

**Making Marriage, Domestic Relationships
& Family Work**

**The Truth about WikiLeaks . . .
Truth when it's not too late**



EUREKA . . . *Important issues worth thinking about,
talking about, doing something about*

What is this Quarterly About?

The Quarterly aims to support all committed relationships, especially marriage and family from three directions. The first is psychological - articles helping people to relate better. The second is economic - pushing for a just and fair society where all families live with financial security and none will be sentenced to living as working poor. The third is socio-political - eradicating any forms of discrimination against any family on the basis of race, gender, colour or different traditions. It encourages all adults to become

What is its purpose?

Its **first** goal is to proclaim the importance of interpersonal relationships within all domestic relationships, the most common of which is marriage. Relationships flourish best when economies, market forces and profits are subject to principles of social justice which are enforced by vigilant and vibrant communities.

For this to occur each individual needs to take responsibility for

thinking freely
feeling deeply
enjoying simply
acting justly
living courageously; and
loving caringly

The **second** goal is to revitalise interest in and commitment to democracy and politics. The greatest threat to democracy is the dumbing down of people through manipulation of the media, propaganda and advertising. There is a need to restore faith and idealism in both government and politicians.

The greatest cancer in democracy is cynicism, cowardice and despair. These are expressed in statements such as

“All politicians are crooks”
“Government is the enemy of the people”
“Both major parties are as bad as each other”
“Our vote can’t make a difference”.

Those amongst the rich and powerful who place success, fame and ego above self, community and growth have no doubt of the importance of their vote. They never waste it. They insure their voice is heard especially if they happen to own the media or are able to employ an army of lobbyists and spin doctors to exert undue influence on politicians.

The RELATEWELL Quarterly wants citizens to arise from their slumber. One of the great superpowers in democracy is an Informed, Caring and Passionate Public. They are more powerful than a passive silent majority driven by populist bias, ignorance and bigotry stoked by fear and hate.

The RELATEWELL Quarterly first appeared in October 1996 and is now in its fifteenth year. It is produced by a team of five people.

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A Quarterly of Issues for all Australians.

Front Cover: *Lifes Pleasures*

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The Truth about WikiLeaks

Truth when it's not too late



Fear is the driving principle of corrupt regimes and wasted lives. The enemy of fear is knowledge and one sure path to knowledge is through experience.

Experience has made it clear to the citizens of the US that they could not trust George Bush, to the citizens of Great Britain that they could not trust Tony Blair and to the citizens of Australia that they could not trust John Howard. All three have been consigned to the archives under the section entitled Failed Power.

What made the task of these three protagonists of the invasion of a sovereign nation, Iraq, was their exploitation of the fear of weapons of mass destruction falling into the hands of the Iraqi government of Saddam Hussein. The fact is that the weapons did not exist and the people of the democracies learned too late that the weapons of mass destruction were weapons of mass deception. There is mounting evidence that the three leaders refused to take on board opinions that established the weapons did not exist. They were fixed in their determination to go to war.

Democracy Requires Unfettered Scrutiny

The lessons from this are clear. Democracy requires greater scrutiny. The leaders of democracy need greater scrutiny. The diplomats, legations and foreign offices that influence democratic leaders also need greater scrutiny. If people are to respect the concept of diplomatic immunity and business dealings in confidence there needs further debate not blind acceptance of freedom from scrutiny. Those amongst the rich and powerful who believe in the ruthless pursuit of their own interests and/or profit have shown again and again that they must both earn and regain trust.

There is a long history of freedom fighters and patriots using terrorism to pursue freedom and justice. There is always a fine line between patriotic heroism, deceit and terrorism. The British and European Colonists who

achieved independence from the British Crown, the Zionists who established the nation of Israel and the Sinn Féin who established the nation of Eire were not only heroes but at times terrorists. Success does not justify the terrorism used. The end does not justify the means. Terrorism also has long-term unintended consequences. In the US, there remains the right to bear arms and a tradition of violence and disdain for legitimate Government. Israel is being torn apart by division between Jew and Arab. Palestine and Gaza are cauldrons. Freedom for the majority of the Irish province has left the Northern provinces in bloody conflict between Protestant and Catholic.

A nation built on fear, secrecy and superior strength and violence will spawn a people who are hard hearted, suspicious and scared. A nation built on honesty, democratic debate and reason will spawn a more civilised scrutiny. People need to know how trustworthy their leaders really are. Are they people of the light – respectful of other leaders, speaking the truth without fear or favour, courageous but not underhand.

Terrorism is not only waged by small bands of patriots fighting for freedom. It is waged on a terrifying scale by super powers maintaining their spheres of influence and maximising the profits of their multinational companies. The US make sure their battles are fought out in other people's lands. The list is long – Korea, Vietnam, Panama, the Falkland Islands, Iraq, etc.

Nothing justifies a right to secrecy by those who are planning terrorism even by those who are planning to use terrorism to wipe out terrorists.

Nothing encourages deceit and lies more than secrecy. It is a different matter within the cabinet of democratically elected government. It is important the members of the cabinet be allowed to challenge and try to change with good reason any policy they were

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***... Healthy and rigorous
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blood of democracy.'***



elected on. But, if the cabinet vote remains committed to the original platform then it is reasonable for the conversation and details be kept confidential. Healthy and rigorous debate remains the life blood of democracy.

Too Little Too Late

The free press in the democracies has shown us once again at the dawn of the 21st Century that they are often too late in presenting the truth. By the time they had exposed the truth about the lead up to the American invasion of Iraq that country was a political and financial shambles. The free press had failed its mission to keep people informed of the truth, allowing democratic governments to freely propagandise for the war.

