

National Pensioners  
Federation

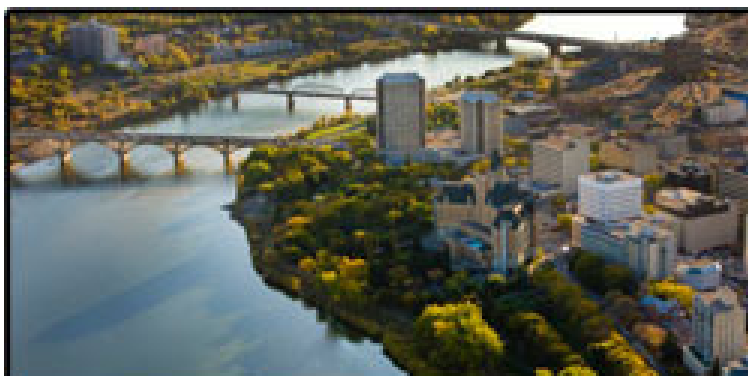


Fédération Nationale  
des Retraités

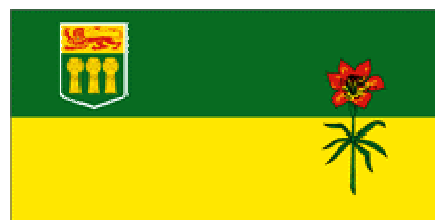
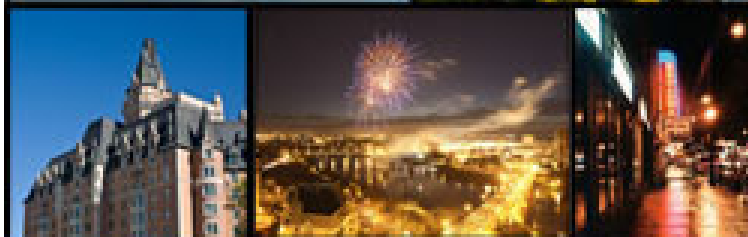
June 2014

## NEWSLETTER

Volume 14 Issue 2



**Saskatoon** is a city in central Saskatchewan, Canada, on the South Saskatchewan River. Residents of the city of Saskatoon are called Saskatonians. The city is surrounded by the Rural Municipality of Corman Park.



The flag of Saskatchewan was officially adopted in 1969.

It combines the provincial shield with the western red lily, the floral emblem of the province. The green is representative of the forests in northern Saskatchewan, and the yellow represents the grain field of the south.



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# NATIONAL PENSIONERS FEDERATION

## NPF Executive 2013-2014

**President: Herb John**

249 Peters Road  
Walpole Island, ON  
N8A 4K9  
Cell: 519-350-3221  
E-mail: [herb.john@npfmail.ca](mailto:herb.john@npfmail.ca)

**Past President: Barry Thorsteinson**

4635 Whispering Willow Dr  
Navan, ON  
K4B 1J1  
Phone: 613-835-3495  
E-mail: [barry.thorsteinson@npfmail.ca](mailto:barry.thorsteinson@npfmail.ca)

**Treasurer: Sandra Carricato**

2389 Head Road  
Port Perry, ON  
L9L 1B4  
Phone: 905-985-8170  
E-mail: [sandy.carricato@npfmail.ca](mailto:sandy.carricato@npfmail.ca)

**Secretary: Pat Brady**

27681 - 56 Avenue  
Abbotsford, BC  
V4X 1J9  
Phone: 604-856-2430  
E-mail: [pat.brady@npfmail.ca](mailto:pat.brady@npfmail.ca)

**1st Vice President: John Gatens**

1 Joshua Blvd.  
Brooklin, ON  
L1M 2J1  
Phone: 905-655-6314  
E-mail: [john.gatens@npfmail.ca](mailto:john.gatens@npfmail.ca)

**2nd Vice President: Sheila Righi**

315 28th St. E.  
Prince Albert, SK  
S6V 1X4  
Phone: 306-922-8238  
E-mail: [sheila.righi@npfmail.ca](mailto:sheila.righi@npfmail.ca)

