

Stockwell Day's Convenient Amnesia

Gillian Steward

You can tell as much about a political leader by what he doesn't say as by what he does. And in the case of Stockwell Day, newly minted leader of the Canadian Alliance, his silence on the matter of health care is telling indeed.

After all, in poll after poll, Canadians across the country cite health care as their No. 1 priority. From British Columbia to Newfoundland and in the North as well, Canadians are worried that their public health care system is eroding so quickly it may be beyond repair.

Mr. Day must have mentioned health care somewhere along the campaign trail. But in all the television footage and newsprint that I encountered, talk of health care was stunningly absent. One would never know that Mr. Day left his home province to campaign for the Alliance leadership right in the middle of the most contentious public debate Alberta has seen in decades - a debate over health care.

For weeks, Mr. Day sat at the side of Premier Ralph Klein in the Alberta Legislature as he defended Bill 11. If the Premier was absent, it was Mr. Day, treasurer and deputy premier, who rose to defend the government's plan to allow privately owned clinics to provide overnight stays and become privately owned hospitals.

Despite his concern for fiscal prudence and taxpayers' dollars, Mr. Day apparently had no problems with the government funnelling public funds into private clinics/hospitals, some of which are owned by corporations listed on the Toronto and New York Stock Exchanges.

Perhaps he thought taxpayers could recoup their money by investing in shares. Certainly a taxpayer would get more information from reading an annual report than he or she would ever obtain from the Alberta government. So far, none of the terms of the contracts between private health-care providers and regional health authorities have been made public.

So much for fiscal prudence and accountability.

There was no evidence or research to show that Bill 11 would save money, reduce waiting lists or provide better care. Even as it became obvious that the only Albertans likely to benefit were a small group of medical entrepreneurs and their corporate backers, Mr. Klein and Mr. Day continued to defend it.

In the end, Mr. Klein invoked closure and rammed the bill through despite opinion polls and public demonstrations that clearly indicated the majority of Albertans did not want it. Mr. Day even left the Alliance campaign trail so he could return to the Alberta Legislature and cast his vote.

So much for democracy. So much for the freedom train.

It would seem that, for Mr. Day, freedom is having the power to do what you want no matter what everyone else wants. But perhaps that is all behind him now; a fading part of a political career that was simply a rehearsal for the real thing. Perhaps he will develop a different view of health care now that he has to appeal to Canadians to vote for him and his party. Politicians tend to act differently when they are seeking power, as opposed to being in power.

So why do I have the uneasy feeling that it doesn't really matter what Mr. Day says, or doesn't say, about health care? Is it because he has the Klein machine behind him and that machine



\$2,000,000 of taxpayers money to protect us from this? See pages 6 & 7.

has been driving Alberta down the road of health-care privatization ever since Mr. Klein was elected Premier seven years ago?

Just look at some of the people around Mr. Day as he assumes the role of opposition leader.

Rod Love, leadership campaign strategist and recently appointed chief of staff, was also at the forefront of the push for privatization. In 1999 when another former provincial treasurer, Jim Dinning, was appointed by Mr. Klein to chair the Calgary Regional Health Authority, Mr. Love, who had been Mr. Klein's chief of staff, was given a public-relations contract. Shortly after, Mr. Dinning began publicly advocating privatization. Six months later Premier Klein made it known that he wanted to expand the role of private clinics.

When Mr. Day's campaign team became concerned about newspaper articles that implied he was anti-Semitic, letters demanding a retraction and apology were sent to various media outlets under the name of lawyer Gerald Chipeur. Who is Gerald Chipeur? Besides being a well-known constitutional lawyer, Mr. Chipeur is a director of North American Medical Emergency Services (NAMES), a company that hopes to build private "tourist" hospitals in Mexico. He has also acted for Health Resources Group (HRG), which operates a private mini-hospital in Calgary and stands to become the first beneficiary of Bill 11.

Of course, Mr. Day may change his mind about privatized health care once he is forced to wrestle with Canadians' overwhelming preference for a public health-care system. Because it seems that, even in Alberta, public health care has become one of those Canadian values that transcends politics. For even in Alberta, people on the right as well as the left and in the centre fought to kill Bill 11. Mr. Day ought to listen up if he hopes to capture the Prime Minister's Office.

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THE THORN

THE THORN

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With our third issue of the THORN, the editorial collective is getting into a rhythm. Where once we scrambled to put an issue out, now the material seems to come together in a more organized way. Story ideas and leads come in from various sources at a more or less steady rate. The THORN has become part of the culture.

There isn't an overall theme for this issue. Instead we have included a diversity of articles which have as their core value the pursuit of social justice. Items on labour relations, health and politics in Alberta continue to fill our pages. There are perspectives on the World Petroleum Congress in Calgary and the police response to it – what was perhaps the largest peacetime assembly of law enforcement types in Canada. Pieces on global trade and the sweatshop industry, mergers and acquisitions and a few diversions round out the issue.

The THORN is now at a bit of a crossroads. What started as an idea mentioned among friends at a party last fall has become reality. It is hoped that the paper has made some small difference, by attacking norms and raising issues that are not often heard of in the mainstream (and increasingly right-wing) press.

However, we can't continue much longer without the greater involvement of our readers. We know who some of you are. For the rest of you, please let us know what you think by sending us a letter. Better yet, send in an article, photo, cartoon or poem as a contribution to the content. E-mail us at: the.thorn@home.com.

We are also looking for other kinds of contributions – namely, the filthy lucre, money. The THORN is self-published. Some might call it a vanity project; we like to think of it as a voice for social consciences everywhere. The journal is completely run by

volunteers; writers and editors are not paid. In order to keep the THORN afloat as Western Canada's independent journal of opinion, we need financial assistance to defray our publishing expenses. Any contribution is welcome; if you want to chip in, write to us at the Old Firehall, 1111 Memorial Drive N.W., Calgary, T2N 3E4.

Consider advertising in the THORN for your local business or social cause. Rate sheets are available. Finally, we are looking for volunteers who want to distribute copies throughout the city. If you think the THORN is important to Calgary and to Canada, please get involved in some way. We meet on the second Wednesday of every month at the King Henry VIII pub on Stephen Ave. mall in Calgary – around 8 p.m. Join us for music, lively conversation, social activism and beer.

An Open Letter to Stockwell Day Ted Woynillowicz

Dear Mr. Day,

I would like to express my grave concerns regarding the tactic deployed by your party with regard to the elimination of the poll that was on your website last month. In the question that your party asked Canadians about how they wished to have the surplus tax money spent, the overwhelming majority selected infusing health care and social programs with the surplus revenues. At 8:10 p.m. MST of last Wednesday, August 8th, 2000, 9303 Canadians participated in your poll. Of this group, 6073 (65%) Canadians selected spending for health care and social programs, 1978 (21%) responded to the reduction of taxes, and 1252 (13%) respondents chose paying down the debt.

