

NEWSLETTER

National Pensioners and
Senior Citizens Federation



La fédération nationale des
retraités et des citoyens âgés

Fall 2009

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EDITORIAL

THE FUTURE IS IN OUR HANDS

There is a tendency – once we get to a certain age – to step back and let the younger folks take over. In some endeavors, that makes sense. By the time we hit retirement age, most of us are ready to ease up on strenuous physical work. Wrestling. Brick-laying. Mixing concrete by hand. By all means, in these and indeed every other area, we need to encourage the young to show what they can do.

But it would be a serious mistake for us to fall silent. And if we take the easy road, it could lead to a world that none of us would wish on our children and grandchildren.

Experience counts. We may be older. We may move a little more slowly and carefully than we used to. But we're a lot more fuel efficient.

Too many public policies today are driven by myths, greed, and a startling lack of knowledge and experience of what things were like when we were starting our lives.

There are hundreds of TV channels and millions of websites. We have more information at our fingertips than ever before. But information is not reality. Information is not knowledge and experience. And information does not on its own build inclusive, healthy communities.

Many of our neighbours do not remember a Canada without Medicare. Some of them have even been convinced that private, for-profit care would be an improvement. Those of us who remember what it was like, and saw families destroyed by the financial burden of caring for a loved, must stay engaged in such debates.

We know that a civil society requires a fair tax base to fulfill its social and economic obligation to its citizens, and we know that many of the social and economic shortfalls are resulting from tax give-aways to corporations and the rich.

In fact, it's up to us to take on those vital issues, because the perspective we bring to the table is unique. Through the National Pensioners and Senior Citizens Federation (NPSCF) and the many seniors who stand together through the NPSCF, we can help shape the future. We can stay engaged. We can get the attention of government, warn them when they're on the wrong track, and push them to take actions that will help ensure, day by day, month by month, that the world will be a little better for our children and grandchildren.

Art Kube

THE NATIONAL PENSIONERS AND SENIOR CITIZENS FEDERATION INCORPORATED

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 benefits of all persons.
8. To consult with other private and public organizations which offer similar services in order to gather any educational information that will add to knowledge and be of use to seniors and the public.

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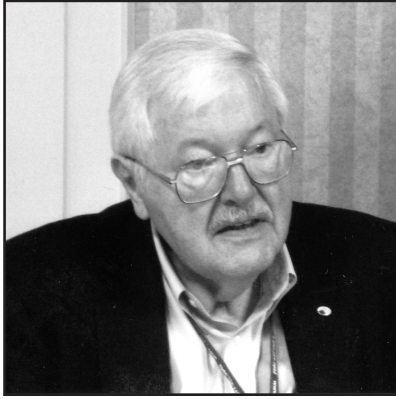
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The opinions expressed in this publication are those of the contributors and not necessarily those of the N.P.S.C.F. newsletter.

National Pensioners and Senior Citizens Federation Executive

Website: www.npscf.org
Toll Free: 1-877-251-7042
Executive for NPSCF 2007-2008

- President** *Art Kube*
16646-84 A Ave.
Surrey, B.C. V5N 4Z4
Phone/Fax: 604-576-8000
Email: aakube@telus.net
- Past President** *Art Field*
Box 92
Little Britain, ON K0M 2C0
Phone: 705-786-2778
Fax: 705-786-0350
Email: afield1@sympatioc.ca
- 1st Vice President** *John Gatens*
1 Joshua Blvd.
Brooklin, ON L1M 2J1
Phone: 905-655-6314
Email: johngatens@rogers.com
- 2nd Vice President** *Sheila Righi*
315 28th St. E.
Prince Albert, SK S6V 1X4
Phone: 306-922-8238
Email: frerig@sasktel.net
- 3rd Vice President** *Mary Fleck*
Box 575
Margaree Forks, N.S. B0E 2A0
Phone: 902-248-2838
Email: maryteapot@hotmail.com
- Secretary** *Fern Haight*
Box 393
Hanley, SK. S0G 2E0
Phone: 306-544-2737
Fax: 306-544-2757
Email: fern.h@sasktel.net
- Treasurer** *Sandra Carricato*
2389 Head Road
Port Perry, ON L9L 1B4
Phone: 905-985-8170
Email: sandy.carricato@sympatico.ca



Message from President Art Kube

Collusion, Pollution and Extortion

Never in modern history have we seen one industry ripping off consumers, colluding in price fixing and gravely polluting the environment at the same time. Big oil does it all! What is equally disgusting is the total and deadly silent conspiracy of governments around the world. Here in British Columbia the oil companies are using the limited refinery capacity, as an excuse for the high prices. We all remember

when oil companies used “over capacity” to decommission oil refineries across Canada.

