

NEWSLETTER

Summer 2011

Volume 11 Issue 2

National Pensioners and
Senior Citizens Federation



La fédération nationale des
retraités et des citoyens âgés



Come to P.E.I. this fall!!

If Not Delivered Please Return To:

Sandra Carricato
2389 Head Road
Port Perry, ON.
L9L 1B4

THE NATIONAL PENSIONERS AND SENIOR CITIZENS FEDERATION INCORPORATED

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**“Don’t Plan For
Seniors, Plan with
Seniors”**

THE NATIONAL PENSIONERS AND SENIOR CITIZENS FEDERATION INCORPORATED

Website: www.npscf.org
Toll Free: 1-877-251-7042

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.

**** Notice ****

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

All editorial matter published in this NPSCF newsletter represents the opinions of the authors and not necessarily those of the publication's editor or the NPSCF. Statements and opinions expressed do not represent the official policy of NPSCF unless so stated.



National Pensioners and Senior Citizens Federation La fédération nationale des retraités et des citoyens âgés

Deadline for Newsletter Submissions is September 1st, 2011

67th CONVENTION 2011

WHERE: Charlottetown, Prince Edward Island

WHEN: October 20th, 21st, & 22nd, 2011.

VENUE: Best Western Hotel, 238 Grafton St.

Telephone **1-902-892-2461** Toll free: **1-888-422-6232**

Ask for NPSCF block of rooms and room rate.

Room rate: **\$99.00 plus tax**

Cut-off date for this rate is Sept. 18th (Please have a credit card if possible)

Registration fee \$100.00 each, for delegates and visitors

Pre - registration cut-off date OCTOBER 5th

Registration - Thursday, October 20th from 2 - 4 pm (tentatively) N Court, Lower Lobby

Final registration - Friday, October 21st (7 - 8:30 am) N Court, Lower Lobby

Registration forms are in this issue.

MEET & GREET: Thursday evening, October 20th in the **CABOT Room** (Time to be decided)

Convention commences at 9:00 am Friday, October 21st in the hotel. (Stanhope A & B)

Convention ends Saturday, October 22nd

Send all resolutions to:

FERN HAIGHT, BOX 393, HANLEY, SK. S0G 2E0 or fern.h@sasktel.net.

Cut-off date for resolutions will be **October 1st**

Parking, internet, continental breakfast and local calls are free

Complete agenda in the September Newsletter

PLAN TO BE THERE

"Don't Plan for Seniors, Plan with Seniors"



Barry Thorsteinson, President

A Stronger Federation

One of the agenda items at our last Executive meeting that deserves our attention is “strengthening our federation”. We are the **only** seniors’ federation on the national level that meets at conventions annually to determine policy positions in open debate to make democratic decisions. We then set out to influence government decision-makers to improve our members’ interests.

Strengthening the Federation is easier said than done. We need better communications. We need more informed discussion. We need more affiliates. We need **your** best constructive suggestions. The President is not a one-man army who can do it all. Like any organization, it is, and will be, whatever we collectively make it to be. We need more.

It is my resolve to reach out, not only to our executive and provincial structures; I want the very best advice and input from all members, especially those who, unlike myself, have many years of experience in making progress in their seniors’ organizations. Together, we can build the Federation to be seen by seniors everywhere as effectively representing their interests.

Your valued efforts are not only welcome; they are being requested to work together in harmony. We owe all pensioners and seniors everywhere our best goodwill and cooperation to make progress on the many issues facing us. We do not have the luxury of letting perceived differences become a priority over working together.

As I said when elected last October, I have much to learn from many of you. Please send your comments, suggestions, and recommendations. Better yet, submit a resolution for debate at our October convention in Prince Edward Island. Come help us work together to achieve the results our members deserve.

I hope to see you there or hear from you if you are unable to be there in person.



**Greetings from your
1st Vice President:
John Gatens**

Seniors should be angry

I have two topics I'd like to write about; one being the federal election; and second is "Fixed Incomes". To me and many others the result of the federal election was bitter sweet. On one hand we saw the New Democrats emerge as the official opposition for the first time ever federally with the unprecedented number of seats totalling 103. This in itself is remarkable and is a credit to the leadership of Jack Layton. Many of these are brand new members of our parliament and will be given the opportunity to serve at the highest level in our country. I congratulate all of them especially my old friend and colleague Peggy Nash and another colleague Malcolm Allen, who were both returned to parliament to speak on behalf of working class people.

