

The National Pensioners and  
Senior citizens Federation

Incorporated May 1, 1954



La Fédération National des  
Retraîés et Citoyens Agés

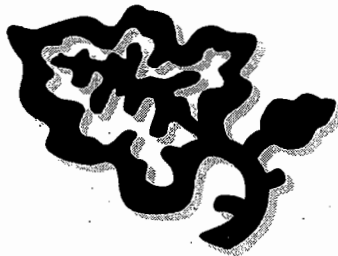
Incorporée le 1 Mai, 1954

# NEWSLETTER

## Fall

Volume 8, Issue 3, 2008

The opinions expressed in this publication are those of contributors and not necessarily those of the N.P.S.C.F newsletter



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Executive for NPSCF 2007-2008

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## **Our History**

The National Pensioners and Senior Citizens Federation (NPSCF) is a democratic, non-political, non-sectarian organization.

Our mission has remained the same for fifty years. The issues are as important today as when we started.

The NPSCF was started in Saskatoon, Saskatchewan, by provincial organizations from British Columbia, Alberta, and Saskatchewan. Groups from other provinces have since joined.

It is made up of provincial affiliates, groups, clubs, and individuals.

## **Objectives**

The National Pensioners and Senior Citizens Federation is an organization devoted entirely to the welfare and best interests of Canada's elderly.

1. To promote and establish and foster, **Seniors' Centres (called Clubs or Groups) and Regional and Provincial Seniors' groups throughout Canada.**
2. To provide education for persons in the retired and senior citizens age group and other individuals interested in aging, and the status and well being of seniors.
3. to reach out to seniors who are lonely, or isolated, or at risk..
4. To provide programs, which promote healthy active lifestyles for seniors, thus sustaining mental and physical health.

5. To assist in developing the knowledge that seniors should learn during their aging process, through promotion of educational experiences.
6. To research the aging process, and any problems and benefits pertaining to the aged that might be of interest to the Federation, and to use the knowledge gained from that research to educate seniors and any other party or parties who are or might become interested in these concerns.
7. To provide opportunities for seniors to utilize their volunteer and leadership skills for the benefit of all persons.
8. To consult with other private and public organizations which offer similar services in order to gather any education information that will add to knowledge and be of use in seniors and the public.



# Message from President - *Art Kube*

## CHANGES AT NATIONAL PENSIONER AND SENIOR CITIZENS FEDERATION

The 2008 NPSCF convention held in Surrey BC was a great success. 97 delegates debated 82 resolutions and enjoyed the different guest-speakers. Folksinger Tommy Hawkins got every one singing, so besides the serious business, delegates had some fun. There were some changes among the officers; Art Kube was elected President and Sandy Carricato from Port Perry, Ontario was elected Treasurer. Art Field remains as Past President, a member of the Executive. Joyce Mitchell is leaving the Executive. We all thank her for the many years of service.

The Convention gave the incoming Executive a strong mandate for some major changes. The Executive was instructed to obtain the services of a part-time General Secretary who will also act according to the constitution as the Chief Financial Officer. This person will be working out of Ottawa. The General Secretary will be the NPSCF link to the different Government Ministries and keep our affiliates apprised of all government programs and policies effecting seniors. He or she will also explore all funding possibilities for our affiliates. The Ottawa office will act as a clearing house for information and programs for affiliated organizations.

The Executive will work on changes to the constitution to bring it into the 21<sup>st</sup> Century. We will also work to streamline the method we use to deal with the resolutions, such as combining some duplicate resolutions and also make sure that they reflect the values of the organization. The question of representation will be looked at, as well as the terms of the officers, to assure some continuity. The officers will hold bi-weekly teleconferences to conduct the business of the organization. The officers will also engage in fundraising and in affiliation drives. We will also attempt to set up provincial seniors' council where presently none exist, and assist provincial councils whenever possible. It is our sincere desire to hear from you as to your activities and also your concerns. The incoming Executive is committed to be responsive to the needs of all seniors so we can be truly the voice of seniors in Canada.

We need all your help in the process. To improve communication with our affiliated organizations, clubs and individual members, we would appreciate it if you would provide us with E-mail addresses so we can send you things electronically. Not only is this faster but it is also much cheaper, and it is also much easier for you to reproduce the information we send you.