The last time the oil industry pulled the wool over Canadians’ eyes the federal government did something about it. They set up PetroCan as the public’s window on the industry. That didn’t last long as Brian Mulroney and his government privatized PetroCan and the Oil industry became, once again, its own master and answerable to no-one. Don’t expect either our Prime Minister, who gets major political funding from the Oil Barons, or our Premiers whose governments receives windfall tax revenues, to call the oil companies to account unless there is massive public pressure.

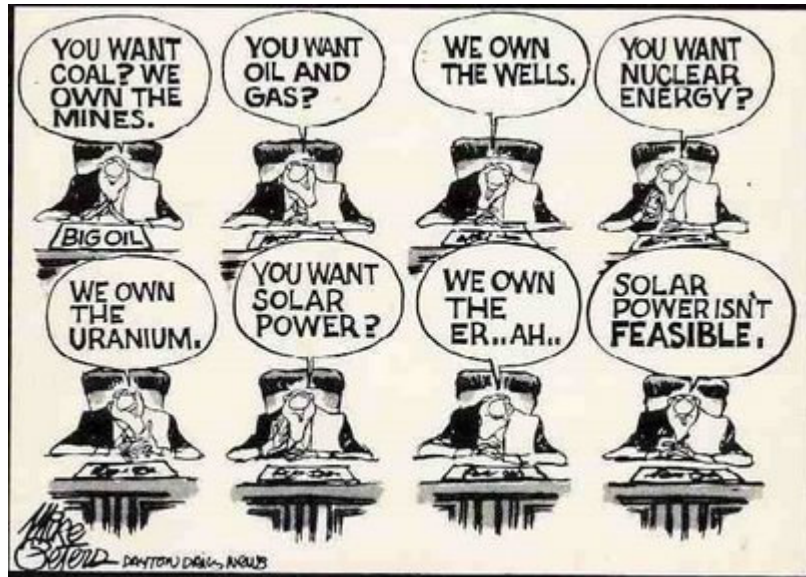
It is sickening to see the EXXON chief executive officer retiring with a 400 million dollar retirement package. At the same time we see EXXON refusing to pay for the damage caused by the EXXON VALDES in Alaskan waters. Instead of cleaning up its industry in the transportation, extraction and refining plants, EXXON is continuing to flame its gases, pollute rivers and release excessive amounts of waste heat into the atmosphere. The technology is readily available to clean up all environmental degradation and all the industry has to do is spend some of its ill-gotten gains to clean up its messes.

A case can be made for higher priced carbon fuels. Environmentalists have called for higher fuel prices in an effort to reduce consumption and subsequent pollution. Higher energy prices can also be justified if the excess revenue from oil and natural gas is used to develop new sources of clean energy, develop greater public transportation systems and promote the development of energy saving technologies. Al Gore’s “The Inconvenient Truth” makes it quite clear that we cannot go on as we are. We must reverse the present environmental devastation of our planet!

We cannot allow the oil industry or any other industry to continue with their present buccaneer performances, especially with oil, when our country has a surplus and exports oil. We must apply strong public pressure on all levels of government to either regulate the price of gas and oil or introduce an excess profit tax on gas and oil. In addition governments must force the energy industry to clean up its pollution and excess heat generation, which contribute to global warming.

We, the older generation, owe it to our grand children and great-grand children to do everything in our Power to leave behind a world where once again humanity can live in harmony with nature. But we also have a responsibility not to get ripped off by the Oil Barons. Folks, let’s do our part.