Clearly 65% of the respondents indicated that their

values were with increased spending in the health care and social program areas. Over 9300 respondents participated which must count for something. My questions for you, Mr. Day, are:

Why did you state in your Calgary press conference that most Canadians want tax reductions as a number one priority given the results of the poll?

Why did the poll disappear from the website (www.stockwellday.com) prior to your Calgary conference last Thursday?

When will you publicly respond to the results of the poll?

What evidence do you have that supports your assertion that tax reduction is the number one priority of Canadians?

In light of the response to the Alliance Party poll, why have you suppressed those results from the public?

It appears from an outsider's perspective that the poll was removed from the website because it did not correlate with your or the Alliance Party's agenda. Furthermore it contradicts and undermines statements made about the "agenda of respect".

I think that any fair-minded supporters of the Alliance Party will adhere to differing views such as those of the 65% of responds in your poll as stated above. In a democratic society, which you claim that Canada is, it is of vital importance to avoid suppression of views not in line with the Alliance Party. I look forward to your reply.

JESUS WAS JEWISH

1. He went into his father's business.
2. He lived at home until he was 33.
3. He was sure his Mother was a virgin, and his Mother was sure he was God.

SUBMIT!

The Thorn welcomes your submissions and letters.

Send articles, graphics or photos to :
The Thorn, 1111 Memorial Dr. N.W.,
Calgary, AB., T2N 3E4, or e-mail us at
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CRYPTIC CROSSWORD

Answers to puzzle on page 12

ACROSS
1, 6d & 23 BALTAZAR, MELCHIOR AND GASPAR; 5 TOWER;
8 STYLIC; 10 GRILLED; 11 & 21 IN FLAGRANTE DELICTO;
12 PALTRY; 13 GHOST; 15 SHOVE; 16 SIENNA; 19 IRONIC
TWIST; 20 ALBAMA; 22 SEDGE
DOWN
1 BASTION; 2 LAVOFF; 3 HIT PARADE; 4 REGENCY
PERIOD; 5 TWINE; 7 RED CENT; 9 CARITAS ROMANA; 13
GENITALIA; 14 DOWNWARD; 15 SAMFANS; 17 CAT DOOR;
18 HICUP;

The Herald Strike: What was never told

Harvey Cohen

It is definitely not honourable and dignified to take bribes and sell out one's union colleagues by killing off a union local. Yet that is precisely what the majority of Herald ex-strikers did last July. It is shameful and disgraceful. It is impossible for the public to know the details of what went on behind the scenes, so I will tell you a few things:

The public were never told about the behind the scenes negotiations and preparations for a different contract with the Herald and the writers' Union.

We had no way of knowing of the infighting amongst Union members concerning the capitulation to the Union-busting agreement.

And we did not hear of how some Union reps betrayed the workers, while others struggled with them.

What we do know, however, is that all of the people on strike, while they were on strike, made this city well aware of several facts about their relationship, and of Calgarians' relationship with the Herald:

That Herald staffers were being treated in a most brutal manner by the managers and owners of the paper.

That the public was getting tainted news.

That objectivity had gone out the window.

And that we were all much the poorer for having the kind of paper that we have, and, most likely, will continue to have.

For the strikers to let us know all this was not only honourable, but the mark of professionalism. To let us in on all of this takes guts.

It certainly causes grief to anyone who has ever cherished justice and freedom and fairness that the Union has been broken. The end of the strike was not honourable and dignified. To allow an outcome that will allow the paper to continue to treat its workers like dirt is hardly dignified, just or good.

When the strike ended both sides were one week away from putting the finishing touches on a contract. Just one week! The contract proposals were in place and the strikers saw them at a meeting. All that remained was for Union negotiators to return to the table to smooth a couple of rough edges. For a first contract in Alberta negotiated under Conrad Black's despotic reign, what was presented was an acceptable contract. Gail Lem, one of the Union national reps, spoke up and said the national Union firmly recommended that they pursue this contract and that it was unheard of for a union to commit suicide at the request of the employer and take bribes to kill itself off.

Not all the Union reps were as dedicated as Gail Lem. Andy Marshall, the President of the Local Union, was furious with Gail for recommending the Union NOT commit suicide. The bargaining committee

members wimpily stated they would remain neutral or risk a conflict of interest. Of course! They'd decided to sell out.

At the beginning of the strike, in front of the Herald security guards who were taping her conversation, Lisa Dempster, a Union bargaining committee member, tried to explain why she thought that decertifying the Union was the only way to end the strike. This supposed that unionists' words were probably brought to management by the goon-guards and became the basis for the capitulation by the local Union headed by Andy Marshall.

Joy Langan was the Union rep dispatched from British Columbia. She objected to two strategies that we know of. The first was that David Heyman, a scab, was telephoned after he mused publicly about the possibility of filing his stories electronically using a modem. That scab was told that it was unethical to cross a picket line "electronically". His home would be picketed if he did, he was told. The second was that because Aimee Shapnicoff boasted that she was a scab and proud of it, her home too should be picketed. Joy Langan informed the would-be non-union pickets that this was not their paper, was not their struggle and that they should butt out. The pickets at the homes of these two scabs were called off so as not to bring further stress to Union members. If the Union leadership had been more open to more effective tactics from strikers and the public, the outcome may have been different. Next time they should try the Teamsters or the CAW. They know how to get things done.

There are about 30 strikers who,, having no choice, went back into the Herald without a contract. They were hurting financially. Since they were newcomers to the Herald they would not get the big pay-off that long timers were induced with. They are professionals and they grieve that Calgary will be the poorer for not having a professional paper. They intend to put out the quality of writing they always did before, yet they know that they will not be allowed to. They will be doing this while suffering, unprotected by any contract and abandoned by their colleagues who sold them out to the vengeful wrath of Gaynor, Menzies and the scabs. Their only consolation is in knowing that they were not part of the dishonourable and disgusting resolution to this ugly strike. To have their work now disparaged and off-handedly filtered and published along with the dreck the scabs produce is too much to take.

PAGE 3 SCRATCH & SNIFF

This is Jenny. Jenny does contract work. She was last seen hanging around World Petroleum Congress meetings — "by request" she adds proudly.

MEDIA/POLITICS

Please Police Me, Oh Yea

David Climenhaga

I was on the picket line at the Calgary Herald. I watched the Calgary Police Service (CPS) response to the boisterous antics of some of the supporters who had joined us. Many times during this long strike, I was struck by how the tactics used by the police tended to increase the possibility of violence and disorder rather than decrease it. (Perhaps this is something to think about in the context of the World Petroleum Congress when Chief Silverberg tells us why she had to shut the downtown down.) I was also struck by how some individual police officers disapproved of their own department's tactics, and this gives me hope that there is a professional core in the CPS that can be built on in positive ways for the future.

What happened many times throughout our strike was that peaceful picketing activity began to be marred by anger and the threat of violence when the police barged in and pushed picketers around. I watched this time and again. I have never seen violence and seldom even heard strong words between security guards and our picketers when the police were not on the scene. The trouble invariably began after the police arrived. Certain officers were much worse than others at provoking problems.