The Executive is seeking sponsorship to hold the next convention in Ontario, preferably in a hotel which has reasonable room and meal rates. We will also seek funding to equalize the travel costs of the delegates. The high cost of coming to the convention makes it very hard for some of the smaller affiliates and clubs to send delegates.

Our new Executive is committed to meaningful change, change which will serve the needs of seniors and a civil society generally, our members especially. With your help we can do it. For more information look at our web-site [www.npscf.org](http://www.npscf.org).

On behalf of the NPSCF Executive.

Art Kube, President

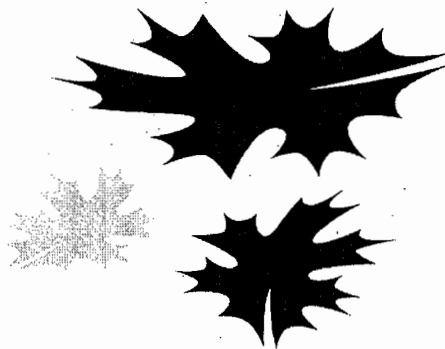
National Pensioners and Senior Citizens Federation 3

## **First Vice-President's Message** *by John Gatens*

Greetings; as an activist and advocate for seniors I find myself extremely busy owing to the federal election. Like many of you I am busy campaigning on behalf of my chosen party and candidate. It troubles me that we have to spend millions of taxpayer's dollars so soon after the last election, however that's part of democracy.

I am excited about my new roll in our organization and look forward to working with our new President and executive members.

Getting back to the election, I am concerned with the direction our country is taking. I am extremely concerned with the manufacturing job loss we have suffered, particularly over the last two years. I am also concerned with the privatization of our health care facilities and the quality of care given to our seniors in long term care homes run by "For Profit" companies. What happened to this wonderful Country that many of us emigrated to in order to enrich our lives to raise our children and grandchildren with the opportunity of good jobs, affordable housing, the chance to attend university and to enjoy a health care system that wasn't based on whether or not you could afford it. Well just look at us now! We sell off our rich resources such as oil, natural gas, water, and our mineral rights and of course our lumber, then we buy them back as finished goods. Have we forgotten how to manufacture the products we use in this country? We should be building our own boats and ships, our own aircraft, and our own trains, buses and trams. Our auto industry is dwindling before our eyes. Not too long ago we had a thriving shoe and textile industry, now very little remains. We are running out of skilled trades people because we don't have meaningful apprenticeship programs promoted by our government. Many of our children can't afford the high cost of college or university, and as to affordable housing this is only a dream to our working poor. Our health care system is in jeopardy and if we fall asleep we will find that only the rich will be able to receive the medical care we currently take for granted. It's time we take our country back before all we are known for is "TIM HORTONS" and "HOCKEY PLAYERS". It's time we developed a "Buy Canadian" policy promoting it on national television the same as Australia and other countries.



**A NOTE FROM**  
**Sheila Righi**  
**2<sup>ND</sup> Vice President**

The past two weeks were extremely busy for me. I along with our President Len Fallows of Saskatchewan Seniors Association Inc. (SSAI) had meetings with two Saskatchewan Government MLA's discussing issues and needs of our Seniors here in Saskatchewan.

Then I was off to Richmond, B.C. to attend a two-day workshop, courtesy of NPSCF. These workshops were very educational and inspiring, they were practical implementation of programs presented by trained professionals in their respective categories. I attended, "How to recruit and retain younger seniors", also "Seniors helping Seniors". Then there was a coffee break. Speaker Dr. Michael Hays gave an address on "Income The Social Detriment". Afterwards "Elaine Gallagher Phd, University of Victoria, conducted a panel discussion on "How to work together towards an age friendly community". Professor Irving Rootman University Victoria BC, spoke on "Health Literacy" a vital component of "Health Promotion".

Dr. Garnet Grosjjan University of BC delivered a message on "Health, Seniors Housing/Aging in the community". Had a slide presentation and discussion afterwards.

"Profit versus Non-Profit Housing" was presented by Glen Huddrel former director of Co-Operative Housing Foundation of Canada. "Discrimination in Seniors Housing" by Charmaine Spencer Professor in Gerontology Research Centre.

