliance of New Brunswick (PANB). Today she announced the launch of her campaign with an invitation to her first riding rally, to be held at the Eastern Charlotte Lion's Club in Pennfield on July 31st.

"Everyone who knows me, knows I attack the issues on behalf of the people I represent. Whether it is jobs, education, health care, ferry service, property taxes, rural transportation, water use, or infrastructure, I have been fighting hard for years on behalf of my constituents in Blacks Harbour. Now I intend to win a seat in the New Brunswick Legislature so that I can bring my experience and =>

passion to bear on behalf of all the citizens of (the riding of) Charlotte-The Isles. Whether you are from the mainland towns or villages, our beautiful rural areas, Deer Island, or Grand Manan, this is your chance to change our future for the better.” Terry said. “So please come out to the rally on Saturday to hear my stand on issues here in Charlotte-The Isles and, most importantly, to have your say about how we should navigate into the future.”

PANB Leader Kris Austin can't say enough about Terry James. “Look,” he said, “when I first met Terry I was really impressed with her energy, enthusiasm, and knowledge. But when I heard her speak at one of our conventions and later on Tom Young's program on Radio 88.9, I knew we had a winner. I'm coming to the rally at Pennfield on Saturday in full support of Terry James and to let her constituents know what the People's Alliance of New Brunswick Party stands for, how it will bring democracy back to our province and how we will support Terry and her people. We need Terry James in Fredericton and so do the folks in Charlotte-The Isles.”

Terry James was first elected Mayor of the Village of Blacks Harbour in 2004, and was re-elected in 2008. She is

well known for her strong work ethic and a fighting spirit that has garnered some critics. Terry's response? “My role is not one of popularity, it is one of getting the job done for the people of Blacks Harbour. Today I realize that the job isn't getting done by our current local representation in Fredericton and I want to go there to get the job done for everyone in Charlotte-The Isles!” [...]

Read more under Candidates: at www.panb.org

The **People's Alliance of New Brunswick** is the newest official political party in New Brunswick. As opposition to the sale of NB Power to Hydro Quebec grew, more and more people were discussing how the people's resources and assets could be protected for future generations. It was out of these discussions that the concept of a new democratic party was born that represents the voters first through a Free Vote by their MLA, transparency, and ethics. Growing rapidly, PANB acquired official status in a few short weeks and new riding associations and candidates are coming forward weekly. [PHOTO of Terry James on P.60]

Contact & additional information is available at: www.panb.org
Leader: krisaustin@panb.org/ Tel. 506-327-3789 (Art Mackay); Exec. Dir.: sterlingwright@panb.org ♣

NB: Request for service in English results in criminal sentence

From **Kim Lian McConnell**, www.languagefairness.ca

I was contacted by this lady who lives in New Brunswick, the only officially bilingual province in Canada. I guess by now that most Canadians know that when a government department is staffed by “bilingual” public servants, they usually end up being a person whose primary language is French. The public service hiring policy is very pro-French because it is a proven fact that it is easier for a French-speaker to learn English than the other way around - please check it out at this link: <http://tinyurl.com/PSCtb16>

This is her story: “I called a government office regarding subsidized housing as I am on limited income and have health issues. The woman who was placed in charge of my case was a Francophone. I am a unilingual-Anglophone and found her French accent very difficult to understand so I asked her if I could be served by an Anglophone. She was very irate with me, telling me there were NO Anglophones in the department and that there was no need for me to request service from an English-speaker as she was perfectly bilingual and could speak both languages well.

“So I complained to her supervisors, both of whom were Francophones and asked if I could be served in the language of my choice – English that I could understand. It was fully and clearly expressed to me that my choice was to accept the representative I was given or settle for no assistance at all. I explained that I could not understand her so she hung up on me and refused to assign someone else to my case and I was left with no one to service me. I then made several calls to her office – all of which were refused

by this particular person. She also refused to return any of the many messages left on her answering machine. I didn't threaten her in any way, I only expressed my displeasure at her service.