On the other hand we now have majority conservative government, able to pass legislation at will, with less regard for any opposing views. At least when they were a minority we were able to somewhat delay the extreme right wing agenda, now we should be very concerned that we may lose our identity as a sovereign nation, proud of our differences and our history. What a bitter disappointment for the New Democrats to win more seats than ever enjoyed in their history only to realize they face a Conservative majority who will no doubt push through every issue held up, in the past by the combined opposition.

Seniors should be angry with this government for breaking promises or at the very least misleading us, since prior to the election when there was a major push, and many demonstrations about pension improvement, finance minister Jim Flaherty and other high ranking conservative members certainly implied they agreed that something should be done to improve pensions, only to renege on half hearted promises and in the end do nothing to help seniors. Think about this! If we couldn't get any movement on pensions when this government was in the minority, what chance do we have now that they have a vast majority?

My only consolation is that we now have a meaningful single voiced opposition who **will** be heard in Parliament and who will always welcome the National Pensioners when we once again lobby for seniors rights.

This brings me to my next subject: Fixed Incomes. No sooner had voting close and results made known, I had a call from a reporter from the Toronto Star. His question... "What did I think of the Pensions that young or old MPs will receive after serving as little as two terms" I responded that compared with the pensions enjoyed by most seniors, it was obscene since for the most part, and only the lucky ones, had to work all their lives to receive a pension and again for the most part it didn't amount to \$30,000 per year. This is what angers me, your executive officers meet each year pleading the case to these same MPs on behalf of seniors for much needed improvement to their meagre pensions to no avail.

... continued from the 1st Vice President

again for the most part it didn't amount to \$30,000 per year. This is what angers me, your executive officers meet each year pleading the case to these same MPs on behalf of seniors for much needed improvement to their meagre pensions to no avail.

Why is it that so many people do not have a clue what it is like to live one's life on a fixed income? I don't mean those who have monies coming from various sources on a regular basis, I mean those who live on Old Age Security, Canada or Quebec Pension Plan and perhaps have a very modest pension from their past employment, one way or the other for all purposes a fixed income with no hope of other sources of finances. Yes you know who I mean, I believe over half the seniors living in this country fit the bill!

To watch almost every single day an increase in some basic commodity, bread, milk, meat, fruit, vegetables, transportation costs, rent, heating and hydro and of course that constantly rising gas price at the pumps. This is overwhelming to many, depressing to most, in short devastating to seniors who have to revert to robbing Peter to pay Paul out of the limited funds available. Many of our single seniors especially women, do without food or heat in order to pay for other essentials.

Our government must do something soon to remedy this very real problem. i.e. a Fixed Income for seniors and meanwhile everything around them increasing in price placing their health and wellbeing in jeopardy.

In closing I want to mention something I find extremely confusing: An article in the SUN: Headline: "**Retirees Living the Good Life**". It goes on to read; 59%. The proportion of retired Canadians are largely living the retirement of their dreams, according to a TD Waterhouse survey. Still 37% of retirees are concerned they don't have enough money to do what they want and 23% are worried about outliving their savings.

I would love to know where they conducted their survey it sure wasn't with the retirees I know and represent. I have finished my rambling and it only remains for me to say thanks for reading and I hope to see many of you at our convention in P.E.I. in October. Keep warm and sober and try to stay well.

*Seniors are an Asset
not a Burden
to Society*

Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time. ~J. Lubbock

The trouble with retirement is that you never get a day . ~Abe Lemons

Greetings from your 2nd Vice President

Sheila Righi

Finally, we are being embraced with lovely sunshine and bright blue skies, after a long cold winter and a wet, cold spring, this is wonderful.

I do want to express my deepest sympathy to our President, Barry and his family, also to Aileen & Art Field and family, how tragic losing a son at such a tender age.

We've had our Federal Election, which did cost the taxpayers millions of dollars and brought forward more policies which benefit large corporations. Nothing for the average working Canadian and Seniors needs and issues again have been put on the back burner.

Our Government has shown more interest in having their picture taken in an area where millions of tax payer dollars were spent and it wasn't even part of the G 8 summit.

Our health care, affordable housing, homelessness, poverty and more emphasis should be placed on improvement to the GIS and increasing OAS, Canada and security pensions.