Our dinner Speaker "Dr. Patricia Baird" spoke on "Aging and Seniors Issues" which happens, as we get older.

The theme of this conference was "Don't Plan For Seniors" – "Plan with Seniors", which I believe we should use in all our correspondence with governments.

This was a very well planned and presented conference. Congratulations to Art Kube and his committee.

Following this we were off to Surrey BC, where the NPSCF convention was held at the "Compass Point Inn".

We were welcomed to the city of Surrey by Lisa White, Manager of Sports and Culture in the absence of their Mayor, Art Kube, President of Cosco, (the host organization) and Art Field President of NPSCF.

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..... 2<sup>nd</sup> VP message from page 5

The credential report by the Treasurer was 95. Attendance was down compared to years past, our executive discussed this with the decision being a more central location would be more compatible to all Provinces and the Territories this enabling more to attend. There were about 75 resolutions put forward by the "Resolution committee". Home, Health and Income, were all well debated. Those deemed priority will be put in a brief prepared by our President Art Kube, to be presented to the Federal Government in the New Year.

One of my main concerns, is the selling off of our "Fresh Water", to our neighbors in the South, if governments are allowed to continue this practice, we in Canada will be paying a huge price for our own resource. We have to stand firm and demand that it will not happen.

"Independent Living" is troubling many of our seniors. The majority of seniors want to remain in their own home independently as long as their health allows. They want to make choices based on their needs in all stages of life, regardless of their ability to pay. This gives them a sense of dignity and self respect which keeps them happier and healthier.

This way they are able to continue to participate in their own community as full citizens. Happiness for seniors is family, precious memories, where sons, daughters and grandchildren are welcome. The problem of late has been, the governments are choosing when health issues arise, to split a couple up sending them out of their own community because there isn't a policy in place where these seniors can get the help required to maintain their family values, and enjoy their twilight years together as a family unit.

We need to lobby Governments to come up with a Universal Home – Support Program so as to extend the time seniors can live independently and maintain their quality of life, reducing the time for residential care and decrease health care costs and the cost of building more residential centers.

We also have to impress on the Government to bring our "Old Age Security Pension" in line with the ever-increasing cost of living.

Overall, I feel it was a productive convention. At this time I want to congratulate those individuals who were successful in the election and thanks to last years executive who helped pave the road for the Future.

Respectively,  
Sheila Righi

## 3<sup>rd</sup> Vice President - Mary Fleck

As President of the Nova Scotia Federation I was quite pleased to attend the National Convention in Vancouver this year. The convention, with its speakers and business seemed to go on at quite a pace. I found, once again, that many of the problems we senior citizens have, in the Atlantic Provinces, also exist across Canada.

The hotel people were extremely helpful and friendly, even driving Alma, (my room mate and NS treasurer of our NS Federation) back to the hotel from a shopping trip. People in the malls and restaurants were friendly too.

It was a pleasant surprise to be asked to run for this office, and then to win it. I do take it very seriously.

I have been involved with senior's affairs since 1991, when I was asked to be the temporary secretary for a small club just starting up in S.W. Margaree. I held that office for several years.

I have also served as a Council president for the Inverness-Victoria counties, again for several years.

At this time I am in my second term as president of the Federation of Senior Citizens and Pensioners of Nova Scotia. As such I serve on the Group of Nine (Seniors Advisory Council of NS.)

I have been involved with Preventing Falls, and Preventing Seniors Abuse. I have attended meetings of ASHRA (Atlantic Seniors Housing Research Alliance) and Community Links.

At this time I am awaiting word on the date for our executive to sit around a table with the seven Ministers of our Seniors

Secretariat to discuss the wants and needs of N.S. Seniors. We present a brief to them, have this discussion, and try to convince them on what we feel MUST be done for all our senior citizens.

I hope this new office gives me the opportunity to work for the betterment of the lives of all Canadian senior citizens.

Now, personally, I am seventy-plus years old, I am widowed, have eight children, many grandchildren and even have some great-grandchildren. I live in rural Cape Breton Island, and have my own home.

I enjoy cooking and crocheting. My favourite T.V. show is Coronation Street. Last, but certainly not least I am active in my church.