“She took my complaints to her two French supervisors who recommended that she contact the police and charge me with making nuisance calls. I believe that it was cleverly arranged this way by her and her supervisors to set me up. I received NO warning from them whatsoever, either verbally or in written form, that they would be contacting the police.

“I was dragged to court at least four times. It was like the battle between David and Goliath. Their side was very well represented. I was refused legal aid (even though I am unable to retain a lawyer) and was bullied by the system into pleading guilty. Had I been assigned a public defender I never would have pleaded guilty.

“This whole ordeal was very stressful for me both physically and mentally. I had never been in trouble with the law before and was in a state of shock that this could happen to someone in Canada. The day I received my sentence of one year probation and a three-year criminal record was the day I literally died inside. I admitted myself to a psychiatric ward because I was so depressed – I even considered taking my life.

“I believe, as do many others, that my being dragged through this horrible ordeal was nothing short of the actions of a few extremist Francophones wanting to exert their government-given power and put what they perceived to be an unruly Anglophone in her place.” [From Kim, CLF]♣

Sometimes individual letters achieve results (or at least promises)!

From Steve Stevens, Nanaimo BC

The response (below) shows that my letter to Museums Canada in Gatineau has not been in vain. (Also a similar reply from Library & Archives, Ottawa.) We will now have to wait to see if they keep to their word. With luck, my efforts will have been worthwhile. - Steve

Letter from the Canadian Museum of Civilization / Canadian War Museum

(Gatineau/Ottawa)

Dear Mr. Stevens:

Thank you for your compliments on the exhibition Acres of Dreams and for your observation about the text panels. Your point is well taken and will be kept in mind as we develop new exhibitions. The exhibition was initially designed for presentation at the Canadian Museum of Civilization located in Gatineau, Quebec. In accordance with the Federal

Identity Program, the text panels were prepared with the French above or to the left of the English. Unfortunately, the exhibition was sent on tour "as is," leading to the problem you identified when Acres of Dreams was presented in Nanaimo.

As a national institution, we strive to make our exhibitions relevant, engaging and accessible to as many Canadians as possible. We therefore appreciate your feedback. Your comment has been passed along to our exhibition team to avoid similar situations in future.

Sincerely, Dr. Victor Rabinovitch, President and CEO
Canadian Museum of Civilization/Canadian War Museum
(Gatineau/Ottawa) ✱

BC RAIL SCANDAL ~ and other (Federal) Scandals...

BACKGROUND: Police raided the BC Legislature on Dec. 28, 2003. Government employees charged: Dave Basi, Bobby Virk, Aneal Basi (BCRail), and Dave Basi (Sooke A.L.R.). Some confusion caused by Justice MacKenzie (her publication ban over the BC Rail Corruption trial - not requested by Defence or Crown - and her promotion [on April 26, 2010]). Trial adjourned July 7 until Sept. 13, 2010, for two-month summer recess... - **BC Mary** (LINK TO WEBPAGE AT THE END)

Democracy in Canada Under Attack

Associate Chief Justice Anne MacKenzie of the B.C. Supreme Court and the Insane Publication Ban on B.C Rail Scandal Matters

Robin Mathews, Vancouver BC [July 15, 2010]

The draconian publication ban imposed by Associate Chief Justice Anne Mackenzie (March 2010) on most B.C. Rail Scandal pre-trial processes and all present trial processes without the presence of the jury is, in my opinion, scandalous. It joins an increasing move, under the Stephen Harper government, to strip freedoms from Canadians and to teach them that a 'police state' is the best guardian of democracy.