The Iraq War - An Atrocity Built on Secrecy and Lies

The former director of Britain's Intelligence Service M15, Eliza Manningham-Buller warned the British Government before the invasion that Saddam Hussein posed no threat to Britain and there was no intelligence to justify the war. She also informed the Government that there was no credible intelligence that Saddam Hussein had been involved in the attack on the Twin Towers on September 11th. She stated that the CIA agreed with the assessment but the US Defence Secretary Rumsfeld set up his own unit in the Pentagon to push an alternative position which was based on a few scraps. In fact, she stated that the invasion substantially increased the threat of terrorism in the UK that was coming from British citizens not foreigners.

Dr Hans Blix, the UN Weapons Inspector, giving evidence at the same UK inquiry said "it remained his firm view that the 2003 invasion of Iraq by US and British forces had been illegal. The arguments used by the US to justify the Iraq invasion were absurd". Blix said in the early stages "he believed Iraq did have weapons of mass destruction and that it was plausible they could launch an attack within 45 minutes". However, he became increasingly sceptical about the intelligence from Iraqi defectors. The man who led the team of UN Weapon Inspectors into Iraq before the 2003 invasion said that "the inspectors had visited 500 sites and found **no** weapons of mass destruction. The US was ready with

a quarter of a million troops. The US Government was high on military and felt they could get away with it."

The Big Question

Why did the free press of the US, UK and Australia fail in its responsibility to find out the truth and publish it fearlessly? Why was the free press generally in favour of the war? We need to make sure the free press never again lets down the people in a democracy.

The sad result of the Iraqi invasion

- 151,000 Iraqi civilian deaths according to the World Health Organisation. The Lancet Medical Journal and its authors from John Hopkins University believe their count of 601,027 is more correct because it includes accidents, suicides and deaths from disease. Certainly, the Iraqi body count measure has been shown to be totally unreliable. Its total of 47,668 was based on press reports.
- 1,375,000 internally displaced persons in Iraq.
- 75% of children not attending school in Iraq.
- 68% of population have no access to clean water. 81% has no access to sewerage.
- Between 30% to 70% of schools closed.
- 80,000 – 100,000 Iraqi refugees are in pressing need of resettlement outside the region.

The Stupidity of it all

- The total cost of the war up till 1/1/2009 was \$3.3 trillion.
- Number of dead US soldiers and US mercenaries 3,987.
- Number of injured US soldiers and US mercenaries 29,000.

Both the Iraqi and Afghanistan wars show the inadequacy of the free press to keep its readers informed. The result was wastage of lives, money and the despoliation of the planet.

Help is at hand . . . WikiLeaks

Then along comes WikiLeaks which has begun releasing 250,000 secret US documents. We now start to find out what we needed to know in some depth. We

need to know what our global decision makers are thinking and what pressures they are being subjected to. We all need to live in the light but we are being kept in the dark like mushrooms. Mushrooms don't have to think. Nor do they need to make decisions or be listened to.

A Catholic Bishop once told his flock that priests should not disturb the simple faith of the ordinary people. What they don't know won't hurt them. There is an opposite view that is more prevalent today. What we don't know is more dangerous than what we know. A little knowledge kept little is a very dangerous thing. All tyrants seek to hold power by controlling people's access to the facts.

We do need to know, thanks to WikiLeaks that the ruler of Saudi Arabia, King Abdullah, wanted the US to strike Iran telling them to cut off the head of the snake. Defence Secretary Robert Gates did not agree. It was not a principled objection. The end, he said, did not justify the means. It would only delay Iran's nuclear programs by one to three years. What if it had delayed it forever within three days? Does Mr Gates believe the ends justify the means?

We certainly need to know, thanks to WikiLeaks, whether US soldiers turned over detainees to a notorious Iraqi torture squad. 400,000 field reports contain an official account of deliberate threats to turn over US prisoners to the Iraqi wolf brigade.

We certainly need to know the details and outcomes of the Pentagon debate as to whether to form elite hit squads to target leaders of the insurgency in Iraq. This was the strategy used against leftist guerrillas in Salvador, Central America 20 years ago. This tactic was instituted by the Reagan administration. The Pentagon discussed training Iraqi squads of Kurdish fighters and Shi-ite militia men to target Sunni insurgents and militia men.

We certainly need to know, thanks to WikiLeaks, whether the Pentagon targeted refugee camps for bombing. We certainly need to know whether US spies are breaking UN rules by seeking the DNA biometrics of the UN Director General.

We certainly need to know, thanks to WikiLeaks, that there were plans to unite the Korean Peninsula after North Korea's eventual collapse. Does this mean there were plans to expedite the collapse of North Korea by pushing it to build a military arsenal for its own defence?

We certainly need to know thanks to WikiLeaks, whether there has been clandestine US support for terrorism. Several documents according to the Arabic language newspaper Al-Hayat show that the US had been providing assistance to Turkey's Kurdish separatist movement the P.K.K. which the UN has described as a terrorist organisation.

The Growing Movement to Destroy the WikiLeaks Founder

The usual tactic to destroy anyone who threatens the establishment is to begin with the dirt treatment by discrediting his moral integrity. Sweden has issued an arrest warrant against Assange as part of a drawn out sexual complaint.

It began with two women turning up at a police station seeking advice on how to compel Assange to take a sexually transmitted infection test after unsafe sex which they claimed he had insisted on. No one knows how that was turned into

a rape investigation by a duty prosecutor, rescinded the next day and then reinstated by a senior prosecutor a week later.