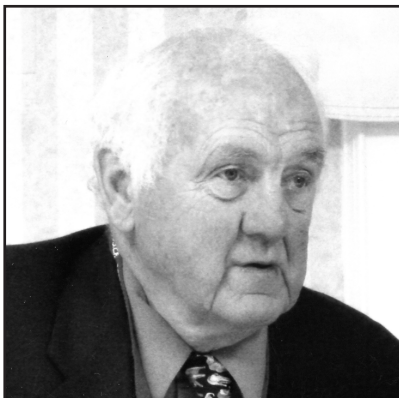
**Never take life seriously.
Nobody gets out a live anyway**



Cartoon submitted by: Art Kube

The Mayonnaise Jar and the Coffee

When things in your lives seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar and the 2 cups of coffee. A professor stood before his philosophy class and had some items in front of him. When the class began, he wordlessly picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was. The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was. The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He asked once more if the jar was full. The students responded with an unanimous “yes.” The professor then produced two cups of coffee from under the table and poured the entire contents into the jar effectively filling the empty space between the sand. The students laughed. “Now,” said the professor as the laughter subsided, “I want you to recognize that this jar represents your life. The golf balls are the important things – your family, your children, your health, your friends and your favorite passions – and if everything else was lost and only they remained, your life would still be full. The pebbles are the other things that matter like your job, your house and your car. The sand is everything else – the small stuff. “If you put the sand into the jar first,” he continued, “there is not room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff you will never have room for the things that are important to you. “Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical checkups. Take your spouse out to dinner. Play another 18. There will always be time to clean the house and fix the disposal. Take care of the golf balls first – the things that really matter. Set your priorities. The rest is just sand.” One of the students raised her hand and inquired what the coffee represented. The professor smiled. “I’m glad you asked. It just goes to show you that no matter how full your life may seem, there’s always room for a couple of cups of coffee with a friend.”



Past President Message - Art Field

Our convention is being held at Bond Place Hotel, in Toronto, on Oct. 21, 22, 23 and will finish on Oct 24, 2009. It will be an important Convention as our constitution has to be updated if C.P.C. is going to merge with the National Pensioners and Senior Citizens Federation. The constitution needs to outline their roll in the Federation.

There is a change in the constitution that my term as Past President will end this year. As Past President and the experience I have gained from being the Federations 1st Vice President, and your President over the last 10 years, I have a lot to offer the Federation. Most Provincial groups' Past President serve until there is a new president elected and in Ontario their last Past President served for 3 years. I am going to oppose that change in the constitution, because I think Past Presidents can serve the Federation well. When Curtis Decoste was Past President, he and I worked well together. I used his knowledge when presenting our brief to the federal government and opposition parties. Our combined knowledge was for the benefit of seniors of Canada. The Past President should remain in office until a new President is elected.

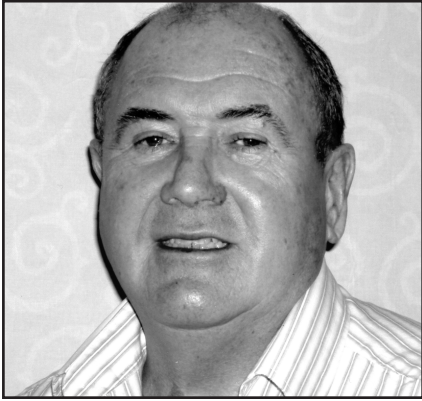
Seniors are the biggest voting group in Canada, and you should (all) be getting in touch with your M.P.'s or M.L.A.'s, etc to bring forward concerns on senior issues to protest our pension. Our Old Age Security payments, our Canadian Pension Plan payments and the Guaranteed Income Supplement for seniors (that need it) should be increased. As you know from some of my previous articles, there are seniors who are using food banks etc, which is not right, when our government can increase income for seniors so they do not have to use food banks.

I am at a C.A.W. retirees conference in Port Elgin, Ont. There are retirees here from across Canada debating over 50 resolutions, on pensions, health care, environment, and government services. They present their resolutions as a brief to governments, sending some to Ottawa, as well as some to N.P.S.C.F.

While on the subject of Convention I am working on a tour for the NPSCF convention on Saturday afternoon. There will be a tour to see sights of Toronto or a Niagara Falls tour.