Mainstream Press and Media people will doubtless say the ban is normal, ordinary, pro forma, nothing to be alarmed about. But the Mainstream Press and Media people are losing their credibility so fast we may almost assume that whatever they support has to be resisted by the general population. One member of the committee that denied me court accreditation as journalist was employed by CTV. A report, now, on the internet, alleges (with apparent visual proof) that CTV used Vancouver Olympic footage, offering it as part of the mayhem scenes at Toronto's G20 demonstrations - to make the G20 mayhem look worse.

If that is true, it says everything about the present danger of our Mainstream Press and Media. The corporate press backs what is increasingly claimed to have been violent, planned disruption of peaceful G20 demonstrators by police engaging what appears to be the tacit approval of, if not pre-planning with, the Ontario and Ottawa governments. All that violence was undertaken, it seems (a) to mask the

folly of the G20 meetings (b) to 'practice' violent suppression of the public voice, and (c) to indoctrinate the population with the idea that violent, destructive police action is "reasonable behaviour" in Canada.

Most information about police and government dirty tricks at the G20 came first and most determinedly from the alternate press and from reports on internet sites. The MSPM has – even so – continually repeated the propaganda that trouble was caused by wholly non-police-connected Anarchist groups.

The activity of the Mainstream Press and Media for several years has been, also, to downplay the significance of the BC Rail Scandal – the corrupt transfer of BC Rail from public hands to the massive private corporation now headquartered (in fact) in Texas – the CNR.

The Basi, Virk, and Basi criminal trial for breach of trust, fraud, and money laundering is not an ordinary criminal trial. One has to battle the Mainstream Press and Media to make that point – to climb over their calculated (?) culture of complacency (shared, I believe, by the top judges of the B.C. Supreme Court). The trial before Associate Chief Justice Anne MacKenzie is one in which ALL British Columbians are directly concerned and affected. ALL British Columbians had their railway, their publicly-owned asset taken from them by – I allege – criminal activity engaged in at the highest levels of government. (I have formally asked RCMP Deputy Commissioner Gary Bass to =>

BC RAIL SCANDAL: Mathews, continued

conduct appropriate investigation. He refuses.) All the people of B.C. are losers financially. They are losers of one of the guarantees of fair, sober, responsible conduct of government in the province: a publicly-owned asset, fairly operated, whose accrued profit helped provide fair standards of health, education, and other public services in the province (including transportation). The people of British Columbia have a right to all information possible on the matter.

Information is denied them by the draconian publication ban imposed by Associate Chief Justice Anne MacKenzie ... with the unprotesting, docile support of the Mainstream Press and Media (representatives of which now “work for” the Court to screen undesirables from receiving accreditation as court journalists.)

The Mainstream Press and the Governor-General-in-Waiting, David Johnston

One has to battle the MSPM [Mainstream Press and Media] to get almost any truth squarely before the public. As if writing a satire or a piece of straight-faced ridicule, Globe and Mail writer Bill Curry, (front page, July 12), for instance, reported on the search made by Stephen Harper to find a highly-qualified, ‘non-partisan’ (?) Governor General to succeed Ms. M. Jean. Curry’s report argues that the search was scrupulous and non-political.

As Rick Salutin pointed out a few days earlier in his column, David Johnston, Governor-General-in-waiting, is a Stephen Harper hack. He cogently doctored the terms for the Inquiry into the Mulroney/Karl Heinz Schreiber relation for Stephen Harper so that nothing of significance could result. It was not an Inquiry, but a Harper specialty – an “**Unquiry**.”

Bill Curry parades a list of Governor General “search” committee members before our eyes, as a way of showing their scrupulous independence. Curry, however, fails to enter their political allegiances. That is a very slight oversight which would reveal they are all – or almost all – “conservatives” and/or Stephen Harper flacks. If that were not true, how did David Johnston get on the list? How did a scrupulously independent committee somehow put on the short list a man who acted to achieve Stephen Harper’s ends in the Mulroney/Karl Heinz Schreiber affair? And who was spotted at the time as doing so. The Curry article is brazen in its propaganda – to disguise a politically laden piece of sleight-of-hand.