- Attorney General Robert McClelland wants our Federal Police to investigate Australian citizen Julian Assange the editor and co-founder of WikiLeaks. But he has been unsuccessful in citing any Australian law that Mr Assange has broken while implying he is a criminal. At least Mr McClelland has emphasised the importance of innocent till proven guilty. The US has a history of using the Espionage Act to rid itself of troublesome whistleblowers. When Daniel Ellsberg released government documents, known as the Pentagon Papers to the New York Times during the Vietnam War he was tried for theft and conspiracy under that Act. The authorities also tried to steal his medical files to discredit him. The charges against him were finally dismissed.
- The US response to WikiLeaks has been extreme. The leaks were an attack on the International community according to the US Secretary of State. The White House called those responsible criminals. The US is exploring criminal charges against Assange. A prominent US Republican called for WikiLeaks to be banned as a terrorist organisation. The most ludicrous charge is that the person responsible for the leaks, Julian Assange, could have blood on his hands, being responsible for the deaths of several people as a result of the leaks! What about those who enabled the war hawks in the Bush team to pursue a war on faulty information which has been responsible for the deaths of 4,000 of their own soldiers and 151,000 innocent Iraqis.

Sarah Palin, a possible candidate for President of the US, says Julian Assange should be hunted down like Al-Quaeda and Taliban leaders. Another prominent Republican supported her calling Assange an anti American operative.

One thing is clear. The establishment believes it should be protected from scrutiny and they're willing to go to extreme lengths to ensure their privileges are not eroded and they are not forced to account for any criminal irresponsibility in the wars they started in Iraq, are continuing in Afghanistan and no doubt are planning for the future.

WikiLeaks

When the Chinese attempted to censor the material on the internet, the US and Australian Governments protested that this was an attack on freedom of information. There was a trenchant criticism of the Chinese Government. This was further proof they said that citizens could not trust a Communist Government.

Now the democratic governments of the US and Australia are themselves acting to suppress information on the Internet.

The weapons favoured by democratic governments to suppress information are to use the legal system and exploit the power of money. Having failed to stop the flow of secret documents, they have cut-

off the flow of finance to the WikiLeaks website.

The global financial giant, VISA, has stopped processing payments and donations to WikiLeaks. Most donations to support WikiLeaks which is a non-profit organisation comes through the internet by payment services. The US Government then pressured MasterCard to follow suit which they did immediately. Amazon.com has also caved in to government pressure to withdraw services to WikiLeaks. The small Icelandic data hosting company Databell is planning to sue VISA. Interestingly enough, VISA has no problem transferring money for pornography sites, including child pornography, and gambling sites. Their delicate conscience only comes into play under government pressure. There is no evidence that VISA is planning to punish the major newspapers which are rushing to print the material on WikiLeaks.

Some of the serious print media have fallen into line. Shaun Carney, Associate Editor of The Age challenges the operating presumption of WikiLeaks and its supporters that everybody should always be able to know everything that goes on in every aspect of government.

I don't know anyone who is saying that we do not need to know the hypocrisy which permeates International Affairs or the deceit we are being fed by those we have elected.

Shaun Carney goes on to write that there is a lot governments do that most of us don't want to know. Wrong again. We want to know everything governments do to fall in line with the US. We need to know whenever our government tries to cover up that we have bombed civilian targets.

WikiLeaks is not a terrorist organisation and its leader is not to be hunted. Assange has broken no laws. WikiLeaks is not a front or cover for any one. It does not accept government or corporate funding. They have never compromised a source as has the White House under Bush. In 2008 WikiLeaks won the Economists Freedom of Expression Award for exposing an investment bank. In 2009 it won Amnesty International's New Media Award for its role in the production of "Kenya – The City Of Blood".

Ironically, the US Department of State announced this week that it would be hosting World Press Freedom Day in 2011.

A Turning Point in Freedom of Information

As democratic governments attempt to censor the internet, they will fail to stop the genie of information from getting out of the bottle.

Already what John Pilger calls the greatest super power of all, public opinion, is beginning to rise from its slumbers.

Powerful public figures who have a history of leading the fight for justice and freedom are already rallying. These include Geoffrey Robinson and Tariq Ali as well as Pilger.

Two other significant groups are lining up in the struggle. A small group of online activists known Hacktivists have mounted a cyber attack. Suddenly their members have swelled to 4,000. They see the founder of WikiLeaks as a free speech martyr. They succeeded in paralysing MasterCard's website by an orchestrated deluge of traffic which froze the targeted website.

By Jim O'Donnell

THE TOBACCO WARS

by Dennis Kelly



The newly elected Baillieu Government faces many challenges. One of the biggest is the power of the tobacco lobby. The difficulty is that between June 2007 and July 2009, the Liberal Party's Victorian branch received political donations from British American Tobacco and Phillip Morris. The Labour Party no longer accepts donations from tobacco companies.

The new Victorian Coalition Government needs to follow the lead of the State Government in Western Australia which has implemented the toughest anti-smoking laws in Australia. Smoking is now banned

- in cars with children aboard;
- within ten metres of playgrounds;
- on patrolled beaches between the life savers' flags; and
- retailers are about to be banned from displaying tobacco products.

Not only will these measures help protect children from tobacco promotion and the harms of passive smoking but they will reduce smoking caused illness. Smoking kills more than 1200 West Australians each year according to Kim Snowball, the Director General of the Department of Health.

The Victorian President of the Public Health Association said that it was "disgraceful that the Liberal Party continued to receive money from tobacco companies that had proven to be dishonest and completely lacking in ethical behaviour.



Dishonest and Bullying Tactics

The family of the landmark Australian litigant, Rolah McCabe had successfully sued a tobacco company and won \$700,000 in compensation. The family is now being bullied and intimidated by British American Tobacco.