One reason may be that the security guards are emboldened to act aggressively when the police are acting aggressively. Another may be that some police tactics offend picketers. Example: Police officers would form lines on either side of the exit from the Herald parking lot and allow groups of 15 or 20 cars to depart. We striking CEP members were not allowed to make even the single pass in front of each car that the Labour Board had said was our right. And I guess the question must be asked: If we have a right to make that pass, and to maintain a peaceful legal picket line, why are the police interfering with that right?

But the fundamental reason for this situation, I believe, was the amateurish and poorly thought-out response of the CPS to the inevitable tension that occurs on a picket line. What this tells me is that the police haven't used their heads to think about how to deal with such situations.

What gives me hope is the comment of the police officer mentioned above, who took me aside, apologized, and told me that he believed the tactics being used by his own department were completely inappropriate to the situation. (Naturally, I'm not going to identify him, for I'm sure the wrath of his department would come down on his head for saying such a thing to a marginalized and criminalized picketer.)

So, what can we do about this? As a taxpayer and a homeowner in the city of Calgary, what I want from my police department is protection from civil disorder, not a contribution to it. *(continued on next page...)*

(From previous page...)

My suggestion is that the police set up a real labour squad led by an officer with some training in labour relations. (Such people do exist, by the way, as I am sure the CPS personnel department knows.) The first task of this officer should be to sit down with other police departments and ask them how they handle such situations. A good, and inexpensive, place to start might be the Edmonton Police Service, which in labour circles has a reputation for a much more professional and even-handed approach to this sort of problem than does the Calgary force. Later, officers on the squad could talk to employers and unions who have gone through strikes.

From these consultations, a strategy could be developed that would minimize the potential for lawbreaking and disorder on picket lines, and balance the rights of strikers to express their opinions and maintain a legal picket line with the right of companies to do business during a strike.

This would be a far better use of my tax dollars than having the police helicopter shine its spotlight on our picket line, or painting POLICE on the side of a provocative and dangerous armoured personnel carrier, or having police in storm-trooper uniforms seal off huge areas of public space to prevent the free expression of legitimate opinions by a group of completely non-violent young people.

The Calgary Herald strike has ended. But it will leave a legacy. Many of us strikers—mature, law-abiding, tax-paying citizens with a stake in our community—have had our image of the CPS irrevocably changed. I had always thought of our police department as supremely professional, and tended to assume that their requests for more of my money were entirely legitimate. No more. They are going to have to earn back my trust, and a good place to start would be by trying to develop a more mature and responsible way to deal with labour relations conflict.

An excellent analysis of what happens on a picket line. I too was heartened by the actions of, and my conversations with, the new recruits who seem genuinely concerned with the actions of their own commanders as well as a real concern for the quality of information that Calgarians must make decisions based on. One officer confided that the Herald totally made up a story on the Sunday opening ceremonies of the world Petroleum Congress at the Jubilee Auditorium. He was concerned that if the people of Calgary get their analysis from this sort of reporting, a greater risk to society ensues than is possible from delaying a few cars a few minutes. The officer in charge should be fired. He told me that the strikers had every right to stop each car and make their point. He just could not figure out how to allow this without inconveniencing the drivers farther back in the exit and entrance queues.

Harvey Cohen

Police, Police me, oh yea! (B side) Harvey Cohen

Christine Silverberg is the first woman Chief of police to be run out of town. Good riddance!!! Our head law-enforcement officer has poorly served Calgarians. She came with a message of the police having to work within society to solve both social and crime problems. She talked about putting more resources into social programmes in order to alleviate the resources that would be necessary for police work. Silverberg even insinuated that the police might even be able to function with less money if community programs helped ease the burden on the Calgary Police Service. She said that her goal was to eliminate the causes of crime: poverty, homelessness, and violent atmospheres. She failed big time.

Silverberg's tenure was characterized by a "War on Youth". Skateboarding was banned in the downtown. Special units were initiated to smash youth gangs. Raves were curtailed. Protests were banned. Squeegee kids were hassled. Youth poverty rose to an all time high. Street kids and homeless kids are everywhere. Social programmes have been reduced to cops accompanying social workers and detaining young people without due process, a practice struck down by the courts.

We wanted so much to dispel our redneck reputation that we flouted Silverberg's sex to all who doubted. Calgary is not redneck, we would boast. We have a female chief of police. We demanded respect for our coup over the seemingly more tolerant societies in Montreal, Toronto, Vancouver and Winnipeg.

Two events happened to change all this. The first was the Herald strike. Our police force lost the respect of Calgarians when the Police service took it upon itself to fight the fight for the employers and to be absolutely brutal on the strikers. The police officers who prevented strikers from delaying cars for the amount of time the Labor relation Board said that they could were acting illegally. Their actions earned the contempt of the citizenry. Their heavy-handed tactics caused stress within the force. Morale on the force is extremely low.

The second event occurred when Silverberg put her charges to work for Jim Gray, the head honcho for the World Petroleum Congress and Hunter Exploration. As the sheiks and the oil barons from Arabia, Houston and Nigeria were promising to descend onto Cowtown, Gray declared that "[The protesters] are hijacking my city". Something had to be done.

Try as the police force did to find the hijackers that Gray alluded to, none were found. Every word from everyone, activist and conventioneer alike, affirmed a pledge to cause no damage, to be well behaved, to learn and to teach. This was a tough assignment. The hijackers just had to be found. Silverberg ordered her men to cajole building owners into hiring guards to deal with what was to come. Community Associations were menacingly grilled as to their security arrangements. The citizenry was told that something

big was about to happen. And we had better listen to orders from authorities. There was to be zero tolerance. The Police were to be in absolute total control of the downtown and other strategic locations. They were ready for anything and everything that Gray's hijackers could deliver. Problem was, still no hijackers could be found. No one threatened anything. On the surface there did not even seem to be a threat. Obviously, these hijackers were professionals.

A professional response was required. Police from Medicine Hat, Red Deer, Edmonton, the RCMP from across the country were dispatched the alleged site-to-be of the hijacking. Barricades were erected to surround the downtown, the City Hall, the Jubilee Auditorium and other strategic locations. Manholes were welded to the streets. Newspaper boxes were removed. Police in battle gear manned these barricades. Roads were closed. Pedestrians were barred from the hot spots. Nothing happened. And would you believe that the cost for all this was around \$2,000,000?

Christine Silverberg was so proud of the way she handled the threat from these hijackers that she quit the force. She thinks she will bring in the big bucks by advising other jurisdictions in underdeveloped regions on how to handle similar threats. We quickly accepted her resignation.

From a Press Release issued by the Friends of Medicare...

In [a] meeting between Friends of Medicare (FOM) delegates and federal Health Minister Alan Rock, [the Minister] agreed that there is a severe shortage of public MRIs and that this shortage has created unacceptably long wait lists for many important diagnostic services. He also agreed with FOM when they said that the Alberta government has created a market for private MRIs by under-funding public facilities, and he [gave assurances that] he would take action against private MRI clinics.