But that is what we have come to expect from the large corporate news “producers” – brazen propaganda on behalf of anti-democratic corporations and governments in the country. Often the propaganda comes as close to the purveying of false information as it is possible to do. Bill Curry, I would say, reports as scrupulously non-partisan what most would see as a piece of carefully manipulated political chicanery. Wouldn’t Mr. Curry be said, by reasonable people, to be purveying false information?

[Allegation: when his daughter was employed by the federal Department of Justice and David Johnston was a Board member of CGI corporation, CGI received huge Department of Justice contract work, and David Johnston has received rich compensation from CGI.]

Those wanting to know more about David Johnston’s unsuitability as Governor General should ask for information from < kmer8@hotmail.com >.

On the BC Rail Trial Publication Ban

On the matter of the publication ban imposed by Associate Chief Justice Anne MacKenzie, the blockage could be easily rectified. When I sought to abide by the publication ban AND to give the public some information about the cause of interminable delays in the trial, I was threatened by Ms. Jill Leacock who [obviously on behalf of Madam Justice Anne MacKenzie] assured me I would be “in contempt of court”, and I would “leave [myself] open to prosecution” if I continued to write as I did in that column. [June 30, 2010]

Readers may remember that Associate Chief Justice Anne MacKenzie first imposed a ban that forbade any publication whatever on pre-trial or trial matters. Since criminal trials in our system are claimed to be conducted in “open court” that imposition would have been challenged even, probably, by the MSPM. Justice MacKenzie altered the ban a few days later – signifying the four levels upon which the ban would apply. When I worked with the four levels and found I could provide some information to Canadians not in the courtroom, I received the threatening e-mail from Ms. Leacock (quoted above).

I insist that Canadians have a right to a good deal more information than Associate Chief Justice Anne MacKenzie is making available to them. She could very easily set out the basis of the delays and wrangles (without jury) in the courtroom. She could call in the jury, read the explanation to them, explain what causes delay, instruct them not to see those matters in terms of bias or prejudice on anyone’s part – and to weigh the evidence that is placed before them.

To tell the jury the bases of delay would be to tell the public. And, I insist, the public has a right to know the bases. A judge is not without freedom to move on such matters. And since the Basi, Virk, and Basi trial is of profound interest to all British Columbians, I insist that Associate Chief Justice Anne MacKenzie has an obligation to provide more information to the public than she is doing. She places herself in an unnecessarily ambiguous position when she blocks information.

She does so because, overall, almost all information that is denied the public may be said to shield Gordon Campbell and his associates from exposure in the corrupt transfer of BC Rail to CNR. The jury, I believe, would not have its integrity imperilled in any way by a full and fair presentation of the cause of delay by the presiding judge. ⇒

The insistence of Associate Chief Justice MacKenzie that the publication ban be rigidly observed seems, also, to be highly inconsistent. In her message to me Ms. Leacock is firm that "the integrity of the jury and trial process" must be in no way imperilled. With deepest respect, any British Columbian could ask Justice MacKenzie if her refusal to tell the jury that the Special (Crown) Prosecutor was appointed in violation of the legislation covering such appointments imperils "the integrity of the jury and trial process"? **Doesn't his presence in the courtroom – when the jury doesn't know he was wrongfully appointed – 'im-peril' the trial process?** I cannot but think that it does.

Associate Chief Justice Anne MacKenzie has all the information on the wrongful appointment. She refuses to discuss

it publicly or to act upon the information. But it is not something that is covered by the publication ban, and so it cannot be hidden from the public's view. And it sits at the centre of the trial, calling into question all actions of the Special (Crown) Prosecution team.