In 2002 Justice Geoffrey Eames in the Victorian Supreme Court found that the tobacco company had destroyed potentially relevant documents about the damaging effects of smoking. Nine months later the Court of Appeal overturned its judgement and ordered Mrs McCabes family to repay the compensation and British American Tobacco's legal fees. When the McCabe family launched legal action to obtain documents detailing the conduct of British American Tobacco their company lawyers Clayton Utz argued the records were legally privileged and should remain confidential.

Professor Simon Chapman, Professor of Public Health at the University of Sydney said that these tactics are designed to send a clear message that you take on big tobacco at your peril. Read the article on WikiLeaks to see what happens when organisations take on the US and Australian Governments. The Tobacco company are warning the son that the home he now lives in could be sold to recover the tobacco giant's legal costs. Jamie McCabe described the warning in a letter from British American Tobacco's Lawyers, Corr, Chambers Westgarth as a fresh attempt to get his family to drop its legal fight. British American Tobacco claim the transfer of Rolah McCabes Cranbourne home to her son was unlawful. Peter Gordon, a Melbourne Lawyer has revealed that the McCabe family are still fighting British American Tobacco Company in the Victorian Supreme Court for the right to use information which they obtained more than four years ago, proving that the court itself had been deliberately misled. In 2007, the then Director of Public Prosecutions Paul Coghlan was "sufficiently concerned" by the content of those submissions to refer them to the Australian Crimes Commission. Mr Gordon, today, is not even allowed to state publicly what the courts findings actually were.

The new Victorian Government has a great opportunity to establish their integrity by supporting the Com-

monwealth Government on the issue of plain packaging of cigarettes. The Asia-Pacific Conference on Tobacco and Health in October 2010 was presented with evidence that plain packaging makes cigarettes less appealing to teenagers. It also makes them aware of health warnings on the packs thus making them more alert to the harm caused by smoking.

The Commonwealth Labour Government is committed to introducing plain packaging in 2012 to reduce smoking. The Institute of Public Affairs, a right wing think tank, appears to be leading a charge against plain packaging. It has publicised information which shifts the debate away from the public health issue to commercial

issues. They are raising the question that plain packaging laws could break the free trade agreement with the US which imposed obligation on how Australia must treat US investments in our country. The real issue is however clear. Is the health of Australians to give way to the financial interests of multi national boards in the USA?

These large companies never drop the baton of profit. The new President of the Public Health Association Professor Mike Daube points out that research shows that repeated exposure to smoking increases the likelihood of young people taking up smoking. Increasingly many children's films and more than half of the top-grossing movies for young people show people smoking. The US Government's Public Health Agency reported that 54 percent of the top-grossing PG rated films contained smoking. When movies for even younger children are included, 39 percent include smoking. The tobacco industry has not only disdain for its adult customers but disdain for today's youth. The suggestion of tightening film classifications for films containing smoking with compulsory advertisements against smoking before and after such films would be a start in reducing a new form of subtle advertising. The simplest solution would be to ban scenes of people smoking except in an historical context. It would be even cheaper and much more effective to ridicule smoking as Bob Newhart did so brilliantly in his sketches on the introduction of smoking to Europe.

The tobacco industry is constantly alert for any study which distracts public focus on the health risks of smoking. Companies exert strong influence to make sure that such diversions receive major attention in the media. The latest example was ABC radio's AM program which set aside a large section on 29 July 2010 to feature findings of a little known research journal, the Public Library of Science Medicine. The Age also featured these findings that loneliness was a health risk equal to alcohol and cigarettes.

Thanks for telling us what we already knew about loneliness but no thanks for diverting our focus from a more deadlier cause of premature death even for some of those have great friends.

Making Marriage, Domestic Relationships & Family Work

Part XXXIX

by Don Burnard



There is such a negative emphasis on marriage that anyone contemplating marriage or anyone involved in marrying needs to ponder the pros and cons of marrying.

Marriage is the butt of many jokes. Marital conflict and domestic violence provide better dramatic material for press and television than marital harmony. Lawyers, Psychologists, Counsellors and Social Workers have a vested interest in marital breakdown. There are not the same spoils when marriages flourish, families are stable and parenting is positive and nurturing.

Immediately after the French Revolution of 1789 and the Russian Revolution of 1917, marriage, especially in a religious setting was banned. The bans did not last long.

The people most likely to choose marriage are those who come from stable families where parents remained committed. Yet many people who have come from stable marriages choose not to marry. Many remain single and many more choose to live together. The challenges of marriage are numerous. Partners need to do well in life before they can do well in marriage. By doing well, I mean becoming well-rounded human beings. Many pursuits such as becoming rich, gaining power over others, look-

ing good do not prepare people to be married partners, even when they help partners to become good providers.

According to Psychologist R. J. Havighurst, there are particular skills which both partners need to acquire, if they are to make marriage or a domestic relationship work:

- Partners need to be able to make a decent living which means developing attitudes and skills which make them employable. What determines success? Children need to grow up seeing their parents in productive work, whether paid employment or not paid eg primary carers, looking after children. A civil and just society needs to ensure there is work for every able citizen. Society needs to ensure that workers are paid a minimum living wage and that Australia does not follow the United States on those occasions when low unemployment occurred because it tolerated millions of its citizens joining the ranks of the working poor. This policy meant that an increasing number of parents were paid a wage which could provide sufficient food, adequate shelter, education for their children and proper health care when needed.



- Each partner needs to acquire social skills through community involvement. These social skills provide the basis for acquiring and developing the interpersonal skills which are today an essential feature of a successful marriage. Developing interpersonal skills is directly related to the ongoing personal growth of each partner.