The unfortunate situation that many seniors were experiencing financial shortfall and homelessness, these are the people who worked hard long hours to achieve and make it the country that everyone is Proud to call "Canada" home; the land of plenty. It is a very sad situation that in their declining years they are treated as a forgotten entity, have lost all their dignity and live in despair, wondering where did we go wrong.

I am looking forward to our Convention, which is in Charlottetown, PEI in October. I have never been to the east coast, it will be an opportunity to explore a small portion of it with my own eyes.

Smile for the day....

Retirement Party

The boss is finally old enough to retire from the company. On his last day of work, he ordered a farewell party for himself. The boss wanted everyone to express their good feeling about him by writing on the farewell card, so later he could remember how his staff "miss" him. Most people are writing standard phrases like, *"Without you, the company will never be the same,"*

"We will always remember you," etc.

Obviously the boss was not satisfied. "I need something from the bottom of your heart, something really touching, you know. Okay, John, you have been working with me for the last 20 years. You are my best staff. I am retiring now. What do you have to say?"

Slowly but firmly, John wrote, *"The best news in 20 years."*



3rd Vice-President

Mary Fleck

As I am writing this report I am also planning on attending and participating in our, Inverness County (N.S) Senior Games. I will also bring greetings from our Federation.

Politically, things have not changed too much with the big election, since our last reports. It does take quite a person to take the responsibility of an elected government seat, doesn't it ? No matter what one does it is viewed by the entire nation. Then judged by friend and foe, alike.

I do hope you are all making plans to attend the Annual Meeting/Convention in Prince Edward Island in October. It is bound to be great! It is a beautiful country, very flat, which is different from the East coast. The people are friendly and kind and I am hearing that great plans are underway for this big meeting.

Summer is still to arrive in these parts. We have had several very warm days, but even they were few and far between. The rain has been plentiful so some gardens are beginning to sprout. This makes for a rather late growing season.

Just a little reminder to be sure to let your Provincial and National Federations know of any and all changes to your club and council executives. If, by chance, you are a former member of an executive and are still receiving mail for your club or council, bring it or forward it to them. Thank you for doing this!

I hope this finds you all well and healthy. Have a sunny and healthy summer. Use your sunscreen! Be cautious of falls ... this means **"DON'T HAVE ANY!"**

Give a senior citizen a great big smile, and give them respect! My best to you all!



**MESSAGE FROM THE
SECRETARY
Fern Haight**

FROM MY HOUSE TO YOURS

Spring of 2011 has a little more promising outlook, than last year. This year our crop is seeded, something that didn't happen in 2010. Now all we have to worry about is frost. June is starting out very cool. Last night we had some frost and the prediction is for risk of frost again to-night. Should the crop freeze, it will cost thousands of dollars to reseed, but you know things could be worse. We are more fortunate than some people who are experiencing tornadoes, flooding, forest fires, as well as death ... death of loved ones. Some things are replaceable, but human lives are not.

At this time, on behalf of NPSCF I would like to express our sincere sympathy to our president, Barry Thorsteinson and his family. Barry experienced a very sad time when his mother past away in Winnipeg, Manitoba. Losing a mother at any age is very difficult. Also too, our condolences go out to Art Field and his family over the untimely death of their 51 year old son who lived in Thailand. No parent should have to experience the agony of burying their child. (Art Field recently served on the NPSCF executive for many years). Our thoughts and prayers are with both the families at this very sad time. May they each find the strength and courage to move forward after their overwhelming loss.

Well the election is over. Were you surprised that the conservatives won the election? I was surprised that they won with a majority. I expected another minority government, but not a majority. Anyway we have just that and what will it bring? Will it be cuts and broken promises? For certain, seniors will need to be very vigilant and keep a watchful eye on government, to make sure seniors' issues do not get swept under the carpet and become a forgotten cause. No way should we sit back and let things happen at the expense of seniors. Seniors will need to become more vocal and let the government know their needs, write letters, e-mail, visit your MP's, do what you can. Make use of that strong opposition party. Be that "burr" under the saddle. Yes, the squeaky wheel gets the grease, but only if the squeak is loud, clear and persistent.

The NPSCF convention will be in October from the 19th -22nd at Charlottetown, PEI. The leaves will be absolutely beautiful at this time of year. I am looking forward to it. I hope many of you will be able to come. The official notice of the convention will be in this mail out.