If you wish to be counted on this matter you may write a letter to: **Associate Chief Justice Anne MacKenzie**, The Law Courts, 800 Smithe Street, Vancouver, B.C., V6Z 2E1. Or you may e-mail: "Attention Associate Chief Justice Anne MacKenzie" at jill.leacock@courts.gov.bc.ca [...] **And if you wish to do so, send a copy to** bcmary14@rogers.com

Continue reading at: <http://tinyurl.com/BCmaryBVB> ♣

New study: 85% of Big Pharma's new drugs are "lemons" and pose health risks to users

August 18, 2010 by: S. L. Baker (features writer, NaturalNews) For years, natural health proponents have been sounding the alarm about the dangers of new drugs being pushed on consumers. But is that a one-sided, inaccurate view? Not at all. In fact, new research now shows the problems with Big Pharma's hugely hyped medications are far worse than most people have even dreamed. Independent reviewers found that about 85 percent of new drugs offer few if any new benefits -- but they carry the risk of causing serious harm to users.

According to Donald Light, Ph.D., a professor of comparative health policy at the University of Medicine and Dentistry of New Jersey who authored the study, the pharmaceutical industry is a "market for lemons" and Big Pharma spends a fortune to sell those lemons to the public.

"Sometimes drug companies hide or downplay information about serious side effects of new drugs and overstate the drugs' benefits," Dr. Light, who presented his findings on August 17 in Atlanta at the 105th Annual Meeting of the American Sociological Association, said in a press statement. "Then, they spend two to three times more on marketing than on research to persuade doctors to prescribe these new drugs. Doctors may get misleading information and then misinform patients about the risks of a new drug. It's really a two-tier market for lemons."

Dr. Light's paper, Pharmaceuticals: A Two-Tier Market for Producing 'Lemons' and Serious Harm, is an institutional analysis of the pharmaceutical industry and how it works. He based his conclusions on a wide range of data from independent sources and studies, including the Canadian Patented Medicine Prices Review Board, the Food and Drug Administration, and Prescrire International (a French language journal which publishes extensive research on pharmacology, toxicology and pharmaceuticals). Much of research for the study was conducted for a forthcoming book

Dr. Light edited, The Risk of Prescription Drugs, which is slated for publication this fall by Columbia University Press. [...]

As Mike Adams recently reported in NaturalNews, statin drugs are a prime example of the Big Pharma push to market drugs as safe and effective while glossing over the fact they often harm far more people than they help -- in the case of statins, causing everything from liver damage, acute kidney failure, and extreme muscle weakness to cataracts (www.naturalnews.com/028988) **CONTINUE READING ONLINE:** www.naturalnews.com/029506_Big_Pharma_lemons.html

Montreal based CDSM Program Chronic Disease Self-Management Program Jessica Vitulano, Montreal QC

We are a Chronic Disease Self-Management program that runs workshops 4 x/year and we have another session coming up in September.

McGill University Health Centre's chronic disease self-management program "My Tool Box: The Building Blocks to Self-Care" resumes in September 2010. These fun, practical, and interactive workshops developed by the University of Stanford help individuals (and caregivers) manage the day-to-day challenges of living with chronic health conditions such as heart disease, diabetes, multiple sclerosis, chronic pain, cancer, asthma and arthritis. Workshops are free of charge and are held in multiple locations including downtown Montreal, DDO, and Pointe Claire. These six week, 2.5 hour workshops are offered at various times including morning, afternoon, evening, and week-ends. To register visit www.mytoolbox.mcgill.ca (contacts below).

Warm Regards, Jessica Vitulano, B.A., TRS
Coordinator for My Tool Box, A Chronic Disease Self-Management Program, McGill University Health Centre, McGill University, 2155 rue Guy, Bureau 1230.6, Montreal QC H3H 2R9 Tel.: 514-934-1934, local 71585/ Fax: 514-934-4413
Web: <http://mytoolbox.mcgill.ca/> ♣

"Your Health Matters"

HEALTH CARE IN THE U.S.