The Importance of Growth

People define love in many different ways. One thing is certain according to Philosophers and Psychologists. The fruits of love are:

- **Attachment**
In families, the attachment needs to have a mental, emotional and appropriately physical dimension. What is appropriate between adult partners is the two dimensions of physical love – affectionate and genital. Children need to grow up in families where physical affectionate love is spontaneous and open. Couples need to frequently express physical affectionate love if they are to maintain genital love.
- **Growth**
Why is love associated with spring more than any other season? The outstanding feature of spring is growth. Every spring is a puberty, a spurt, a kaleidoscope of growth. Trees reach up, branches shoot out, leaves burst forth, flowers bloom, vegetables and fruit grow in greater abundance. In human affairs, there needs to be a season like spring characterised by a resurgence in support, sharing and celebration. To experience the spring of love, we

need to sow if we are to reap. The sowing phase in marriage requires planning, a lifestyle including the practical and the mundane, making time to notice and enjoy new positive experiences and doing the hard work that is involved in commitment. Growth requires connection, commitment and above all the ability to give and receive support.

- **Communication**
What is communication? We are talking about interpersonal communication which is both the language, the rhythm and the repeating cycle of love. Communication is the mutual flow of thoughts and feelings between two people. It is not manipulation, propaganda, indoctrination or passing on information.
- **Interdependence**
All emotionally committed lovers need to give up the single life style where each was responsible for their own choices and happiness with little need to consider others. Interdependence requires each partner to maintain responsibility for meeting their own needs. However, both need to take on a new and challenging responsibility. They need to take responsibility for supporting their partner's efforts to meet their own needs. Lovers support each other as they try to define and prioritise their needs and then set about meeting them. When partners obstruct each others efforts to meet their own needs, marriage is at risk.
- **Freedom**
Marriage is for free men and women. Marriage is



very difficult for prisoners, slaves or serfs. There are many forms of slavery in our world as rapid pace, increasing stress and technological wizardry take pride of place. Some of us are slaves to the internet, others to fashion. Many are slaves to addiction whether it be gambling, social status, pornography, alcohol or drugs either prescribed or illegal. Others are slaves to novelty, instant gratification, advertising or the celebrity cult. The challenge in making committed relationships work is to avoid both distractions and addictions.

Need for a Marriage Foundation and a School for Marriage

By a school for marriage, I mean an organisation offering experiential, interactive programs for adults seeking to improve the quality of their couple and family relationships. The success of these programs will require a cultural shift in the community. The shift is from the populist view that anyone seeking to improve the quality of their relationship must have a problem or be immature to a recognition that anyone not seeking resources to maintain and enrich their family and marriage is in fantasy land. The risk in waiting till there is a problem and then seeking marriage counselling or marital therapy is that too often it is too late. A further risk is that couples will end up in a bitter contest in a family mediation centre or worse in a costly, emotionally draining Family Law Court hearing.

Paradox is the Companion of Love and Marriage

One of the many paradoxes related to marriage is that some of those who sing its praises would deny marriage to gay and lesbian couples. If marriage is such a life giving experience for most people why deny it to almost two million Australians who do not belong to the heterosexual majority.

The most significant paradox in a loving committed relationship is that loving which is an action is so often confused with the experience of contradictory feelings that occurs between lovers.

Seventy years ago the musical group *The Inkspots* sang “*You always hurt the one you love, the one you shouldn’t hurt at all*”. The brilliant songster poet Leonard Cohen returns to the theme of love and hate as a challenge that faces all lovers. In “*Dance me to the end of love*”, he sings:

***‘Dance me to your beauty
with a burning violin.
Dance me through the panic
till I’m safely gathered in.
We are both of us beneath our love
we’re both of us above.’***

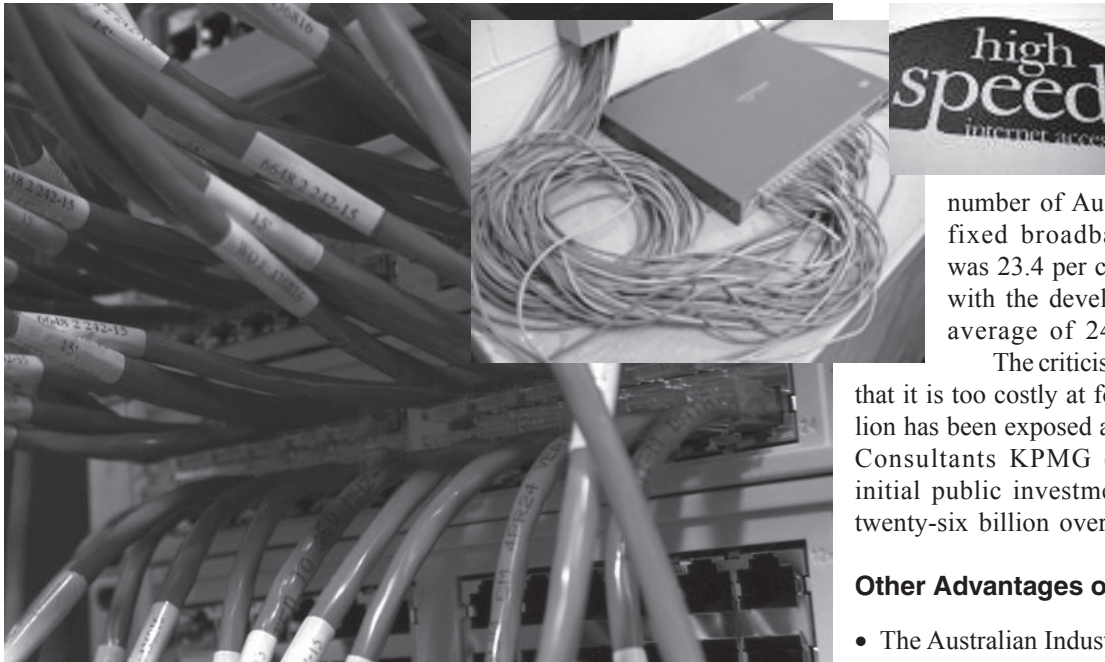
Understanding is an essential quality if we want to practice the verb called love. We all need inspiration. For this reason when we are hurt in love we need to refuse to disguise our pain as if it were a blemish. Loving is at times an open wound. All lovers need healing. Loving at times is a series of uncomfortable self discoveries which require the gentle balm of understanding. The isolation of modern life and the demands of our ego are the enemies of love. All lovers need to repair themselves and reboot their circuit of love. This is much easier if lovers discover that we are all members of a tribe that can learn from each other. The way ahead in love is helped if we share a communal dawn and awakening. We need to help our family, our friends and our neighbours face the reality that love and hurt are inseparable. Love can sooth our pain. A pain that is not soothed eats away love.