In response to the minister's request that FOM provide him with solid documentation of queue jumping, FOM sent out a public appeal asking Albertans who felt forced to buy private MRIs to call [their] 1-800 number and tell their stories. Although outreach efforts were limited by financial constraints, the public response was astonishing. Within one week nearly 100 calls [were received].

FOM volunteers compiled a file of the 37 strongest and most well-documented cases which were couriered to Minister Rock on July 24/00.

The case studies represent a cross-section of age and medical condition. What all people have in common is that they have been let down by the Alberta health system because:

(See Bill 11 on page 12)

We left our house and walked toward the river. I was with my fifteen year old son and a friend of his, and we were on our way to meet up with others for the march to the city centre. We didn't quite know what to expect. Much had been made of this action in the media. Indeed, there were video replays of similar actions from different cities across the continent, always emphasizing the violent confrontations between the police and tactical squads, and the rioters.

Rounding the corner to reach our destination we were elated to see the number of people waiting for the signal to march. We were so relieved to see the three or so thousand that milled around the square, talking and laughing. We belonged here, the three of us; we'd made the right decision to join. Familiar faces beckoned, and I spoke to old comrades, hugging some who had traversed so many years from our last contact. I felt warm and proud on behalf of everyone gathered there.

At last we started out on our journey into the downtown core. It was a sober event, yet it was approached with joy and determination. On occasion we would come to a halt and some street theatre would be played out, or cheerleading even; people walking along the street would be encouraged to join in the procession, since the cause was something that impacted on everyone of us.

A curious feeling came over me as we walked, being directed by the police as to where and when we could move. The feeling was somewhat disconcerting because it reminded me of lambs being led to slaughter, and of old newsreels of disembarking prisoners at German train stations on their way to the camps. I took pictures along the way, not saying a word of these thoughts to my son and his friend, or to any of the friends I stumbled upon during the march. This was supposed to be a positive voice for change after all, not the march of fear-mongering malcontents, forever fearful for their lives.

As we neared the end of the march at Olympic Plaza, the point of convergence as it were, the number of armed and heavily armoured police multiplied. All around us were the helmeted "protectors of society". During the march there were many police on their bikes, riding alongside us, like sheepdogs guiding and encouraging us to stay on the path. This was different however; the tone was darker, and even though the marchers continued on their course it seemed as if an ominous cloud was hanging over us, waiting to descend.

We marched into the Plaza. People took their places wherever they could, lining the theatre bowl setting, filling up the floor area. I sat with my son and his friends (he had met up with more during the walk), and observed. I looked around, seeing the dark green fencing, the barricades intended to keep us out of the shops and offices we had always had access to, at least until this day. . .

We were suddenly the enemy it seemed, and the police were there to make sure we knew it. This was truly a police state, something I had never been witness to, at least in my own country. I had lived in Mexico for a brief period, and I had experienced the sense of oppression during some of the protests that took place during my stay there. We live in a democracy I screamed inside, though looking around one would never know it.

Is this what Canada has descended into? Has Calgary just become initiated into the New World Order? What have we allowed to happen here, beyond the obvious suspension of our rights of access to our downtown shops and offices, the cordoning off of a large segment of our downtown, the

demand for identification and questions as to whether we have legitimate business within the segregated area?

The presumption of violence and mayhem by those few who, on this day, had exercised their right and duty to question the direction being taken by their own country was too much to take in, especially when government and multinational corporate interests were being feted behind the fences protecting them from a segment of the very populace they sought to undermine for their own selfish agenda.

Since when, as a government and nation, have we become so undemocratic that we attempt to crush the voices that speak out over issues that impact everyone of us: the increased destruction of our environments; the mass cultural genocides; collusion with megalomaniacs? Clearly Canada is no different in its approach to the concept of globalization, and woe fall upon those who dare to differ! As Canadians we cannot allow these thugs to run roughshod over what we identify as part of our national identity, as compassionate and social beings who give priority to well-being and peaceful coexistence, as well as consideration to a protected and secure environment.

It is difficult to live these beliefs without outside interference, especially when the media work daily to subvert all that we assume to be true and factual. This became abundantly clear over the previous weeks, when, in preparation for the World Petroleum Congress, newspapers and TV stations played and replayed videos and stories of what took place in Seattle, instilling in Calgarians the fear of lootings and rioting in their own city. The fact that the city police openly discussed the need to better equip themselves in preparation for the radicals and terrorists intent on causing disruption, leaving in their wake a gutted downtown, was truly unsettling. Who wouldn't react with fear and outrage at the thought of such an element, and who wouldn't insist that the police and government take whatever action necessary to ensure that such things don't happen?

The reality however was far different. The fact that Calgarians succumbed to such trickery at the hands of the media, politicians, and the corporate machine speaks volumes. This was once a people who believed strongly in their nation, their society, who would sacrifice their lives so that future generations could live freely and securely, protected from those who would threaten their existence.



Those days have disappeared. There now exists a movement to further erode everything we've held dear, replacing it all with that which threatens us; the destruction of all of our social nets, our environments, our belief systems. The leaders we have elected have done much of the damage, in

conjunction with the ones who have placed them there. We now have puppets running our country and our provinces, eager to please their master, big business, and it isn't getting any better, if Calgary is any indication.

So Calgary has welcomed the World Petroleum Congress with open arms, and a cheery "Howdy". The delegates seemed to feel that the protests were not a problem, which some have indicated was the result of a "pro-active" response by the police. The massive police presence coupled with the arbitrary removal of basic human rights for the average Calgarian proved to be terribly effective in keeping out the "riffraff" element, so the business of environmental rape and human abuse could continue unchallenged.

But were the protesters ever a threat, in reality? They had long maintained that they were promoting the slogan "Protesting Violence, Not Violent Protest", and there really wasn't any reason to doubt that, regardless of the propaganda designed to fuel the fear of confrontation. When a city alderman responded to a question of compensation for downtown businesses who lost money due to the barricades erected to keep people out, he said that since it was the fault of the protesters that the barricades were put in place they should be pursued, and not the city. Yet it was the city that chose to erect these barriers in the first place, without actually looking into the issue with an open mind. This was not a "pro-active" stance, but rather a pre-emptive one.



There is nothing inherently wrong with protests, or other forms of opposition to what is going on around us. This is a right we all have in Canada—an important one—that more people should utilize for fear that it be taken away. There must be a mechanism in place to allow, or rather, promote alternative views, and this should ideally come from the top down, since the government is supposed to be representing us. . . "we the people". Since it is clear that such a mechanism is *not* in the best interests of those in power, it falls upon us to insist that it be there, and to use it as often as is necessary, if only to protect all that which is precious to us, collectively.