I hope everyone has a great summer. Enjoy and stay safe.



From the desk of the Treasurer Sandy Carricato

I am writing today about a subject that has affected my friends and family.

In February of last year I received an email from a friend that I hadn't heard from in a long time. It was so good to hear from him but the news he gave me wasn't. He had an aggressive form of prostate cancer. He was only in his early 50's.

He was pretty good at getting his yearly checkups but this year he was six months late and that six months made a big difference! He had gone from a 0 to 8-9 out of ten for aggressive cancer in his PSA test. Eighteen months before he had a normal PSA level.

He couldn't believe the outcome - how could his PSA count go up so fast? He now has to deal with the disease that is threatening his life.

Before he could get treatment he had to go through many tests to see where his cancer was at. A bone scan and a CT scan were ordered to see if it had spread. He received three cancer treatments 3 months apart. Then in November he began the first of 23 external beam radiation treatments. In Jan of this year he went into day surgery and had brachytherapy (Radioactive iodine) implants put into his prostate. The treatments left him feeling fatigued and bowel and bladder infections were also side effects. He now has to go for a PSA test every six months and receives hormone therapy (lupron) which suppresses his testosterone which is the fuel for prostate cancer. He prays daily as do his family and friends that his cancer can be controlled.

Now closer to home.

My family member didn't feel good for some time and wasn't someone that went for regular checkups. When he started having extreme pain in his back he went to the Dr. He was treated with pain relief for his back. When he started to pass blood urinating it was too late he had prostate cancer. He is presently undergoing chemotherapy and possibly an operation to remove his prostate and his bladder. What is the prognosis, he isn't sure yet.

The studies show that men are very reluctant to have the digital inspection. Yes it is an embarrassing exam but it can save your life! With the digital exam and the PSA test Prostate cancer can be detected, treated and controlled, left untreated, like any cancer, it is a killer!

With all the sincerity that I can relay, I ask all the men out there to go and see your Dr. yearly and follow his advice. We women love the men close to us, you are our partners, fathers, brothers, and friends and we don't want to loose you because you neglected to have tests done because of an embarrassing test.

...continued from the Treasurer

Back to my never ending request for unpaid dues and donations.

Clubs/Groups dues should be submitted yearly in January. As of June 1st, we have several Clubs/Groups that have not yet paid for 2011 and a submission form is included for you within the Newsletter. We would appreciate your attention to this matter. Those that have paid should ignore the form.

Individual/family members please check your envelope/Newsletter, your renewal date for dues is in the upper right hand corner of your address label.

Donations would be appreciated especially to offset the expenses that are incurred for our convention. If you are financially able, contributions will be gratefully accepted.

Thank you, enjoy the summer and my best wishes for your health, happiness and play safe.

Respectfully submitted by:
Sandy Carricato – Treasurer NPSCF

REQUEST FOR DONATIONS

As the treasurer for the National Pensioners and Senior Citizens Federation one of my duties is raising funds.

We would appreciate any donations that our Clubs/Groups and individual/family members can make.

Please send your donation to:

NPSCF Treasurer
Sandy Carricato
2389 Head Rd
Port Perry On
L9L 1B4

In closing I wish everyone a safe and healthy summer. Stop to smell the flowers and smell the freshly mowed grass we are all too busy and don't take the time to enjoy the small pleasures that nature provides.

Sandy Carricato – Treasurer NPSCF

NATIONAL PENSIONERS AND SENIOR CITIZENS FEDERATION INC (NPSCF)

The NPSCF financial year is from January 1st through December 31st (the calendar year). Club/ Group dues listed below are based on the calendar year and are to be paid each year in January.

Please complete this Submission Form (Club/Group address and contact) and submit your dues as early as possible.

Annual Club/Group membership dues:	Select	()
Club/Group under 100 members	\$35	()
Club/Group from 100 to 500 members	\$50	()
Club/Group from 501 to 1,000 members	\$75	()
Club/Group with over 1,000 members	\$250	()

The NPSCF depends on your financial support in order to continue and expand our advocacy efforts.

TOGETHER SENIORS CAN MAKE A DIFFERENCE!

Donations would be gratefully accepted.

Please print all information clearly and submit with your payment directly to:

**Sandy Carricato
NPSCF Treasurer
2389 Head Rd
Port Perry ON L9L 1B4**

Should you have any questions or concerns, please feel free to call or write the Treasurer.