In closing the thought for the day: If you are not big enough to lose you are not big enough to lose.

Life is like a hot bath. It feels good while you're in it, but the longer you stay, the more wrinkled you get.



Greetings from your 1st vice president: John Gatens

Hello everyone; even activists must take some time out and that is what I have been doing this summer. After the anguish and concern regarding the possibility of losing my pension or at least a major part of it, I am happy to report that my union i.e. the CAW was able, along with the various government officials and of course the Chrysler Company to reach a settlement that allows the plants to continue manufacturing autos. This as you can understand means the world to thousands of workers and retirees who rely on the continuation of this important industry. I would be remiss not to mention a greater concern for many more workers and many thousands of retirees and their surviving spouses who are equally relieved and can get on with their lives, I refer to those past and present General Motors workers, all of whom have been living with this very real possibility of losing their pension.

It is without a doubt the most serious issue facing workers and retirees in our society today. There is a need for changes in our laws that protects seniors and workers from Companies, Corporations, Plants, in short places of employment from declaring bankruptcy and moving shop, leaving workers without even the wages they have owing to them. We have seen more of this in Ontario this year than at any other time in my memory.

By the time this letter is printed we will be ready for our convention in Toronto that should be very interesting with the possibility of the amalgamation with Canadian Pensioners Concerned. I look forward to this merger since it will give us a larger number, with greater presence, to successfully lobby the government on behalf of seniors. It looks very much like there will be a federal election called sometime in the near future, so once again we will be trying to elect those who will look out for our interest.

Remember we seniors have a tremendous voice and we have the numbers to demand changes to issues affecting us. We, your elected members of National Pensioners and Senior Citizens Federation, will bring your concerns to Parliament on your behalf.

Yours with respect

John Gatens, 1st vice president.

2nd Vice Presidents Report

Sheila Righi



On August 24/25, 2009 S.S.A.I. had the first meeting for 2009/2010 year in Rosetown, Saskatchewan, in the Rosetown Seniors Hall, this was my first meeting as 1st Vice President. The duties expected have not changed. My portfolio is still the “Provincial Bowling Tournament”.

The Bowling Tournament will be in Prince Albert, Saskatchewan again, the dates are February 28/March 01, 2010. Information will be going out to clubs and bowling venues across the Province, the important issue re bowling is to get your registrations in early once you receive the information package.

I will be attending the “Spotlight on Seniors,” day on October 06, 2009 in Saskatoon, Saskatchewan, this is always a well organized show and a great opportunity to talk with other Seniors’, many of whom do not know what SSAI is for or about, nor does the public know anything about the National group, N.P.S.C.F.

SSAI always has a booth there and I have helped man it for the past five years. As 2nd V.P. of the NPSCF, this is a great opportunity to pass information on about the two senior organizations SSAI and NPSCF.

I would like to welcome two new members to our Board of Directors, Marvin Gilbertson and Garth Lester, Garth accepted the invitation to fill in for the late, “Tom Breckner”, SSAI is very fortunate to have members like you who ware willing to help in whatever capacity required.

In closing my message is I enjoy working with and for seniors of Saskatchewan as well as seniors of Canada.

Respectfully,
Sheila Righi

Identifying a Stroke

These are four ways to identify a stroke.

1. Ask the individual to SMILE
2. Ask the person to talk and speak a simple sentence (coherently) (i.e. – It is sunny today.)
3. Ask him/her to raise both arms
4. Ask the person to stick out their tongue. (If the tongue is crooked or if it goes to one side or the other, that is also an indication of a stroke.)

If someone shows any of the above symptoms call 911 immediately.

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects if a stroke ... totally. The trick is getting the stroke recognized and diagnosed and then getting the patient medically cared for within 3 hours.



REPORT FROM 3RD VICE-PRESIDENT Mary Fleck

Our Federation year is starting to wind down. It has been a very active year, with a lot of hard work being done by the entire executive.

I came into this without the least idea of the amount of effort that goes into it, that was in 1991. I was familiar with council work, and club work, but not the tremendous effort that has gone into this federation, involving all of Canada, over the years. Finding what problems exist for senior citizens and pensioners. The strange thing is that these problems are very similar from coast to coast to coast.