Derrick Lonsdale, M.D., Strongsville OH



The first sign of health care reform in the U.S. probably surprised some Canadians. The new bill is so ponderous that it is doubtful that it has been completely read by those that brought it into law. Most of us have no idea what this will ultimately become or how it will affect the overall health of the Nation. The trouble is that it is not health care at all. That is a misnomer, for it is disease care that rules the day. If the Yellow Pages are consulted for preventive medicine, it generally means routine medical examinations, periodic colonoscopy, laboratory tests to ascertain the state of blood cholesterol, mammograms and chest X-rays. This is all performed in people that declare themselves to be fit. Allergy, for example, is more or less ignored as a common minor symptom that is supposedly easily treated with the latest medication or desensitization that would come into the hands of an allergist.

I work in an office named Preventive Medicine Group, a title that indicates an entirely different approach to prevention. It is based on spotting the early signs of health deterioration and teaching (doctor was a word derived from the Latin *doceo*, I teach) the patient how diet and lifestyle affect it. I must describe an extremely common experience. I have often been consulted by people that want to know if they are at risk for a specific disease that is not generally considered to have any obvious genetic background. For example, a gentleman relates that his father died from a heart attack at the age of 55 and he wishes to know if he is at risk. Every new patient that I see makes an appointment by phone and a questionnaire is automatically sent. The patient is requested to fill it in and bring it for the time of the consultation. A parent fills it in for a child, however young. This is what almost invariably happens. Without initially looking at the questionnaire, I ask the patient the simple question, "what can I do for you"? If he replies that he just wants to know if he is at risk, as in the example above, I ask whether he has any symptoms and the response is often that he considers himself to be completely fit and well. I then turn to the questionnaire and am not particularly surprised to find that it is filled with answers that indicate symptoms that he has simply taken for granted. "After all, doesn't everyone have an allergy to something or other"? In fact, it is so common that allergy is often considered to be within the normal limits of health. Another symptom requested is "do you ever become a little dizzy or light headed when you stand up, as rising from of a chair"? It is never a surprise for me to see this answered positively. What I think may happen is that such an individual tells a

friend that he becomes light headed when standing, as arising from a chair. Perhaps he mentions that he is in the middle of his "allergy season". His friend replies that he also experiences both of these complaints and they are then accepted by them as within normal limits, since they appear to be quite common. Because of this, some symptoms are not volunteered in the usual and customary physician consultation. They have to be extracted by specific questions by the physician who must, of course, be aware of the significance of these symptoms in the overall assessment of the patient's health. The point that I wish to make is that so many common symptoms are considered by patients to be trivial and are not even mentioned. Each symptom is like an "alarm bell" ringing in a complex system, notifying the brain that there is some kind of problem in the brain/body organization. The primary symptom in many cases is the only one to be considered and treated.

Consider a typical situation. A patient enters the consulting room and the physician asks the reason for the consultation. Perhaps, for example, the major complaint is long term chronic fatigue but the fact that he becomes light headed or dizzy when standing up is not even mentioned and is never asked. Examination and laboratory results are normal and the patient receives a medication. Next week the patient returns saying that fatigue has improved but he is unable to sleep, for which he receives another prescription. If the appropriate questions had been asked in the first consultation, other symptoms would have been divulged that would have shown the true nature of the problem and neither of the prescriptions would have been necessary. Continuing with this example, by reviewing the questionnaire that includes the nature of food, beverages and snacks, perhaps it reveals that the patient is so fatigued in the morning that he is unable to get to work without two or three cups of coffee, one of which is carried with him as he departs in the car. When he has tried to decrease his coffee ingestion he has severe headaches. The ultimate advice given to the patient should involve telling him that it is really coffee that is the cause, not the solution. Of course it stretches credibility, for the patient has found that fatigue improves after coffee and has concluded that "I need coffee and it is good for me".