**Phone: 905 985 8170
Email: sandy.carricato@gmail.com**

THANK YOU

Individual/Family membership is \$25/\$35 respectively and application/payment may be submitted on this form

Visit our website: <http://www.npscf.org/>



Member at Large Winnie Fraser MacKay

Many of you have heard me speak, over the past several years about the challenge of ageism, a very serious issue throughout our great country. The following article which was published in VIEW-POINT* is based on a presentation given by Gerda Kaegi at the Canadian Conference on Elder law in Toronto in 2010.

Gerda Kaega is Past President of Canadian Pensioners Concerned and an affiliate of NPSCF. The courts recognize the rights claims challenging racism, sexism, homophobia while seemingly reluctant to challenge ageism. The legal justification is that they are acting in the best interest of the older person which is a denial of their agency and thus a denial of their full humanity.

Human rights are at the heart of our community values. They include the concepts of equality, dignity, and respect - they help us to determine what is right. We share the same entitlements and responsibilities but if rights are not equal, they are not rights.

Human rights protect individuals or groups from the danger of democracy, that is, the rule of majority will. This is an issue with ageism. Human agency is critical to what it means to be human. It is the right to act on one's own behalf. Human rights protect the agency of the individual from the actions of others that limit that individual's agency. One role of the recognition of human rights is to protect, defend and restore the agency of the defenceless so they can defend themselves.

Ageism is discrimination based on age and/or prejudice against the elderly. Stereotypes - such as old equals depressed, frail, incompetent - marginalize, segregate, and isolate older persons leading to their invisibility. Ageism reduces and restricts the humanness and humanity of the elderly.

Promoting anti-aging facial creams, prohibiting the elderly from taking risks simply because they are old, the assumption that depression is part of aging and thus failing to treat it are examples of common acts of ageism. Systemic ageism comes with public policy - for instance, the Ontario Pandemic Protocol excludes access to ICU beds on a number of criteria, including age. The invisibility and neglect of the elderly at times of natural emergencies such as earthquakes or floods is another example of systemic ageism. The age bias may be used in health care as criteria for rationing not based on clinical outcomes. The Centre of Bioethics at the University of Toronto conducted a survey on priorities in pandemic situations and the responses placed seniors and civil servants at the bottom with two to three percent support.

...continued from the Member at Large

Capability, capacity, competence must be considered when setting policies, programs and practices for older persons. A person's ability to make decisions or to give directions for him/herself must be considered. The intent of the law and its processes frequently inhibit the capacity and ability of older persons to act on their own behalf.

There is a long history of saying "We know what you need, we will decide for you" to members of society whose agency has been denied, for instance, women, children, mentally ill, people with disabilities. However, as noted above, the courts have not really addressed the issues of older people. There is growing institutionalization of older people, especially in Canada. The mentally ill have been DE-institutionalized but not the elderly. Further, there is public failure to tackle the high suicide rates among elderly men. It is the highest rate in all groups yet few members of the public or policy makers seem to care.

The approach appears to be the utilitarian view or the triage view developed by the military - help those with the longest potential to serve society. This is reflected in the view that older people have no value, they are a burden to society.

Strategies for an Anti-Ageist Approach

- Change attitudes, then law, policies, programs and practices will change.
- Consistently challenge ageist stereotypes whenever and wherever they occur - media, films, advertising, etc.
- Educate older people and society about their own biases and prejudices toward aging. Older people can be their own worst enemy.
- Actively publicize the contributions to society made by older persons -volunteering, donating, creating, working, care giving.
- Require education on issues of older people on an ongoing basis for professional certification to practice for physicians, lawyers, account-ants, nurses, police officers, health care administrators, care providers.
- Require inclusion of modules on the contributions of the elderly throughout the primary and secondary years in school.
- Legally challenge ageist language, policies, programs and practices the same as has been done for sexism, racism and homophobia.
- Look critically at the intent of law and practices and processes to ensure they achieve the outcomes reflective of the agency of older persons.
- Ensure the rights of older people to participate in policy decision-making.
- Increase research into the issues and needs of older persons.
- Inform the older population about the legal and economic issues likely to confront them as they age.
- Acknowledge and deliberately address the gender factor in aging. Ageism tends to make women more vulnerable, including vulnerability to abuse, poverty and gender-based discrimination.