There has been a noticeable rise in unrest and protest over global issues over the last number of years, which is likely to intensify, rather than lessen. The fundamental reason for this is that the concept of globalized economics has done nothing for the people and nations so affected, except in a negative sense. The idea of trading national debt loads for access to (or outright ownership of) precious national commodities is the worst form of pimping possible; it trades off of the bodies and spirit of entire countries, for virtually nothing. The attempted wholesale selling off of the fresh water of Bolivia to a multinational corporation is an indication of just how mercenary these actions have become. Were it not for nationwide protests and demonstrations, against the aims of the Bolivian government and the introduction of marshal law during this period, they would have failed. Instead, . . . the people of Bolivia

stood up and said no to the government and, against all odds and the violence that ensued, they won back their water.

Here in Canada we crow about how wonderful the police were in squelching a possible riot situation, somehow believing that this shows that we are in control. Those who have been chosen to represent us through the electoral process show no real power when they stop being our representatives



and become the puppets of elite corporate interests, and the lack of a true form of democracy in Canada ensures that this situation stays that way. It matters not the names of the parties, be they Reform, the Canadian Alliance, the Progressive Conservatives, Liberals, and perhaps even the NDP, they've all sold us out. We can't even insist upon barring the sale of genetically engineered products in this country, let alone the labelling of such products; our leaders push legislation through in spite of legitimate health and ethical concerns. The industrialization of "protected" wild spaces by the province is again done against the public's legitimate concern.

What the hell is going on, that we can't even have a voice within our own government? Where are our hospitals? Where is our right to walk through downtown without either being asked for identification or refused access? Where are we going, and what are we becoming, as individuals and as a nation?

Playing up national pride while borders are being realigned to reflect private economic interests over cultural and social individuality is occurring while we are seemingly asleep, except it isn't so much slumber, but complacency and apathy that has overtaken us. Europe is now one giant buying power, instead of a collective of uniquely different nations. And we are a part of the North American Free Trade Agreement, a document that binds us to the whims of the U.S.A. as to how and what we may sell or do, culturally, economically, ethically, etc.

When "New Europe" decided to ban the sale of hormone infested meat within its borders the U.S. decided to retaliate. There is a fight going on right now as to whether the E.C. will acquiesce to the demands of North America regarding the sale of genetically engineered products—something that North American businesses have invested much time and money into. All the while European and North American interests continue to plunder the have-not nations, be it Somalia or India, Nigeria or Bosnia.

We are in need of our voice; it's all we have. If we do not learn how to speak up again we will succumb to all that is going on around the world—the erosion of our rights as humans, as individuals and as animals. These rights are being replaced with the rights of business, the rights of commerce and the rights of these businesses to grow unchecked, protected by the very people charged with looking after *our* interests. When we give up our right to look after ourselves, and give that responsibility over to someone else we lose everything; Calgary and its handling of the World Petroleum Conference illustrated this perfectly.

"Buying is better than building." That's how Darren Entwistle, CEO of Telus Corp., summed up this week the rationale behind his company's \$4.6 billion bid to take over Clearnet Communications Inc., thus vaulting into the lead of Canada's cellphone business.

Entwistle's synopsis of his business plan was unusually blunt. But the evidence is clear that his recipe for corporate success is widely shared in Canada's business community.

In 1999, Canadian companies were involved in mergers and takeovers totaling \$178 billion—an all-time record, according to investment bankers Crosbie and Co. In contrast, Statistics Canada reports that Canadian businesses spent only \$163 billion on new real investment projects (including residential construction, commercial and industrial buildings, and machinery).



For the first time in history, then, Canadian companies spent more last year on "buying" than they did on "building." Most seem to believe there is little point going to the trouble of expanding their own businesses through new investment, new facilities, and new employees. It's much easier, and splashier, to simply buy out someone else.

Matters will only get worse this year. Driven by deals like the monster merger between Seagram Co. and France's Vivendi, Canadian M&A (I think this means mergers and acquisitions—BD) activity soared to \$149 billion during the first six months alone. That's almost twice as much as Canadian businesses spent on real investment during the same time.

How do we make sense of the business community's rush to the corporate altar? And while every merger promises a brave new era of "synergies" and "dynamism" for the companies involved, what does it all mean for the economy as a whole?

The run-up on the stock markets is a major factor in the merger boom. With the paper value of companies inflating with every new market high, otherwise-expensive acquisitions start to look cheap. This is especially true when the takeover can be financed by issuing new corporate paper, rather than old-fashioned money.

This is fine as long as the market keeps rising. If and when share prices turn down, however, the free money dries up. Worse yet, investors and bankers suddenly start to worry about a company's debts when its share price is falling. The current

merger-driven inebriation in boardrooms, therefore, could very quickly turn into a wicked hangover when stock markets start to backtrack.

There's another connection between Bay Street and the merger boom. M&A brokers can earn commissions of up to 2 percent of the value of a successful merger. These can be worth hundreds of millions of dollars for a blockbuster deal.

No-one on Bay Street gets a big bonus when a company decides to build a boring old factory somewhere, maybe even hiring a few extra workers. But the Porsches and Jaguars really start to move off the lots of Toronto-area dealers when the orchestra strikes up the corporate Wedding March.

Ironically, the trend toward corporate consummation—and concentration—is itself a result of the general increase in the intensity of business competition in recent years. With free trade, deregulation, and the internet, companies feel the

competitive heat more than ever before. A tried-and-true business response to the threat of competition is to take over the competitor: if you can't beat 'em, buy 'em.

The rush to buy out promising high-tech start-ups is similarly motivated by a fear that new innovations and technologies might fall into the hands of the enemy. Consequently, the dream of most high-tech entrepreneurs is no longer to become another Bill Gates or John Roth—but rather to be bought out (at suitably inflated prices) by Bill Gates or John Roth.

The implications of the merger boom for the rest of us, however, are questionable. The effect on real efficiency and productivity is dubious. After all, a corporate takeover is about a transfer of control over existing assets, technologies, and employees—not about the

creation of new assets, technologies, or jobs. A merger may make sense for one particular company, but it is often hard to see how it does anything for output and productivity as a whole.

Repeated studies indicate that cost savings promised during mergers generally remain unrealized, and there is seldom significant improvement in the real performance of the merged entity. This doesn't stop the brokers and paper-chasers from getting their slice of the action right off the bat. But subsequent operational problems and uncertainty can plague the real business, its employees, and its customers for years to come.

In Canada, another certain outcome of merger-mania is a notable increase in foreign control of key corporate assets. Pulled in by a 68-cent dollar, foreign investors have increased their control of our economy to its highest point in three decades.

So on the whole, it's hard for most Canadians to share the exuberance of Darren Entwistle and the other CEOs who have bounded to the podium to announce yet another corporate marriage. Like others, the Telus-Clearnet merger promises "synergies" and "opportunities" for the corporations, and hefty commissions for the brokers. But will anyone get a job as a result? Will our collective incomes grow? Will our cellphones work any better?

Perhaps it's time for our captains of industry to put a little more attention into "building," and a little less on "buying."