At RELATEWELL I see this happening every time I am part of a program where lovers share their strengths and joys and then “flip the coin” to focus on the changes each partner need to make, the growth that strains for expression and the pain when the flowers of love are choked and submerged in the weeds of self absorption and endless distractions.

Love is for all but to get there we need to avoid any phoney substitute. That means lovers need to be real people not phoney. We all need to take a leaf out of Holden Caulfield, the hero of “*The Catcher in the Rye*” who recognised that so much around him was phoney and began a journey to being real and seeking out others who were in similar quest.

Make A Note Right Now National Broadband Network

by Harry Burnard



number of Australians with fixed broadband services was 23.4 per cent compared with the developed country average of 24.2 per cent.

The criticism of the NBN that it is too costly at forty-three billion has been exposed as misleading. Consultants KPMG estimate the initial public investment would be twenty-six billion over seven years.

Other Advantages of NBN

- The Australian Industry Grant said the NBN was an unprecedented

opportunity for businesses to lift their productivity performance through innovation. High speed internet up to 100 megabytes per second also allows telephone calls and high speed video conferencing.

- It will also be able to carry high definition video and near instant downloads of movies. The estimated cost of connecting to the network could be up to \$300 after the roll out.
- Services could be provided to the bush that are taken for granted in cities.
- Greater advantages for health, aged care and education.
- The main national benefits will be Health, Energy, Education and Transport. Ultra high enterprise services up to 1 gigabyte per second.

Not many people remember the building of the Snowy Mountain Hydro-Electric Scheme. It was one of the great infrastructure achievements of the post World War 2 Chifley Government – 16 major dams, 7 power stations, 1 pumping station, 225 klms of tunnels, pipelines and aqueducts. It is one of the most complex hydro-electric schemes in the world.

NBN is an acronym for National Broadband Network. It is an infrastructure initiative of the current Commonwealth Government and will provide universal high speed broadband.

Australia is in a unique position to take up the advantage of being a close neighbour to the expanding economies of China and India which are exploding rapidly. The United States represents almost a quarter of the world's economies. Within forty years the combined economies of China and India will be four times greater than the United States. The growth will be across all sectors especially education and scientific exchange.

The NBN will use fibre which carries data at the speed of light and is infinitely upgradeable. On the other hand the existing copper, satellite and wireless network have a limited capacity. The Government scheme will connect fibres direct to each household.

Rather than the peak speed of 12 megabytes per second under the existing system, the NBN would offer at least 100 megabytes per second to 93 per cent of our population. Why opt for the capacity-limited solution proposed by the Opposition's internet policy.

Australia ranks thirty-first in the world for average broadband speed. The Organisation for Economic Co-operation and Development (OECD) quoted 2007 data indicating Australia's broadband was slower than much of the developed world yet relatively expensive. The

The Senate has finally passed the legislation clearing the way for Telstra to be split in two. Up till now the NBN had been digging some of its own trenches and ducts instead of using existing Telstra infrastructure. The splitting of Telstra's wholesale and retail arms was a key plank in the Government's economic reform of the industry. The splitting will also provide better deals for customers through competition. It has provided Prime Minister Gillard's minority Government with a significant victory and achievement.

The Greens have succeeded in forcing the Government to change the legislation so Parliament could veto the proposed sale of the company after the network is built. The network will take eight years to complete.

EUREKA ...

IMPORTANT ISSUES AND ITEMS WORTH THINKING ABOUT, TALKING ABOUT AND DOING SOMETHING ABOUT

1. Cheaper Phone Calls

The Australian Competition and Consumer Commission is proposing to cut the price of phone calls. This follows a review which established that the cost of local calls from carriers like Telstra, Optus, etc is just seven cents.

This proposal is to drop line rental prices from \$25.57 for home and from \$26.93 for businesses to a flat national rate of \$20 a month. The ACCC's proposed prices are not enforceable until telecommunication competition laws proposed by the Labour Government are passed through the Senate.

2. Centrelink Criticised by Auditors

The Australian National Audit Review of Centrelink's fraud investigations found that 87% of cases which they examined did not comply with official investigation rules. The system seemed to favour investigation of easy rather than complex and serious fraud investigations. Many cases of debts involving more than \$30,000 had not been investigated immediately as the rules required. More worryingly, higher debts to Centrelink where fraud was involved had not been referred to the Director of Public Prosecutions.

Centrelink distributes \$86 billion dollars in social security payments to about seven million recipients. Extremists in the anti tax lobby are quick to condemn dole cheats but rarely speak out about those better off people who systematically cheat the system of large amounts of money.

3. Waste of Public Money at the MCG

The outgoing Victorian Labour Government planned to spend \$35 million of public money on an upgrade of the MCG Great Southern Stand. The total cost will be \$55 million with the Melbourne Cricket Club contributing \$20 million. The improvements will be on:

- Food and beverage areas, concourse and toilets.
- Entry points and a more streamlined ticketing process to ensure faster entry.
- Function rooms and sports bars to be given improved viewing.
- Audio-visual equipment including new plasma screens.