The worst problem right now, of course, is financial! The “Not Quite” depression, some people are losing, or have lost money, sometimes their entire life savings, while the ones entrusted with managing their savings, and hence losing it, have been rewarded!!

Financial bonuses!

Thank goodness there are “watch dogs” keeping the public aware of these things.

On the brighter side ... Autumn is just about here. Did you have a garden this year! It is so nice to take the home-grown treats out of the freezer for Thanksgiving, or Christmas dinner. Then, of course there is pickling and preserving to do.

Remember to wash your hands often, use germicidal “Quick-wash” between times. Stay home if not feeling well. See your doctor if necessary. Do what you must to prevent the spread of N1H1/Swine Flu.

Bless you all, all over Canada!

Mary

I've Learned

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 something back.

I've learned that if you pursue happiness, it will elude you. But, if you focus on your family, your friends, the needs of others, your work and doing the best you can, happiness will find you.

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 that human touch, holding hands, a warm hug, or just a friendly pat on the back.

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

From the desk of the Treasurer Sandy Carricato



As Fall approaches, many of us are wondering about the unusual weather that our country experienced this summer. It's too bad that we can't have a recall. Here is hoping that we have a warm and pleasant September, October and November, we deserve it.

We look forward to hosting the Convention in Toronto, October 21-24. The arrangements are coming together as planned. Please have your credentials mailed to me by October 1st. The delegate fee is \$80.00.

If you are arriving by plane, you can catch a bus on the arrivals level at either terminal 1 or terminal 3. The bus will take you right to "The Bond Place Hotel". If you are arriving by car the hotel is located one block east of Yonge Street at 65 Dundas Street East. Parking is across the street from the hotel on the north east corner. The hotel staff will direct you if asked. The entrance for the physically challenged is on the Dundas entrance.

The hotel is in downtown Toronto and is in the heart of the Theatre district, one block from the Eaton Centre. (Great shopping).

Theatres in the area are the Canon, Princess of Wales, Royal Alexandra and the Elgin Winter Garden. Look up the theatres on your computer and find what the attractions and prices are for the shows. What a great way to see world class entertainment that might not be available in your part of the country.

We are also planning a bus trip to Niagara Falls, more about that at convention.

The Bond Place is one of the best located hotels in Toronto. It offers excellent value in comfortable and newly furnished accommodations.

In your convention book you will be given a financial report for the past year, January 1, 2008 to December 31, 2008, as well as a financial report from January 1, 2009 to current month. Please review these reports.

Respectfully,

Sandy Carricato

**When making your choices in life,
do not neglect to live.**



MESSAGE FROM THE SECRETARY

Fern Haight

FROM MY HOUSE TO YOURS

Glancing at the calendar, fall is nearly here. Really and we haven't had summer yet. What a rip off! Anyway, I am hoping that we will get a long, warm, summery type fall to make up for the short, cool summer. The prediction is that we will have a warm winter as the Pacific waters are warmer than normal. What a wonderful thought!!

The past three months have been quite busy. Saskatchewan had their annual convention in North Battleford. This convention was attended by 119 delegates and visitors. One of these visitors was the NPSCF President, Art Kube, The Saskatchewan people enjoyed his visit and rated his speech as very good. Resolutions from the SSAI convention have been sent to the National and will be debated at their convention, in Toronto, in October. All resolutions approved will be included in the NPSCF brief to the Federal Government. Len Fallows, our SSAI President, will serve on the NPSCF Resolution Committee. All NPSCF resolutions should be sent to Art Kube. The deadline for resolutions is September 20th, 2009. For all details about the NPSCF convention go to www.npscfc.org

I hope you are planning to attend the convention in Toronto, October 21 to the 24th, 2009. The NPSCF Board has been working together planning this event. It takes cooperation, dedication and hard work to make conventions happen. I have been writing letters trying to get guest speakers and I am amazed at the number, of Government Officials, who are unable to give, seniors of Canada, a half hour of their time and consequently they refuse my invitation. When I request a replacement from their department, my request is denied as well. I find this difficult to understand.