Mary Fleck,  
Third Vice-President

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### PERKS OF BEING OVER 50

1. Kidnappers are not very interested in you.
2. In a hostage situation you are likely to be released first.
3. No one expects you to run anywhere.
4. People call at 9 pm and ask, did I wake you?
5. People no longer view you as a hypochondriac.
6. There is nothing left to learn the hard way.
7. Things you buy now won't wear out.
8. You can eat supper at 4pm.
9. You get into heated arguments about pension plans.
10. You no longer think of speed limits as a challenge.
11. You quit trying to hold your stomach in no matter who walks into the room.
12. You sing along with elevator music.
13. Your eyes won't get much worse.
14. Your investment in health insurance is finally beginning to pay off.
15. Your joints are more accurate meteorologist than the national weather service.
16. Your secrets are safe with your friends because they can't remember them either.
17. Your supply of brain cells is finally down to manageable size.
18. You can't remember who sent you this list.

## From the Treasurer's Desk - Sandy Carricato

The Convention of 2008 is over and I am looking forward to being part of an executive that will continue as a strong and active National Pensioners and Senior Citizens Federation (NPSCF).

The province of British Columbia is very beautiful and I took advantage of the opportunity and stayed an extra week visiting a long time friend.

A very sincere thank you to all who voted for me at the convention and to those who did not, I hope that over the year you will come to respect me and the dedication that I bring to the position of Treasurer.

To those who were not at convention, my full name is Sandra Carricato although most call me Sandy. I am a retired CAW member and my workplace was the Ajax, Ontario Chrysler Trim Plant which closed in 2003. I am married forty eight years, mother of two adult children and grandmother to five. I am very active in our retiree's chapter and the community.

The Federal Election is in full swing and I am working on a campaign in my region. It is important that all levels of Government be reminded that we will speak loud and clear as to what the needs of seniors are and our intentions to improve Canadian society as a whole.

Presently CAW Local 222 and 1090 Retirees Chapters are working on a Health and Wellness Fair for Durham Region. We will have displays, nutritionists, and many other professionals attending to give advise and answer questions. We expect that it will be well attended and knowledge gained by all, as to how we can stay fit and active.

Please do all that you can to stay healthy and happy and take care as our Canadian winter approaches.

Respectfully,  
Sandy Carricato





# From My House to Yours

## - Secretary

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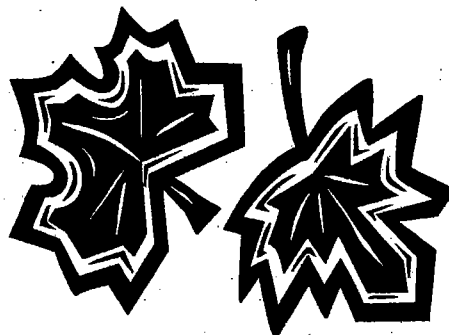
The NPSCF's annual convention in Surrey, BC brought new people to our executive. The executive list, on the front cover, gives you insight into the changes made. You may not know these people, but this is an opportunity to become familiar with their names.

This is a new executive, with new ideas, enthusiasm and energy to be released and directed toward improvements, in Canada, for all seniors. There are seniors' issues out there that need attention. This Organization is prepared and ready to take action towards issues that need to be changed or eradicated. We will be the voice, the strong voice to speak to government supporting our Canadian seniors. We will work to have a closer connection with the Federal Government. We will work toward having a presence in Ottawa. This happening NPSCF will gain strength and power to have a very effective voice enabling an influence that will prove to be very advantageous to seniors across this great country. Seniors will speak. NPSCF will make sure they are heard. There are so many issues out there, and there will be more. These issues must be addressed and NPSCF is the Organization that will do just that. Give us your support and we will do the job.

I am please to be your secretary. I thank you for your support. I have been busy making the appropriate arrangements, so that the new members can fully function in their new positions. Everything should be in place before the end of October so that the Organization can move forward. At the same time I am working to get the fall newsletter in your mailbox.

Happy Thanksgiving to you all. "It is the one day that big thighs are a good thing".