In closing, I would like to welcome you all to Charlottetown, Prince Edward Island for our annual NPSCF Convention being held from October 20-23rd. The news of the upcoming convention has been received with great interest and enthusiasm.

The red carpet will be out!

Prince Edward Island

Prince Edward Island, Canada's smallest province and the seventh to enter Confederation, is affectionately referred to by its people as "the Island." Known to its earliest settlers, the MIC-MAC, as Abegweit ("cradle in the waves"), the province has other names that highlight aspects of its history and character: the "Garden of the Gulf," the "Million-Acre Farm," the "Cradle of Confederation" or, less eloquently, "Spud Island."

Situated in the Gulf of ST LAWRENCE and separated from Nova Scotia and New Brunswick by the shallow NORTHUMBERLAND STRAIT, the Island has a crescent shape and extends for 224 km, with a width ranging from 4 to 60 km. The Island makes up only 0.1% of Canada's total land area, and although the population is less than 0.5% of the Canadian total, it is the most concentrated in the country, with nearly 23 persons per square kilometre. In spite of its high density the Island is the second-most rural province in the nation (after Nunavut), as 44.8% of the population is classed as urban.

The Island's deep red soil has always been its most striking feature and important resource and together with the sea has been the mainstay of the population since the early 18th century. The Island was described by Jacques CARTIER in 1534 as "the fairest land that may possibly be seen." The 15 km of water between the Island and the Canadian mainland has helped develop and maintain a strong sense of distinctiveness in the province, which continues to cherish its rural past while it faces the unsettling challenges of the 20th century.

Although designed to reflect its reliance on Great Britain, the province's crest - 3 small oak trees beneath the shelter of a larger oak - and its motto - *parva sub ingenti* ("the small under the protection of the great") - also aptly describe the position of the province within the Canadian Confederation.

For more information on the history of PEI, check out this web site <http://www.thecanadianencyclopedia.com>



Cavendish Beach

The shoreline of PEI alternates between headlands of steep sandstone bluffs and extensive sandy beaches

(photo by Richard Vroom).

Wake Up in Canada



from

\$80

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Stay 2 nights and get a free night for a future stay.

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Book online at www.GreatCanadianHotels.com/wakeup or call 1.888.422.6232 and ask for the wakeup offer.

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Harbour Towers Hotels & Suites Victoria - from **\$129**

Lethbridge Lodge Hotel & Conference Centre – from **\$109**

Radisson Hotel Calgary Airport – from **\$129**

Radisson Hotel & Conference Centre – from **\$129**

Red Deer Lodge Hotel & Conference Centre – from **\$124**

Radisson Hotel Edmonton South – from **\$119**

Mayfield Inn & Suites at West Edmonton –from **\$119**

Ramada Conference Centre Edmonton – from **\$99**

Quality Hotel Fort McMurray – from **\$139**

Quality Hotel Grande Prairie – from **\$99**

Saskatoon Inn Hotel & Conference Centre – from **\$119**

Radisson Hotel Saskatoon – from **\$139**

Regina Inn Hotel & Conference Centre – from **\$114**

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Hôtel des Seigneurs Saint-Hyacinthe – from **\$89**

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Citadel Halifax Hotel – from **\$130**

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Call us at 1.888.4.CANADA (1.888.422.6232)

*Offer valid June 1st – September 5th 2011. Stay two or more nights and upon checkout, you will receive a coupon for a free night for a future stay that cannot be applied to next day check ins. The coupons are valid only at the issuing hotel, but can be given to friends and family. Book by June 30th and receive a \$25 hotel credit. The hotel credit can be used for dining or towards a room upgrade. Food & beverage credit not available at Sandalwood Suites Hotel, Cascadia Hotel & Suites or Best Western Charlottetown - free breakfast offered at these properties. Offer not applicable to groups or with other promotions. Individual property blackout dates may apply.

REGISTRATION FORMS
PLEASE RETURN BOTH COPIES, ONE WILL BE RETURNED TO YOU AT THE TIME OF REGISTRATION

National Pensioners & Senior Citizens Federation Convention
Best Western Hotel, 238 Grafton St., Charlottetown, PEI
OCTOBER 20th, 21st, & 22nd, 2011

*****DELEGATE'S CREDENTIALS*****

DELEGATE _____

ADDRESS _____

AFFILIATE NUMBER _____ AFFILIATE NAME _____

SECRETARY _____

ADDRESS _____

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FILL IN BOTH FORMS AND MAIL TO:
SANDY CARRICATO, 2389 HEAD ROAD, PORT PERRY, ON. L9L 1B4.
Pre-registration cut-off date is OCTOBER 5, 2011.