The Joys of Transit

Pat Bolt

During the morning rush hour, when it works efficiently, the Calgary Transit system is a joy to behold as its buses and trains speed downtown workers to their various destinations in fifteen minute intervals. Unfortunately, however, for the rest of the day the remainder of us have to deal with waits of up to 45 minutes between bus and train connections. A trip by bus and train can take more than an hour, whereas the same trip by car takes only 15 minutes. Needless to say I can understand the reluctance of car drivers to give up the convenience of driving to their destinations.

There are other considerations though. A large number of the population either cannot afford a car, or, due to age, can no longer drive, and therefore have to rely upon public transportation. Apparently it wouldn't be cost efficient for the City to add an extra bus on each route in order to cut down the waiting time – or maybe even use smaller buses. I think there is at least one alternative that could raise extra funds.

Take, for example, all those empty pop bottles and cans. What am I talking about? The other day a young boy mounted the bus carrying a can of pop. The bus driver told him not to open it until he left the bus, pointing to the No Food, No Drink sign. The boy assured the driver he would concur and moved to the back of the bus. The driver returned to reading his newspaper while the boy promptly opened the can and proceeded to drink the content. The sound of the can being opened clearly echoed to the front of the bus where I was sitting – and the driver totally ignored the situation. I often see passengers who choose to ignore the signs and bring bags of donuts, sandwiches and cups of coffee on the bus. I get very annoyed when drivers do not enforce the regulations. It's not pleasant to find your seat, or the floor beneath your feet sticky with spilled residue. My suggestion is that if bus drivers are going to permit this, why not install a basket for empty bottles and cans and use the money received from recycling them to improve services.

Another annoyance are Walkman offenders. Many of them are teens and they usually have their

feet propped up on the seat opposite them. These ignoramuses are either partially deaf or totally oblivious to the fact that some of us don't particularly share their choice of music. The volume is often turned up so much, that it is difficult to carry on a normal conversation or read in peace. When several Walkman offenders are present, be it on the bus or train, it can become quite annoying for everyone.

It would be nice too, if all the train ticket receptacles worked properly. Nothing is more irritating than to have to try several before one of them will accept and punch your ticket. By that time the corners are too badly warped and the only alternative is to reverse the ticket. At this point you've most likely missed your train.

I must give credit though where credit is due. Most bus drivers are both friendly and courteous, and extremely helpful to newcomers who are not familiar with the transit system and routes. These drivers should be applauded for their efforts.

Open to the Public: City Toilet

Logan White

I've always said the City of Calgary is a toilet. But I've always related that to money – money wasted, down the drain so to speak. Well, no more. Now I really know City Hall is a toilet.

Have you ever wondered why the north door to City Hall (the sandstone building) is not open to the public? You can leave via this door, but you cannot open it. One day I just happened to notice an employee open the door with her key card, so I decided to follow her in. I wish I hadn't. It's not what's beyond this door, mind you, it's getting to the door. The entryway to this particular door absolutely reeks, and it's not just pee.

I entered – I had to, just to get away from the smell. I then spoke with a security guard and mentioned what I had just encountered. He just shrugged his shoulders and said it's been like that for a couple of years now. A couple of years and no one has done anything about it? Well, sometimes, maintenance hoses it down. Hoses it down? Well, sometimes the police monitor the situation, or if we happen to notice and call them. Perhaps there should be motion lights – bright ones – when someone goes into this entranceway. He shrugged again, and walked away.

And that gets us back to money, doesn't it? Money to refurbish this stately old sandstone building just to have a portion of it used as an outdoor toilet. What a waste.

Dreaded Dubya

L. Greene

American presidential elections are always a fascinating mix of power, corruption, desperation, and simply bizarre behaviour. This year's is shaping up to be a doozy.

George W. Bush, or "Dubya" as he is not-so-fondly referred to among certain media types, is becoming more of a joke each day. Earlier in the year he was touted as a shoo-in for president; lately he has lost considerable ground and is scrambling to maintain his position.

Recently he has reinforced his image as a policy lightweight. He is attempting to shy away from the traditional substantive televised debates, knowing that Democrat nominee Al Gore has a reputation as a killer debater. Instead, Dubya wants to insist on a "fireside chat" format, where real policy issues can be sidestepped in favour of his frothy pronouncements on "compassionate conservatism". This from the "hanging Governor" (or should that be "frying Governor"?) who has put Texas in the uncontested lead as the state which most often executes death row prisoners.

The internet is turning out to be an interesting way to monitor the election campaign. Check out the two leaders' websites: al Gore2000.com, and georgewbush.com. Gores focuses on policy; Dubya has a shopping link to his campaign store. You can get GWB mouse pads, sweatshirts, even bottled water; not sure what the message is there—could it be to remind us that he has ice-water in his veins?

The biggest hoot is the 'W is for Women' theme on his t-shirts. Please! This from the guy who is anti-choice, anti-affirmative action and pro-HMO.

It's hard to believe in the credibility of a presidential candidate who supports tax cuts for the rich, wants to bleed the public school system to provide charter schools for elites and, perhaps most disturbingly, supports faith-based initiatives. There's a whole web page on this Dubya original concept. Essentially, he wants to undo the separation of church and state (which is a founding principle of the American constitution), and give religious groups more power and federal tax money to carry out all kinds of activities. These include providing faith-based social services and running private prisons. I wonder if the Ku Klux Klan fits into the faith-based groups supported by Dubya. After all, they have faith in something.

Can you imagine the scenario with Dubya in the White House and Stockwell Hayseed in the Prime Ministers Office? I can see it now: the saints come marching in, guns are fired wantonly, bad guys get executed (they deserve it anyway, right?) and millions of unwanted babies are born in a celebration of compassionate conservatives uniting the right.

I've long thought that Canadians should be able to vote in U.S. elections. After all, the decisions and policies of their government have a much greater impact on our lives than those of our domestic government. In fact, everyone in the world should be able to vote in an American election, since the U.S. is essentially responsible for the entire gamut of world's affairs.

Well, in fact, there is something a few Canadian residents can do. Americans living outside the U.S., or with dual citizenship, can vote in the November presidential election. If you're an American in Canada reading this, please vote- for someone other than Dubya. Canada needs your help. We can't help ourselves on this one.

Fashion Victims

Darcy Sheridan

I own a lot of clothes. I admit it, I'm a bit of a clothing addict. I love shopping and finding stuff on sale. I never pay full price, because I know the markup on clothing is well over 100%. I purchase a lot of used clothes as well, swelling my closets and dresser drawers with items which cost no more than about \$3. I own at least 20 coats and jackets - so many that I can't fit them all in the front hall closet.

However, in recent years I have begun to refrain from purchasing clothing manufactured in certain



countries. It started with China, and Tiananmen Square. Before the 1989 show of Chinese military force over students demonstrating for democracy, I had little knowledge of the widespread abuse of human rights in China. I decided then that, from an ethical point of view, I wouldn't buy anything made in China - especially clothes.

However, finding items that aren't made in China is next to impossible. Since the liberalization of trade with China under Chretien and Clinton, these goods overwhelm domestic products in numerous categories, especially clothing.