**Till next time.**  
**Fern from Saskatchewan**



## **National Pensioners and Senior Citizens Federation Accomplishments on Retirement Security**

October 8, 2008

Since 2006, the National Pensioners and Senior Citizens Federation has supported my research and recommendations for improved investor protection of senior's retirement savings. We have together had a significant impact on raising public awareness of serious financial abuse in our country. Our government legislators and the financial industry are listening. The victims of financial abuse are finally getting restitution for their loss of lifesavings and the investment protection law reform process has begun.

At its National Conference in Truro, Nova Scotia on September 19-23, 2006, the National Pensioners & Senior Citizens Federation adopted a resolution to clean up the misrepresentations in how income trusts were being sold to seniors. On October 18, 2006, the NPSCF held a media conference in Ottawa and went beyond its clean-up request to asking for a moratorium on new income trusts due to: (a) these businesses not paying their fair share of income taxes needed to fund the CPP, OAS and GIS benefits for seniors; and (b) the significant losses seniors owning income trusts were experiencing due to the product's flawed structure and misrepresentations in its sale. **Thirteen days later, on October 31, 2006, Federal Minister of Finance James Flaherty introduced a new income trust tax, that shuts down income trusts altogether by 2011.** The aggregate losses on business income is now \$25 billion, which is more than the amount I had predicted when I did my first research report on the problems with business income trusts in November 2005.

**Recently 1,800 Canadian families, a high proportion of which were seniors, waged a very public battle against Canaccord, Credential and Scotiabank to achieve a \$200 million plus full cash settlement for their frozen Non Bank Asset Back Commercial Paper, sold to them as a top credit rated and safe savings product.** These families had their life savings tied up for 14 months, creating both financial distress and a variety of health consequences.

Donna and Bruce Boyd of Mill Bay, British Columbia sold their home and have \$428,000 tied up in ABCP. Their new home bought for retirement is funded by a BMO loan costing them \$2,700 each month. **"We are struggling to keep our home and retirement at this stage is only a dream."** The fought for Canaccord Customer Relief Plan is returning the Boyds' life savings.

Janet Carey's 89 year old mother lives in Kitchener, Ontario and she suffers from Alzheimers. The money from the sale of her home was placed in ABCP. **Janet funded her mother's nursing home expenses, and will be much relieved when her Credential settlement is paid in October 2008.**

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..... NPSCF Accomplishments on Retirement Security continued from page 10

One man spoke to us confidentially because he did not want his 73 year old mother and 95 year old grandmother to find out their life savings are frozen in ABCP. The grandmother's home was sold to pay for her nursing home expenses. Without the cash settlement from Credential, **"my 95 year old grandmother is living with my Mother, following hip replacement surgery. How long my Mother will be able to look after my grandmother is uncertain. At present, without family support, or the sale of my Mother's house, there are no nursing home funds for my Grandmother."**

Gulmahomed Kapadin, a 79 years old, said: **"When purchasing this investment I was assured that it had AAA rating but now I find that these top ratings are not reliable. It will be a great financial loss for me at this age and disability I have."**

Taras and Sharie Kuchers of Toronto, Ontario say, **"we are reaching retirement and our health is dictating a need to stop working shortly. All our funds and RRSP's were in this commercial paper, so we have nothing left."**

Dave and Alvina Nicholas say, **"As senior citizens we too have an expectation that the government will protect their citizens from fraudulent practices in the banking system. It has created hardship as I have been forced to return to work and am now suffering from high blood pressure and other symptoms of severe stress... It is hard to believe that these highly leveraged devices were ever allowed to be sold in Canada. Clearly we would like to see criminal action taken against those involved."**

Gary Webber a pastor and an ABCP victim himself informs us that **"The effects on many people's lives have been devastating \_ the fear that surrounds the possibility of losing the money has been even debilitating for some of them. As a pastor my concern is for the personal distress that results as people are placed in these situations that they are really powerless to effect."**

And, Yulan Wong a retiree says, **"I do not eat and cannot sleep. I have excruciating pain (physical and mental) constantly being anxious and still in shock. ...When the account was opened with my niece's money (some belonging to her siblings) she strongly emphasized that she only cared about the capital being preserved as stated in your Account Information form. Her knowledge about investment is limited to cash in a savings account. She lost both her parents to cancer and I have reminded Mr. Evans constantly that I have to be most careful with the funds entrusted to me?"**