I once saw a middle aged woman with the complaint of headaches and fatigue. On direct questioning through the questionnaire she revealed that she was taking two cups of coffee a day. I told her to "cold turkey" the coffee. Naturally, she thought that was absurd, for her husband took five or six cups of coffee a day and he was as "fit as a fiddle". I responded that if she did not try my advice she would never know whether it was correct or not. I saw her a month later and she told me that she had indeed stopped

her two cups a day. She had experienced a headache that was so severe that she had remained in bed for two days. It then cleared and her overall health improved dramatically. To give some reality to this, she was in fact suffering a withdrawal symptom, the same kind of symptom complex noted from any addictive drug. The severity of the addiction and the amount of drug necessary to induce it varies from person to person. The two cups a day for this woman was enough for the sensitivity of her biology, although it is not at all surprising that the advice might well be ignored and considered to be “a joke”. On the other hand, it is equally surprising for many people to find how difficult it is to discontinue something that has, for centuries, been virtually an icon of social activity. I like to think of the Peruvian Indians who live at high altitude in the Andes. Their ability to survive at this altitude is improved by chewing coca leaves, the active principle being cocaine. Apparently they do not become addicted, or if they do they suffer no harm. We all know that extracting this active principle creates a highly addictive drug that is dangerous. Coffee seems to fall into the same category as indeed does even sugar.

The point of discussing this very simple solution to a devastatingly common problem is that we all have the same biologic equipment, but the variability within that equipment is infinite. We all are the same and different at the same time. What is “good for the goose is not necessarily good for the gander.” Another, perhaps stronger proverb that covers the same idea is “one man’s meat is another man’s poison”. Every person that I have seen through my entire medical career is unique and that applies to everyone who has to deal with other people, something to be aware of for all of us.

What is really needed is a reform in the practice of medicine. Because of the fear of medico-legal action, physicians practice defensively. Instead of listening to the patient, a time factor in today’s business activities, he turns to technology, the “magic revealer of all disease”. The price that we all pay is enormous and tort reform is yet another factor that comes into the equation. The rise in cost of medical care threatens national bankruptcy in the U.S. and I have yet to see any comment on the realistic and potent method of prevention by the amazingly simple concept of coming to grips with dietary mayhem. This is particularly true in our child and adolescent population where the seeds of disease de-

struction are being sown. The “harvest” of disease is steadily increasing and we seem to be powerless to stop it, just as we seem to be powerless to stop our contribution to global warming. Should anyone be further interested, in the August-September issue of *Dialogue* in 2007 I wrote an article entitled “A Proposed Revision of the Medical Model. The Cathedral Roof”. It might make more sense out of this one!

– **Derrick Lonsdale, M.D.**

Everything is connected to everything else.

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

LIFE AND DEATH

The spark of life is but to know the breath
Of God, or can it be defined as such?
And, born to die, we know the end is death.
So death is part of life we cannot touch.

And who can tell the journey of the soul
Or whence it came or where the spirit moves?
The finite mind conceives eternal role
Beyond the pale, in bright Elysian Groves.

But may we hope to gain reward in vain,
The spark extinct, the battle never closed?
Or love and beauty, sound and sight ingrain
Our minds with peace to face the questions posed?

The wisdom of the ages unreceived,
Ignored, we start again to write the script
As though it all were new and unperceived
By man before—unprecedented gift!

While space and time bend back to start anew,
Our little lives are sparked aglow, and gone.
Ephemeral, we go like morning dew
Is driven from the earth before the sun

And thus, in love be born, so should we die
And gently close the book without regret.
The sun, the stars, the earth, eternity
Go on towards horizons not yet set.

Derrick Lonsdale♣

Notes from NaturalNews.com

- **Enjoying a bowl of Froot Loops today? (I hope not...)**
New findings reveal that the chemical found contaminating boxes of Kellogg cereals is a petroleum chemical called 2-methylnaphthalene: Read online: <http://tinyurl.com/NNfroot>
- **New research now links HFCS (high fructose corn**

syrup) to liver damage and obesity. Read online: <http://tinyurl.com/NNhfcsLiver>

- **Here's some fascinating news:** A drug used to treat osteoporosis is now linked to an increase in hip fractures: Read online: <http://tinyurl.com/NNfosamax> ♣

Laughter & 'Lightenment

From Don Parker/Jean Layman ...