The Fall Newsletter is nearing completion and it should be in the mail before the turn of the season. By the way, if anyone would like to write an article for the NPSCF newsletter, please do so and just send it to me and I will be sure to publish it.

I am arranging another telephone conference for the NPSCF Board.. We will be having this conference on September 14th. This is an excellent way, to inexpensively keep everyone current, regarding the workings of the Organization. Communication is the key to better understanding and the key to success.

Speaking of communication, I read the Star Phoenix every morning. This week I read that Saskatchewan expects to give a 3.8% increase in average salaries in 2010. I thought wouldn't it be wonderful to open up our OAS envelope and find a sizeable increase added to our Old Age Security cheque. It is long overdue and badly needed with prices escalating.

I hope everyone enjoyed a bit of a break of some kind during the summer. May you now be rejuvenated and ready to move forward, promoting a better quality of life for seniors of Canada, during their twilight years.

It will be so nice to see you all again in Toronto.

Respectfully submitted,
Fern Haight
Secretary of NPSCF

October 2009

Planning to travel this year? Get peace of mind with a MEDOC® Travel Insurance Plan. As a member, you'll get comprehensive coverage at great competitive rates. See enclosed MEDOC® Travel Insurance Plan information for additional details.

Enjoy  of mind

Dear Member:

As a member of the National Pensioners and Senior Citizens Federation, you may qualify for **special discounts on a home insurance plan**. Now you can enjoy peace of mind knowing you have the coverage you need and the service you deserve.

As one of Canada's leading providers of home insurance, Johnson Inc. understands insurance is all about putting your mind at ease. Because you're a part of the National Pensioners and Senior Citizens Federation, you may receive great benefits and saving, including:

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- Special Discounts
- Personal Internet and Identity Theft Coverage
- Vanishing Deductible
- AIR MILES® reward miles
- ... and so much more!

Plus for **all home insurance customers aged 50+** a new plan is available through Johnson with five new benefits including housekeeping and nursing following a hospital stay, as well as a home repair referral service that is available 24 hours a day/7days a week.

Please review the enclosed brochure that further outlines Johnson's excellent home insurance plan. For a no obligation quote, please call 1-877-674-4040 or visit www.johnson.ca/npscf. (Don't forget when requesting a quote to reference our group ID code: NF.)

Johnson doesn't take you for granted. They're always looking for new ways to serve you better. And with our relationship with Johnson, you can now get more peace of mind than ever before.

Sincerely,

Art Kube



P.S. Get closer to the AIRMILES® rewards you've been saving for! With Johnson, you'll receive one reward mile for every \$20 in home insurance premiums.**

Home insurance available through Johnson Inc., a licensed intermediary. Policies are primarily underwritten by Unifund Assurance Company. Unifund and Johnson Inc. share common ownership. Call for details. Certain conditions and eligibility requirements may exist. ** AIR MILES® reward miles awarded only on regular home insurance policies underwritten by Unifund Assurance Company. Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne Inc., and Johnson Inc. (for Unifund Assurance Company). MEDOC® is a Registered Trademark of Johnson Inc. MEDOC® is underwritten by Royal & Sun Alliance Insurance Company of Canada and administered by Johnson Inc. Johnson Inc. and Royal Sun Alliance Insurance Company of Canada share common ownership.

Federal Drug Watchdog Report: Brand-Name Drug Makers Break R&D Spending Promise for Eighth Consecutive Year

Only 1.2% of Canadian sales revenues directed to new medicine discovery

By Jim Keon

For the eighth consecutive year, brand-name drug companies have broken their promise to spend at least 10 per cent of their Canadian sales on research and development in Canada, according to the recently released annual report of the Patented Medicine Prices Review Board (PMPRB).

The PMPRB report also shows that in 2008 the brand-name industry spent only 1.2 percent of its Canadian sales on basic research that could lead to the discovery of new medicines.

The federal government has increased monopolies for brand-name drug companies no fewer than eight times since 1987, including changes in 2006 and 2008. Canada's intellectual property regime exceeds our international trade obligations, yet these increasing monopolies have not resulted in the investments that Canadians were promised in 1987. What's worse, brand-name drug companies continue to lobby for longer monopolies that will increase Canada's prescription drug costs.