I try to purchase items made in Canada whenever possible. It's sort of an economic patriotism thing, I have been told: keep jobs in Canada. But there are very few clothing items manufactured in Canada at all.

I recently sojourned through the racks at Winners, a discount clothing and household goods retailer. Winners' main attraction is their large variety of product and low prices. In the past, I found most of their goods were labelled "Made in USA." However on an August, 2000 shopping trip, stock was offered which was made in Bangladesh, Malaysia and other third world countries. Some items were labelled "made in Korea." Is that north or south Korea? One of them is

a modernizing country; the other a brutal dictatorship. It makes a difference to me which country it came from.

I also shopped this past summer at Reitmans, a Canadian-owned women's clothing retailer. I was appalled to look at a pile of \$10 t-shirts which were made in a variety of remote third world countries, including China (of course) and Burma, also known as Myanmar. This was shocking; Burma has one of the worst human rights records on the planet, and good old Reitmans is selling t-shirts made there? I may like to buy my clothes cheap, but not at any price. Wal-Mart Canada has also been found sourcing products in Burma. Although they have stated that they will not continue to use Burma as a source, they are committed to selling the remainder of their stock which

was acquired in Burma to Canadian consumers. (Globe & Mail, June 2000.) A major boycott campaign against Wal-Mart in the U.S. is being waged by the American group, the National Labor Coalition: check out their website at www.nlcnet.org.

According to the NLC, Nike, Adidas, Keds, Liz Claiborne, Ralph Lauren and the Gap are some of the companies selling high-priced goods in North America which were made in sweatshop conditions in Asia and Central America.

NLC's reports indicate that sweatshop workers in China and Latin America are paid extremely paltry wages; 54 cents per hour, 26 cents per hour, 14 cents an hour; 8 cents an hour; how low can it go? As well, conditions inside the factory are inhumane - temperatures of +90 degrees F, limit of two washroom breaks in a 14-hour shift, long shifts for 7 days a week, no paid holidays, and so on.

Is it wrong to purchase clothing made in third world countries? If you believe Anita Roddick of the Body Shop, it's "trade, not aid" that will enable the third world to grow economically. But simply being flush with money does not ensure that third world countries become safer or more democratic, or that

CHOICES

enforced child labour doesn't continue. Nigeria, Sierra Leone and Indonesia are examples of countries with wealth in natural resources, but dreadful social and labour conditions.

The flip side of "trade, not aid" is the argument that labour groups in North America which try to establish boycotts of cheaper, foreign-made goods are in fact nothing more than protectionists, trying to stem the flow of imports which threaten jobs at home. Are we not perpetuating the third-world status of these countries by boycotting their products?

Beyond clothing, there are numerous consumer items which are manufactured in developing countries where extremely low wages and oppressive working conditions prevail. Toys, sporting goods (like soccer balls), electronics, household wares - the list goes on and on. Next time you look around in a dollar store try to find an item that wasn't made in China. If that item can be manufactured and shipped thousands of miles around the world for sale in Canada and still only cost \$1 (or \$0.67 U.S.), how much could the factory worker have been paid to make it?

The issue of third-world working conditions raises many questions, for which there are no clear answers. Is it wrong to buy clothes second-hand that were made in countries known to use sweatshops, child labour and forced labour? Is it wrong to purchase items made in Canada from a retailer which also sells products made in countries with poor human rights records? (One would never be able to buy anything again if this were the case.)

The reality is, we as North American consumers really have no way of knowing whether goods we purchase that were "Made in China" (or Honduras, El Salvador, Indonesia, etc.) were made in safe working conditions or in an exploitative sweatshop. The NLC is working on another campaign, called the "Holiday Season of Conscience". Conducted over the past two years, the campaign will continue this year with a commemoration of Human Rights Day on December 7, 2000. As we proceed towards the inevitable "season of consumption" that begins right after Labour Day and continues to New Years Day, perhaps we should take the time to consider whether the gazillions of consumer dollars spent on gifts and self-indulgence during the holiday season are in fact propping up human rights abusers and supporting harsh working conditions around the world. As for myself, maybe I don't need any more coats.

There are a number of resources on the web which monitor clothing manufacturers operating sweatshops in offshore locations. Some good links include: Maquila Solidarity Network: <http://www.web.net/~msn/index.htm>

Canadian Labour Congress: www.clc-ctc.ca

Sweatshop watch: www.sweatshopwatch.org

Corporate watch: www.corpwatch.org

However, details posted on the web are, like all web-based information, basically "unverified."



The Human Body in A Canadian Winter

or Why can't we just hibernate as more practical-thinking mammals do?

Daniela Lindner

Every year, global warming or not, with the end of August it becomes crystal clear: summer is giving way to Fall. And we all know what that means. Unlike Europeans who can look forward to a slow turning of the leaves, wine harvest and other pleasures, Canadians prepare themselves for that one afternoon, usually sometime in September, when Fall puts in an appearance. The next morning - bang, we have subzero temperatures and snow! Our bodies survive the shock by being bundled up and fed "goodies" like chocolates, nuts and other fattening foods all through winter. The essential act of fattening up is not such a bad idea as we can see with our fellow mammalian friends, the bears, squirrels and mice. Unlike them, however, we do not stop at some point, but continue to excess. Our bodies happily store the extra calories and whatever else we choose to feed it, creating an environment that becomes congested and toxic. Since we don't move much or go outside a lot in winter, our bodies turn into a perfect breeding ground for all kinds of diseases.

Viruses, for example, which happen to sail by our nostrils, gain easy access and find a virtual paradise in which to "set forth and multiply". The consequences of their happy carousing are the dreaded cold and flu epidemics that we suffer every winter. What can be done to avert this catastrophe? Fortunately, all is not lost and we can actually have some fun while preparing and maintaining our bodies through the dark and gloomy days of winter. Here are some suggestions as to how we can be good to our bodies and still eat almost all we want.

Whenever you can, eat locally grown food. In today's world it is very convenient to buy fresh apples and oranges, cauliflower and carrots, and much more year round. Unfortunately almost all come from California. My word of advice is to eat meat, fruits and vegetables that come from where you live. Our ancestors literally "used to live off the land". You ate what you grew. I know that in today's society that is not always possible. What you can do, and it does not need a lot of organizational talent, is buy vegetables, such as locally grown peas, from the Farmers Market and freeze them for the winter. I parboil mine and freeze them in dinner portions.

Make sure you drink plenty of water, especially in winter. Our overheated homes just add to the distress the body experiences when it is dehydrated. You may think, "Bah! What is a couple of glasses of water!?" I can tell you from personal experience that drinking up to 8 glasses of water per day, not only hydrates your body properly, it contributes to nutrients being carried efficiently to where they are needed and wastes being excreted expediently.

If that damn old flu or cold has gotten to you, you can still fight it successfully.

Chicken soup is very good for you, because it contains magnesium that in turn stimulates the immune system (by activating white blood cells, for those of you who really want to know), which will get rid of the virus "party animals". If you don't like the taste of chicken soup you can dilute it up to 200 times and it still helps. Just make sure it's hot!