Much of the money will be spent on function rooms or in plain language more corporate boxes.

How about spending the money on improved access to and from the ground by better public transport access. The term middle class welfare is often used in a derogatory way to argue for less Government expenditure.



Spending \$55 million on the MCG for the reasons stated is the worst example of welfare for the already privileged. Why waste money to allow a minority to strut their privileges and advantage at the people's game where people from all walks of life and status for more than 100 years have mixed without fear or favour in close proximity.

4. Preferring Murdoch's Sky Television to Our Own Aunty

Anyone who has watched Sky Television or Fox Television in the USA knows how totally biased and dangerously populist Murdoch's media outlets have consistently been. Fox TV conducted a relentless campaign against the Universal Health Reform which was the central feature of President Obama's election platform. For months distinguished grey headed specialists argued against the scheme at regular intervals. Arguments were couched in alarmist and exaggerated tone. Fox News repeatedly voiced the opinion that the new scheme would be a pathway to alarming consequences. It pushed the line that elderly relatives would be at risk of total neglect which would amount to euthanasia. Not surprisingly, the other main source of advertising income on Fox TV was from endless touting of both prescribed and over-the-counter medicines for total health and long life.

Why has Foreign Minister Rudd kept open the possibility that a \$20 million allocation from the Department of Foreign Affairs and Trade could be taken away from the ABC which has run the service since 2001 and be handed over to Murdoch's part owned Sky TV?

The ABC has correctly argued that the Australian Network is a "key instrument of soft power for Australia and sits naturally with a public broadcaster free of influence from conflicting commercial interests."

Another significant factor that would determine against Murdoch would be his record of ruthless control and influence in editorial decision. One has only to read



Bruce Guthrie's latest exposure of how News Corp is run. Murdoch was in Australia in October 2010. He met with Rudd and he insisted that News Corp would showcase the best of Australian news, media and not recite ABC content. What Murdoch didn't explain is that he is not interested in a serious analysis of issues and believes that what is best in media is what is populist and sensational to attract more viewers and increase the advertising dollars.

5. Happy Christmas 2010 Style

Eight hundred children will be held in detention at various refugee holding centres during this Christmas season. What sort of meaning does this give to Christmas for the many Muslim, Hindu, Buddhist and Confucianists among the children?

6. Humour in Politics

Canadian Clive Runnels has received the RELATEWELL Award for humour which is so necessary to cope with the silliness that inflicts politics.

The Winnipeg Manitoba Herald published his article. The trigger was the fact that the Republican Party of the US appeared to be coming more and more under the influence of Sarah Palin and the Tea Party Movement. Liberals in the US were considering escaping the country before it descended in the madness of this new ultra conservative threat.

Canadians: Build a Damn Fence

The flood of American liberals sneaking across the border into Canada has intensified in the past week, sparking calls for increased patrols to stop the illegal immigration. The recent actions of the Tea Party are prompting an exodus among thinking citizens who fear they'll soon be required to hunt, cut down forests, and to agree with Bill O'Reilly and Glenn Beck.

Canadian border farmers say it's not uncommon to see dozens of sociology professors, animal-rights activists and Unitarians crossing their fields at night.

"I went out to milk the cows the other day, and there was a Hollywood Producer huddled in the barn" said Manitoba farmer Red Greenfield, whose acreage borders North Dakota. The Producer was cold, exhausted and hungry. He asked me if I could spare a latte and some free-range children. When I said I didn't have any, he left before I even got a chance to show him my screenplay!

In an effort to stop the illegal aliens, Greenfield erected higher fences, but the liberals scaled them. He then installed loudspeakers that blared Rush Limbaugh across the fields. "Not real effective," he said. "The liberals still got through and Rush annoyed the cows so much that they wouldn't give any milk."

Officials are particularly concerned about smugglers who meet intelligentsia near the Canadian border, pack them into Volvo station wagons and drive them across the border where they are simply left to fend for themselves."

"Many of these people are not prepared for our rugged conditions," an Ontario border patrolman said. "I found one carload without a single bottle of imported drinking water. They did have a nice little Napa Valley Cabernet, though."

When the free thinkers are caught, they're sent back across the border, often wailing loudly that they fear retribution from conservatives. Rumours have been circulating about plans being made to rebuild re-education camps where liberals will be forced to drink domestic beer and watch NASCAR races.

In recent days, they have turned to ingenious ways of crossing the border. Some have been disguised as senior citizens taking a bus trip to buy cheap Canadian prescription drugs. After catching a half-dozen young vegans in powdered wig disguises, Canadian immigration authorities began stopping buses and quizzing the supposed senior citizens about Perry Como and Rosemary Clooney to prove that they were alive in the '50s. If they can't identify the accordion player on The Lawrence Welk Show, we become very suspicious about their age" an official said.

Canadian citizens have complained that the illegal immigrants are creating an organic-broccoli shortage and are renting all the Michael Moore movies. "I really feel sorry for American liberals, but the Canadian economy just can't support them" an Ottawa resident said. "How many art-history majors does one country need?"

Moral of this Story

Let's develop our sense of humour back here in Australia. It will help us take on the burdensome task of taking politics seriously.

How to Handle Conflict *by Don Burnard*

The RELATEWELL Quarterly will begin a series of exercises that couples can use at home to improve their relationship. The first in the series will address CONFLICT.

To deal with a relationship issue such as conflict we need to do two things. First we need to define what we mean by conflict and then examine our beliefs about conflict.