The PMPRB's findings and other information related to prices of pharmaceuticals in Canada are contained in a new report released today by CGPA. Copies of *The Real Story Behind R&D Spending by Brand-Name Drug Companies in Canada, 2009* are available at www.canadiangenerics.ca.

Some of the key findings of the 2008 PMPRB Annual Report include:

- Domestic R&D spending by pharmaceutical patentees represents just 8.1 percent of their Canadian revenues – far below the 10 percent threshold to which the industry committed in 1987. The R&D-to-sales ratio is now at the lowest level in 20 years, matching 2006 levels but below levels recorded in 1989.
- Patentees reported spending \$200 million on basic research in 2008, or 1.2 percent of their Canadian sales, which is a 22.7 percent decrease over the previous year.
- Of the 170 new active substances introduced in Canada between 2001 and 2008, only 19 were categorized by the PMPRB as a “breakthrough” or “substantial improvement” over existing drug products.
- Prices of patented medicines in Canada are the third highest in the world and virtually the same as the second highest priced jurisdiction, Germany.
- Between February 28, 2008 and April 24, 2009 patentees earned “Excess Revenues” of approximately \$43 million for 11 drug products.

Jim Keon is President of the Canadian Generic Pharmaceutical Association (CGPA)

For more information about prescription drug issues in Canada, visit www.canadiangenerics.ca

Fix Bankruptcy Insolvency Act (BIA) NOW

Art, Kube, National Pensioners and Senior Citizens Federation

Nortel retirees, long term disabled and severed employees support the **“Fix BIA NOW!” Campaign**. Fix BIA Now! Is a political action campaign to get Federal Industry Minister Tony Clement to amend the Federal Bankruptcy and Insolvency Act (BIA) to give preferred status to the claims of pensioners, long term disabled and severed employees over unsecured bond holders and other unsecured creditors. Our objective is to achieve full protection for all Canadian pensioners, long term disabled and severed employees at corporations undergoing bankruptcy.

The BIA solution puts the cost of pension and LTD plan shortfalls and severance back onto the debt holders of corporation under bankruptcy. Canadian taxpayers should not be funding government pension bailouts, welfare, employment insurance and the Ontario pension guarantee insurance programs, when there are corporate funds available to pay the employment benefits.

We are administering an electronic petition to garner evidence that thousands of individual Canadians support this emergency amendment of the BIA for the equitable treatment of Canada’s pensioners, long term disabled and severed employees in this economic crisis. **We are writing to enlist your group to support this Campaign.** With a critical mass of support from both individual Canadians and organizations, our government cannot hide from the impact that the financial crisis is having on reduced employment benefits for millions of Canadians.

Read the two pager: **Call to Action – Fix BIA Now!** At <http://ismymoneysafe.org/pdf/HowtoFixBIANow.pdf>. In addition, we would like to request you publish this link to your membership to help us build support and momentum to ensure this legislation is changed immediately.

If your group would like to officially support the **“Fix BIA Now!” Campaign**, we ask you to send us an e-mail or sign-up directly by:

1. Registering your group in the Database – Organizations Supporting Amendment at <http://groups.yahoo.com/groups/ismymoneysafe> by following the instructions on Pages 2 to 3 in “More on the Fix BIA NOW! Campaign & How to Sign Up Your Group,” or
2. Contact Nortel severed employees, Paul Hanrieder of Calgary or Paul Caldwell of Oakville or Diane Urquhart, independent financial analyst, and ask them to sign you up on the Database – Organizations Supporting Amendment.

When your organization speaks to the Federal government, show them the List of Organizations Supporting the BIA Amendment at <http://groups.yahoo.com/groups/ismymoneysafe>. Thank you for your time in reading this request and your kind consideration in supporting the **Fix BIA Now! Campaign**. We strongly believe this is the right thing to do for everyone in Canada and with your group’s support it will happen soon!

Sincerely,

Paul A. Hanrieder
(403) 226-8804
hanriedp@gmail.com

Paul Caldwell
paulcaldwell@cogeco.ca

Diane Urquhart
(905) 822-7618
Urquhart@rogers.com

September 22, 2009

Dear Paul Hanrieder,

After checking with my Executive I am now in the position to endorse your campaign. Please keep us apprised of the progress of the campaign. You are free to use the name of our organization as endorsing the campaign.