Generally a vegetarian diet that is high in fibre and free of mucus-forming foods, such as bread and dairy products, can eliminate and prevent colds and flus. Freshly squeezed raw juices contain enzymes that help fight infections. Some examples are bromelain, found in pineapple juice and beta carotene, found in carrot juice. If you crave Vitamin C, use parsley which has three times the amount of any citrus juice.

Other ways to build up resistance include the following herbs as teas or in tincture form: echinacea, goldenseal and chaparral. Take them at the first sign of sinus congestion. Echinacea, by the way, is probably one of the most studied herbs, next to St John's Wort. It detoxifies the blood and works as an immune system builder. You can take echinacea all winter long if you like. The German studies that are the basis for the advice to take echinacea only on certain days had been translated improperly. If you take echinacea for the first time ever or after a long pause, it takes your immune system about ten days to get adjusted to this excellent herb. Zinc can be taken at the first sign of a scratch or tickle in your sinuses. If you are already on your way to a full blown cold, you can generally forget the zinc. Onion poultices applied externally to the neck and left overnight may not smell pleasant, but will draw the infection out. For all you people who love nasal sprays to clear you sinuses, I have got something that works just as good and is natural - horseradish. Try this: horseradish and a drop of lemon put into the mouth may not be very pleasant but will clear up the sinuses in no time.

You can also help your body's circulation externally by dry brushing. Use your own body brush (no sharing allowed) and brush yourself vigorously every morning. Do go against the grain, brushing from the extremities to the center of the body. This is as effective as cold showers which I personally hate, especially in winter. The brushing stimulates blood circulation and the lymphatic system and promotes removal of dead skin cells externally, and dead blood cells and other impurities internally. Dry brushing is recommended year round.

Oh, one last thing. For all you fasting gurus, please do not fast in the winter. Your bodies will thank you, if you do not stress them anymore than absolutely necessary. There are many ways of getting through the winter in relatively good shape. Although the most practical thing, in my opinion, is still to hibernate during winter or migrate to warmer climates. In that respect certain animals are just smarter than us.

CAMERON CORNER

Deb Cameron

To my surprise, I have nothing to say, AND no interest in shopping. However, my summer reading included some interesting stuff.

Do some foods contain so much hidden fat and salt you'd be better off never eating them?

BUGLES

What's so bad about Bugles? General Mills fries them in coconut oil, which is twice as saturated as lard. One serving (just over a cup) will give you 40% of your daily limit of saturated fat.

HÄAGEN-DAZS ICE CREAM

Regular ice cream wasn't fat enough? Häagen-Dazs has managed to squeeze in more than twice the fat of regular ice cream. Eat a cup of Butter Pecan and you've downed 50 grams of fat ...about as much as half a stick of butter - and a cup of Chocolate Chips (26 grams) has more saturated fat than a 13-ounce rib eye steak!

TIM HORTONS DONUTS

Thinking about having a Chocolate Glazed Donut for a snack or breakfast? You'll be swallowing 370 calories and 22 grams (5 teaspoons) of fat!!

PRESIDENT'S CHOICE SHEPHERDS' PIE

this pie was not nutritious to start with and the conversion to a convenience food didn't help any. Just a quarter of a 900-gram pie (about 8 ounces) contains 460 calories and 32 grams of fat - 16 of them saturated. That's more saturated fat than three slices of Supreme Pan Pizza from Pizza Hut.

CAMPBELL'S

Red-and-white-label soups - BRIMMING with salt - half a can averages 950 mg of sodium (about half your ideal quota for an entire day).

Crow Fusion

Sheri-D Wilson

Crow hanging upside-down
Noosed by her eerie feet
Wings coven wrong way 'round
Rigor mortis
In a second degree, delete
Calling me
Through the mid-summer fusion-heat
From the crumbling shambles of a gang house porch
Through the silent shadows of the street lamp torch
The incorporeal corpse
Was calling me
Hanging upside-down
Calling me
To cut her down
To set her free
To give her death some dignity

So
I cast a spell on the gatekeeper key
Used trickster power of crow to aid me
To tame the frothing guard-dog fangs
Chained pit bull to the criminal gangs, haunt
And then
I crept black cat to the crow-cry-crypt
Up the creaking stairs I silent spirit-slipped
And there
I cut lynched crow-woman down
And I carried her home
To my lair with no sound
As a poem in my pocket, in my arms a ghostly child
Unjustly defiled, in a veil of

Black feathers hallowy-wet
Searching for light, that night
I met, a crow who called thru curse'd-blight
And who,
I given taxied Rhea-graven
En route to her funeral flight

I hung crow-woman aloft my altar
Ebony nib pointing down, and I prayed
And the crow started to grow inside my ever-wavering room
And the shadow flexed and the marring flayed
Crow-ghost spreading breath-black wing, death-black wing
And beginning to moan
Of the murder of crow
Murder of Crow
Tearing-wet bleak-blue feathers
Touched by the fingertip of Buddha, together
Our mourning moved down the broken body to the crown
Of the clown-cawing-cry
Down the silky body to the tip of the bleak dark eye
Where the sound screamed, and screamed, and screamed
And the, died
Down
Scraping
Tears fell drop by drop
Scorching-wet-sorrow
Memento mori 'morrow
Onto the altar's cloudless ground
It rained
And it rained
And it -

At daybreak I took crow-woman
To the secret groves where I gave her back to the earth
Buried in crow graveyard closest to birth
And all the crows came dressed in black
Ghosts of crows and crows still living
And they flew around my head like a Hitchcock halo
Of screaming thorns
Clacking and crowing and
Screaming their thank-filled song
They carried me
They carried me
They carried me,
Along
On a beautiful kind of crow carrion blue

Indigo

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SHERI-D Wilson recently launched her new CD, *Sweet Taste of Lightning*, which includes the work, *Crow Fusion*. For more information and to order, please visit: [HYPERLINK "http://www.sheridwilson.com"](http://www.sheridwilson.com) www.sheridwilson.com

come down have launch

sherid wilson

sweet taste of lightning

ed launch party

september 22, 2000
8:00pm
quincy's showroom
hosted by james keelaghan
music by the bowlers
and other special guests
\$10.00/ticket at door
or ticketmaster 777.0000

fmm ejsw

Self

Ed Clarke

Darkness
Drugged and delirious
The iron blooded breath of a beast
Sweat I could taste
A stench
Warm and wet
Between my legs
Teeth grinding
The eyes blind brace
Brow boiling
Blood and bowel
A fetal shivering shape
Rag and bone
Trenching thoughts
Commands to stop
My eyes to open
I could not

Heart pounding
Purging templed pressure
Relentless
Recurring
Reassuring
The rushing redness
Visioned through my veins
Tears streaming
Light slashing cellophane
Drowning
In the sight of surfacing
Erected
Skeletal
Breaking from the pull of it's place
Faced
With the solemn truth
You've done this to yourself