..... continued on page 12

..... NPSCF Accomplishments on Retirement Security continued from page 11

In light of all these sad stories from seniors owning ABCP, Art Field, Past President of NPSCF was moved to write a letter to the National Bank of Canada on July 2, 2008 asking that it not use the Hardship Test from the Portus Alternative Asset Management Inc. receivership in any dispute. The "Portus Hardship Test," is the "Cat Food Test," by another name. Under this test, seniors get only enough cash back to pay for the necessities of life and where alternative sources of funds for the client are limited. Seniors cannot tolerate banks and securities dealers taking their savings in defective income products said to be safe and top credit rated and then get back only enough of their savings to put food on the table and a roof over their head. Denise Dubé Director of Public Relations for the National Bank has replied "We take note of your position with respect to the ABCP restructuring as outlined in your letter."

**On October 6, 2008, the Canadian Securities Administrators have put forward a new regulatory regime for commercial paper that will go a long ways towards preventing this kind of savings product abuse in the future.** The country will now move to full public disclosure on commercial paper and it will eliminate the reliance on credit rating agencies to get this product into the public marketplace. Credit rating agencies will become regulated to ensure the quality and integrity of their work applicable to income products sold to Canadians.

Sophisticated market players have co-opted the investment industry and accounting industry self-regulatory organizations and even the provincial securities commissions and the Office of the Superintendent of Financial Institutions, who are suppose to be government authorities with public interest mandates. There is both rogue fraud and systemic negligence and fraud going on in the investment industry, with seniors and other retail investors being the predominant victims. In addition to securities crimes not being investigated or prosecuted, the banking and investment industries routinely receive regulatory and legal protections, that promote industry profitability and are contrary to investors' interests.

**Many details of securities regulation and securities crime policing reform need to be worked-out, I request the continuing support of the National Pensioners and Senior Citizens Federation for more work to be done on investor protection to ensure retirement security.**

- **A new Canadian Securities Commission that provides effective investor protection regulation and enforcement and provides a simple and inexpensive process for obtaining restitution of damages caused by securities violations.**
- **A new securities criminal intake and assessment system jointly administered by the RCMP IMET and the fraud squads and anti-rackets units of the provincial and municipal police forces of Canada. This new system would eliminate the current reliance of securities crime police on the investment industry self-regulatory organizations and provincial securities commissions for case referrals, information sharing and expertise.**

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## Maya Angelou Interview

In April, Maya Angelou was interviewed by Oprah on her 70+ birthday.

Oprah asked her what she thought of growing older. And, there on television, she said it was 'exciting.' Regarding body changes, she said there were many, occurring every day...like her breasts. They seem to be in a race to see which will reach her waist, first. The audience laughed so hard they cried. She is such a simple and honest woman, with so much wisdom in her words! Maya Angelou said this:

"I've learned that no matter what happens, or how bad it seems today, life does go on, and it will be better tomorrow."

"I've learned that you can tell a lot about a person by the way he/she handles these three things: a rainy day, lost luggage, and tangled Christmas tree lights."

"I've learned that regardless of your relationship with your parents, you'll miss them when they're gone from your life."

"I've learned that making a 'living' is not the same thing as 'making a life.'"

"I've learned that life sometimes gives you a second chance."

"I've learned that you shouldn't go through life with a catcher's mitt on both hands; you need to be able to throw some things back."

"I've learned that whenever I decide something with an open heart, I usually make the right decision."

"I've learned that even when I have pains, I don't have to be one."

"I've learned that every day you should reach out and touch someone. People love a warm hug, or just a friendly pat on the back."

"I've learned that I still have a lot to learn."

"I've learned people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

This sixty line poem celebrates the people of Canada, and was presented to Queen Elizabeth at her Silver Jubilee in 1977. Objibwa Elder Duke Redbird is a poet. Writer and entertainment reporter for CITY TV

### I AM CANADIAN

I'm a lobster fisherman in Newfoundland  
I'm a clambake in P.E.I.  
I'm a picnic, I'm a banquet  
I'm mother's homemade pie

I'm a few drafts in a Legion hall in Fredericton  
I'm a kite flyer in Moncton  
I'm a nap on the porch after a hard day's work is done