Sincerely,
Art Kube, President
National Pensioners and Senior Citizens Federation

Convention 2009

We are extending a special invitation to you to attend our NPSCF convention which will be held in the Bond Place Hotel in Toronto October 21-24, 2009. All information and registration forms may be found on our website www.npscf.org

We are very pleased to have Ken Lewenza CAW President address our convention.

Ken Lewenza is the third elected president of the CAW following Buzz Hargrove and Bob White, both of whom left legacies and directions shaping this Union. I would like if I may to explain a little about the CAW and its leader: Like his predecessors' Lewenza believes that a union must have a social conscience, speak on behalf of those who are not fortunate enough to be organized or unionized, in short the CAW goes way beyond the boundaries of representing only their members, it should and must recognize the plight of those who can't find employment, or those who have lost their jobs through plant and factories closing. Lewenza, again like his predecessors has sent tradesmen and women all over the globe, assisting where necessary, at devastated locations with rebuilding homes, etc. The plight of the homeless is another example of where aid and assistance is freely given in many of our large cities. Anywhere that disaster hits and financial aid is required the CAW has been very generous and is renowned around the globe for work done with their Social Justice Fund.

Ken Lewenza faces the most demanding time in recent history with the loss of manufacturing jobs all over this country, at a level never thought possible, where unemployment rates are at a record and our children and grandchildren have little hope of finding decent jobs. For most of us depression sets in, despair and anxiety seems to be all around us Not so with Lewenza his attitude, energy drive, passion and outlook for the future is catching. He has ideas that if fulfilled can bring us back from this mess, greedy financiers put us in. I have the greatest respect and confidence that Ken Lewenza can and will rise as a Great leader above and beyond the limits of the CAW and be recognized as such all over Canada and beyond.

Respectfully submitted by

John Gatens

On the Lighter Side

To tell the weather, go to your back door and look for the dog. If the dog is at the door and he is wet, it's probably raining. But if the dog is standing there really soaking wet, it is probably raining really hard. If the dog's fur looks like it's been rubbed the wrong way, it's probably windy. If the dog has snow on his back, it's probably snowing. Of course, to be able to tell the weather like this, you have to leave the dog outside all the time, especially if you expect bad weather.

Sincerely,
The Cat

I put some turnips, my eleven-year-old son's least-favorite vegetable, on his dinner plate and instructed him to eat everything. He cleaned his plate, except for the turnips.

I pointed out to him that if he'd eaten it earlier, he wouldn't have been left with its taste in his mouth at the end of the meal.

Thoughtfully, he replied, "I guess I was just trying to delay the inedible."

The young woman sat in her stalled car, waiting for help. Finally two men walked up to her. "I'm out of gas," she purred. "Could you please push me to the gas station?"

The men readily put their muscles to the car and rolled it several blocks. After a while, one looked up, exhausted, to see that they had just passed a filling station.

"How come you didn't turn in?" he yelled.

"I never go there," the girl shouted back. "They don't have full service."

An 85-year-old widow went on a blind date with a 90-year-old man. When she returned to her daughter's house later that night, she seemed upset.

"What happened, Mother?" the daughter asked.

"I had to slap his face three times." "You mean he got fresh?"

"No," she answered, "I thought he was dead."

While ferrying workers back and forth from our offshore oil rig, the helicopter I was on lost power and went down. Fortunately, it landed safely in a lake. Struggling to get out, one man tore off his seat belt, inflated his life vest and jerked open the exit door.

"Don't jump!" the pilot called out. "This thing is supposed to float!"

As the man leapt from the helicopter into the lake, he yelled back. "Yeah, and it's supposed to fly too!"

I tell you, men drivers are a hazard to traffic. Driving to work this morning on Highway 11 from Albert Street, I looked over to my left and there's this man in a Mustang doing 95 miles per hour with his face up next to his rear view mirror ... shaving!!!

I looked away for a couple seconds and when I looked back, he's halfway over in my lane. Scared me so bad I almost dropped my eye liner pencil in my coffee.

enjoy  of mind



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