REGISTRATION: THURSDAY, OCT. 20th, 2011 2:00 pm to 4:00 pm (tentative)
FRIDAY, OCT. 21st, 2011 7:00 am to 8:30 am

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Emergency Preparedness

May is a very busy month for all of us in Federal and Provincial Seniors organizations. I have been very active with AGM's and special celebrations for many organizations, for example Emergency Preparedness Week. The media has kept us up to date on the numerous natural disasters such as floods, forest fires, and tornadoes, in Canada and the USA. Many people are still unable to return to their homes.

Are you prepared for an emergency?

Adapted from Emergency Preparedness Week 2011 Toolkit "*Preparing for an emergency is important and something that every Canadian can do*". By taking a few simple steps you can become better prepared to face a range of emergencies and reduce the impact on yourself and your community. Here are three simple steps to better prepare your family to face an emergency:

Know the risks

Although the results of disasters can be similar, knowing the risks specific to our region (like what to do in the case of hurricanes, storm surges, power failure) can help us better prepare.

Make a plan

Every Island household needs an emergency plan. It will help you and your family know what to do if disaster strikes. We should all practice what to do in different emergency situations.

Get an emergency kit

During an emergency, you may need to get by without power or tap water. We will all need some basic supplies and be prepared to be self-sufficient for at least 72 hours in an emergency.

Your 72 Hour Kit

Pack the following items in an easily accessible spot in your home: **Bottled water** – at least two litres of water per day per person (replace every year). **Food** – canned food (canned fish, meat, chicken), energy bars, dried fruit, crackers, cookies (replace your emergency food every year) **Manual can opener.**

Did you know? 85% of Canadians agree that having an emergency plan is important, yet only 40% have one prepared. ***Suggested items*** - Flashlight and batteries, candles and matches, First aid kit, one week supply of your medications and copies of your prescriptions, extra set of car and house keys, whistle, sleeping bag, blanket, extra clothing, toilet paper, soap, some cash in smaller bills and change for a pay phone, garbage bag (for personal sanitation or as protection from the rain).

Did you know? Facts on Emergency Preparedness in Canada Roughly 5,000 earthquakes are recorded in Canada every year. Some hail stones are the size of peas while others can be as big as baseballs. Ice, branches or power lines can continue to break and fall for several hours after the end of an ice storm. In 1936 Canada experienced its deadliest heat wave when temperatures in Manitoba and Ontario exceeded 44 degrees Celsius.

The coldest temperature in North America occurred in 1947 in Snag, Yukon when temperatures dipped to -63 degrees Celsius. One of the most disruptive storms in Canadian history was the 1998 ice storm in Eastern Canada that left some people without power for four weeks and cost three billion dollars.

To receive your copy of Your Emergency Preparedness Guide or the Emergency Preparedness Guide for People with Disabilities, Seniors or Special needs go to www.GetPrepared.ca or call the toll free seniors line at 1-866-770-0588.

Submitted by Winnie Fraser-MacKay



You may be aware of this, but I thought it was worth looking at again "How to Kill Mosquitos - NOT A JOKE "I can't wait to try this in the summer!

I was at a deck party awhile back, and the bugs were having a ball biting everyone. A man at the party sprayed the lawn and deck floor with Listerine, and the little demons disappeared. The next year I filled a 4-ounce spray bottle and used it around my seat whenever I saw mosquitoes. And voila! That worked as well. It worked at a picnic where we sprayed the area around the food table, the children's swing area, and the standing water nearby. During the summer, I don't leave home without it Pass it on.

OUR FRIEND'S COMMENTS: I tried this on my deck and around all of my doors. It works - in fact, it killed them instantly. I bought my bottle from a local store. It really doesn't take much, and it is a big bottle, too; so it is not as expensive to use as the can of Bug-spray you buy that doesn't last 30 minutes. So, try this, please. It will last a couple of days. Don't spray directly on a wood door (like your front door), but spray around the frame. Spray around the window frames, and even inside the dog house. EARTH FRIENDLY TOO!!!

Saluting the National Pensioners & Senior Citizens Federation

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