Love those Church Ladies.....

They're Back! Those wonderful Church Bulletins! Thank heavens for church ladies with typewriters. These sentences (with all the BLOOPERS) actually appeared in church bulletins or were announced in church services:

1. Don't let worry kill you off - let the Church help.
2. Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.
3. At the evening service tonight, the sermon topic will be 'What Is Hell?' Come early and listen to our choir practice.
4. Please place your donation in the envelope along with the deceased person you want remembered.
5. The church will host an evening of fine dining, super entertainment and gracious hostility.
6. The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.
7. Ladies Bible Study will be held Thursday morning at 10 AM. All ladies are invited to lunch in the Fellowship Hall after the B. S. Is done.
8. The Associate Minister unveiled the church's new campaign slogan last Sunday: 'I Upped My Pledge - Up Yours.' ♣

From John McCullough

Puns for educated minds

1. The fattest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.
2. I thought I saw an eye doctor on an Alaskan island, but it turned out to be an optical Aleutian.
3. She was only a whiskey maker, but he loved her still.
4. A rubber band pistol was confiscated from algebra class, because it was a weapon of math disruption.
5. No matter how much you push the envelope, it'll still be stationery.
6. Two silk worms had a race. They ended up in a tie.
7. Time flies like an arrow. Fruit flies like a banana.
8. Two hats were hanging on a hat rack in the hallway. One hat said to the other: 'You stay here; I'll go on a head.'
9. I wondered why the baseball kept getting bigger. Then it hit me.
10. A sign on the lawn at a drug rehab center said: 'Keep off the Grass.'
11. In a democracy it's your vote that counts. In feudalism it's your count that votes.
12. Did you hear about the Buddhist who refused Novocain during a root canal? His goal: transcendental medication.

13. There was the person who sent ten puns to friends, with the hope that at least one of the puns would make them laugh. No pun in ten did. ♣

From: S. McDowall

How to install a home security system

1. Go to a secondhand store and buy a pair of men's used size 14-16 work boots.
2. Place them on your front porch, along with a copy of Guns & Ammo Magazine.
3. Put a few giant dog dishes next to the boots and magazines.
4. Leave a note on your door that reads:
"Bubba, Bertha, Duke, Slim & I went for more ammo and beer. Be back in an hour. Don't mess with the pit bulls; they attacked the mailman this morning and messed him up bad. I don't think Killer took part, but it was hard to tell from all the blood. Anyway, I locked all four of 'em in the house. Better wait outside. Be right back. ~ Cooter ♣"

From Faye Sullivan-Stafford
Marriage

If you want someone who will eat whatever you put in front of him and never say it's not quite as good as his mother's *...then adopt a dog.*

If you want someone always willing to go out, at any hour, for as long and wherever you want *...then adopt a dog.*

If you want someone who will never touch the remote, doesn't care about football, and can sit next to you as you watch romantic movies *...then adopt a dog.*

If you want someone who is content to get on your bed just to warm your feet and whom you can push off if he snores *...then adopt a dog!*

If you want someone who never criticizes what you do, doesn't care if you are pretty or ugly, fat or thin, young or old, who acts as if every word you say is especially worthy of listening to, and loves you unconditionally, perpetually *...then adopt a dog!*

BUT, on the other hand, if you want someone who will never come when you call, ignores you totally when you come home, leaves hair all over the place, walks all over you, runs around all night and only comes home to eat and sleep, and acts as if your entire existence is solely to ensure his happiness *...then adopt a cat!*

Now be honest, you thought I was gonna say... marry a man, didn't you? ♣

"You don't stop laughing because you grow old, you grow old because you stop laughing!!" ♣

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