Exercise 1

Each partner needs to go into their **individual space**. This is where you will need to be left alone by family members. Define what conflict means to you. Write down your thoughts about conflict and how you feel when you have a conflict.

Exercise 2

Both of you need to establish a **couple place** where there are no distractions and no one can interrupt you. Choose a place where there is no television, radio, or mobile phone and no one can interrupt you. Sit facing each other and share your ideas, thoughts and feelings about conflict and how you behave during and after conflict. This is meant to be a sharing exercise not a time to criticise each other, defend your self or attack your partner.

Exercise 3

The next step is knowledge building. Read the information.

The concise Oxford Dictionary defines conflict as fight, struggle, collision, clash of opposed principles. No wonder many partners fear conflict, see it as a threat or failure and may even decide to avoid it at all costs.

Psychologists define conflict from a different perspective. They distinguish interpersonal or relationship conflict from all other conflicts for example military conflict, business conflict and social conflict.

The goal here is to clarify that we are talking about interpersonal or relationship conflict. This conflict is not about winning or losing. It is about understanding and growth with the goal of increased intimacy.

Whereas some conflicts lead to negative and destructive outcomes ie are bad, interpersonal conflict always begins as essentially positive and good. However, interpersonal conflict if handled badly can be extremely destructive. Military conflict on the other hand is essentially negative because the goal is destruction of the enemy. Interpersonal conflict often occurs between people who care for each other and have an interest in each others welfare.

How I think about conflict is as important if not more important than the issues that need to be resolved. If I see

conflict as a sign of failure or weakness. I am more likely to handle it in a panic mode or with an anxious state of mind.

CONFLICT in relationships is essentially a healthy sign. It means that both partners have retained their individuality and unique sense of self. No one partner is domineering, in control, or getting their own way completely.

Task: Read and consider the content in Exercise 3 in your individual space. Then discuss and share your assessment of the content and make and record your personal resolution ie what changes, if any, would you like to make when you next have conflict. The major point of Exercise 3 is to establish the following principle:

The way we think about conflict is even more important than the way we try to manage and/or resolve it.

Exercise 4

Handling Conflict Constructively - How we handle conflict is an important factor in either resolving the conflict amicably or learning to live with it patiently and courageously. Remember that conflict is a healthy sign in a relationship because you are still individuals. Lose your individuality and you are nobody. If we choose to dominate or manipulate our partners or try to get our own way completely, we are choosing to avoid handling conflict constructively.

The goal in conflict resolution is not to get total agreement but to combine the best of both points of view. Relating well requires two people who can examine their own thinking and belief patterns and then set out to build a bridge of understanding between each other's points of view.

Many children when young are reprimanded with the question "Who do you think YOU are? Mature relationships require that both partners know who they think they are. The challenge for anyone wanting to enjoy a fulfilling relationship is to do what a child can't do. That is to take the question 'who do you think you are' very seriously and move on to the next important question 'what sort of person do I really want to be?' Every experience positive or negative in marriage can be used to clarify whether I am being true to myself. Deepening the marriage bond requires that both partners become increasingly aware of who they really are. This is the secret to intimacy and deepening love. When we are being true to ourselves we are less likely to try to manipulate or dominate our partner or experience our conflict spinning out of control. It helps to handle conflict if both partners value their differences. It is easier to build a bridge that enables two very different people to connect. Lose ourselves and we become nobodies.

To not know whether I'm being true to myself, being the

type of person I really want to be is to prolong immaturity and in so doing choose to be phoney.

Task A

The following two tasks, Task A and Task B are designed to help partners manage conflict constructively by using it to increase awareness of each other as totally different individuals, a necessary condition for mental and emotional intimacy.

The goal in Task A is to increase each partner's awareness of "What I do and how I feel when I have a different point of view and/or I don't seem able to appreciate or understand my partner's point of view".

Each person takes the list of 12 important questions to their individual space to reflect on their behaviour and feelings.

List of Questions

1. Do I explain why I see it the way I do?
2. Do I encourage you to explain why you see it differently from me?
3. Do I ridicule you for not seeing what I see or for seeing it differently?
4. Do I leave you free to see it differently from me?
5. Do I give you time and space to consider my point of view?
6. Do I try too hard to make you see what I see so that you turn right off?
7. Do I get impatient?
8. Do I believe there is only my way of seeing things?
9. Do I regard your point of view as being as real to you as mine is to me?
10. Do I reconsider my way of seeing it?
11. Do I find it hard to understand why you don't see it my way?
12. Any other reactions of mine?

After completing this reflection the two of you together go to your couple place and share.

Task B

The goal in Task B is to increase each partner's awareness of "What do I do and how do I feel when my partner has a different point of view and/or doesn't seem to be able to understand or appreciate my point of view".

List of Questions

1. Do I explain why I see it the way I do?
2. Do I encourage you to explain why you see it differently from me?
3. Do I ridicule you for not seeing what I see or for seeing it differently?
4. Do I leave you free to see it differently from me?
5. Do I give you time and space to consider my point of view?
6. Do I try too hard to make you see what I see so that you turn right off?
7. Do I get impatient?
8. Do I believe there is only my way of seeing things?
9. Do I regard your point of view as being as real to you as mine is to me?
10. Do I reconsider my way of seeing it?
11. Do I find it hard to understand why you don't see it my way?
12. Any other reactions of mine?

The discussion that follows Tasks A and B will give both partners valuable insights into their behaviour and their partner's behaviour. It will help you design more productive ways of dealing with conflict. It will help you to achieve empathy ie: put yourself in your partner's shoes, share what you are feeling and appreciate what they are feeling.



Residential or Commercial Sites

Progress is impossible without change; and those who cannot change their minds cannot change anything.

- George Bernard Shaw