I'm a snowball fight in Truro, Nova Scotia  
I'm small kids playing jacks and skipping rope  
I'm a mother who lost a son in the last Great War  
And I'm a bride with a brand new ring  
And a chest full of hope

I'm an Easterner  
I'm a Westerner  
I'm from the North  
And I'm from the South  
I've swam in two big oceans  
And I've loved them both

I'm a clown in Quebec during carnival  
I'm a mass in the cathedral of St. Paul  
I'm a hockey game in the forum  
I'm Rocket Richard and Jean Beliveau

I'm a coach for little league Expos  
I'm a babysitter for sleep defying rascals  
I'm a canoe trip down the Ottawa  
I'm a holiday on the Trent  
I'm a mortgage, I'm a loan  
I'm last week's unpaid rent

I'm Yorkville after dark  
I'm a walk in the park  
I'm a Winnipeg gold-eye  
I'm a handmade trout fly  
I'm a wheat-field and a sunset  
Under a prairie-sky

..... continued on page 15

.... I AM CANADIAN continued from page 14

I'm Sir John A. MacDonald  
I'm Alexander Graham Bell  
I'm a pow-wow dancer  
And I'm Louis Riel

I'm the Calgary Stampede  
I'm a feathered Sarcee  
I'm Edmonton at night  
I'm a bar-room fight

I'm a rigger, I'm a cat  
I'm a ten-gallon hat  
And I'm an unnamed mountain in the interior of B.C.  
I'm a maple tree and a totem pole  
I'm sunshine showers  
And fresh-cut flowers

I'm a ferry boat ride to the island, I'm the Yukon  
I'm the Northwest Territories  
I'm the Arctic Ocean, and the Beaufort Sea  
I'm the Prairies, I'm the Great Lakes  
I'm the Rockies, I'm the Laurentians

I am French  
I am English  
And I'm Metis  
But more than this  
Above all this  
I am Canadian and proud to be free.



## DANCE IN THE RAIN

It was a busy morning, about 8:30, when an elderly gentleman in his 80's, arrived to have stitches removed from his thumb. He said he was in a hurry as he had an appointment at 9:00 am. I took his vital signs and had him take a seat, knowing it would be over an hour before someone would be able to see him

I saw him looking at his watch, and decided, since I was not busy with another patient, I would evaluate his wound. On exam, it was well healed, so I talked to one of the doctors, got the needed supplies to remove his sutures and redress his wound. While taking care of his wound, I asked him if he had another doctor's appointment this morning, as he was in such a hurry.

The gentleman told me no, that he needed to go to the nursing home to eat breakfast with his wife. I inquired as to her health; he told me that she had been there for a while and that she was a victim of Alzheimer's Disease. As we talked, I asked if she would be upset if he was a bit late. He replied that she no longer knew who he was, that she had not recognized him in five years now.

I was surprised, and asked him, "And you still go every morning, even though she doesn't know who you are?"

He smiled as he patted my hand and said, "She doesn't know me, but I still know who she is". I had to hold back tears as he left; I had goose bumps on my arm, and thought, "That is the kind of love I want in my life". True love is neither physical, nor romantic. True love is an acceptance of all that is, has been, will be, and will not be.

The happiest people don't necessarily have the best of everything; they just make the best of everything they have.





**T**  
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Thank you to the past treasurer, Joyce Mitchell, NPSCF extends a very special "Thank You" to her for the many years of faithful, dedicated service she gave to the Organization. She will be missed. The very best to Joyce in her future endeavors

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Thank you to Art Field for the years he served as President of NPSCF. We look forward to your continued service as Past President on the NPSCF Board

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Thank you to COSCO for hosting the 2008 NPSCF convention in Surrey, B.C. Special thanks to Art Kube, who spear headed the planning. Well-done Art. Also too, a big thank you to Ian Buck and Al Peterson for the efficient way you handled the "hands on" work. You did a tremendous job. The tour to Grouse Mountain was excellent. Thank you Al Peterson for this great afternoon.

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Thank you to all the people who attended the convention. Without you it wouldn't have been so successful.

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# WELCOME

*Welcome to our two new Board members, Sandra Carricato, Treasurer and Mary Fleck, 3<sup>rd</sup> V.P. I hope you enjoy working with this national organization, (NPSCF).*

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