**3rd Vice President: Winnie Fraser-MacKay**

75 Cape Rd. RR #1  
North Lake Harbour, PEI  
C0A 2B0  
Phone: 902-357-2224  
E-mail: [winnie.frasermackay@npfmail.ca](mailto:winnie.frasermackay@npfmail.ca)

**Member at Large: Bernie LaRusic**

21 Grandview Street  
Sydney, Nova Scotia  
B1P 3N4  
Phone: 902-562-1901  
E-mail: [bernie.larusic@npfmail.ca](mailto:bernie.larusic@npfmail.ca)

**Member at Large: Zoe' Kopetsky**

P.O. Box 238  
Winterton, NL  
A0B 3M0  
Phone: 709-583-0007  
E-mail: [zoe.kopetsky@npfmail.ca](mailto:zoe.kopetsky@npfmail.ca)

**Deadline for NPF Newsletter**

**submissions is August 1, 2014**

### To the Readers

**Editorial Board** - Herb John & Pat Brady

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

Have you got an article you would like to submit for consideration?  
Please send your articles to the publication's editor, Jean Simpson at [jean.simpson@npfmail.ca](mailto:jean.simpson@npfmail.ca)  
Printed at **UNIFOR** Regional Office, 140 Pine Valley Blvd., London ON



**President**

### Where are the Results?

We all had a long hard winter; some harder than others. I suppose that is just part of being Canadian. Summer is finally here so let's enjoy it to the fullest!

Speaking about what is part of being Canadian, I seem to be asking myself every day how we ended up with such a political disconnect between the things most people believe are part of being Canadian and the strategies and decisions that are coming from Ottawa and some provincial governments. These decisions have a direct impact on all of our lives. There is a financial strategy at the federal level that austerity for citizen taxpayers and tax cuts for corporate taxpayers is the way to solve our financial shortfalls. This theory is also related to our inability to support our social programs and the people that work in those sectors.

The same party is election campaigning on that premise right now in Ontario. This campaign is promising one million jobs by eliminating 100,000 jobs and reducing corporate tax. *So what sense does this make?* Eliminate 100,000 jobs that require skills and education, provide spending money in many communities and pay a substantial amount of income tax. Replace them, plus 900,000 more jobs with a skilled trades training program. Sounds similar to the federal plan.

*Where are the results?* If this was such a great strategy would Greece and a number of other countries still be struggling? So enough of that thinking that only promotes more wealth for the wealthy and fear and insecurity for the rest of us.

If we continue to allow the 1% to frame the conversation and try to understand their economic model and engage at that level nothing will change. Our standard of living will continue to deteriorate and democracy will continue to be challenged.

What a deteriorating standard of living looks like for aging Canadians is reflected in Statistics Canada data. This data shows that Canada's overall trend of elderly poverty rate fell 25% between 1976 (36.9%) and 2010 (12.3%). This is what some politicians will tell you. Sounds great but what they will not tell you is that the rate increased from 3.9 per cent in 1995 to 10.2 per cent in 2005 and again to 12.3 per cent in 2010. So elderly poverty has increased 8.4% between 1995 and 2010. We need to tell our politicians what we expect and deserve as aging Canadians, First Nations, young people, workers, students etc. We need to start our own conversation and not be swayed by their irrational intimidation.



The Nova Scotia Pensioners and Senior Citizens Federation held their annual convention on May 13 & 14. I had the pleasure of their hospitality and addressing their convention. It was motivating to see the delegates discussing resolutions and showing their concern for their communities.

On June 4 & 5 I will have the honour to address the Saskatchewan Seniors Association Incorporated convention in Saskatoon where we will hold our annual convention on September 17-19.

... continued from the President

### Current Activities of NPF

**Compliance** - Our compliance is complete other than Constitution/Bylaws. Have till Nov 4 2014 to have new constitution Approved by Government and our members. This newsletter contains a notice to that effect.

**Setting up Committee Structure** - Communication & Outreach, Health, Housing and Income.  
Executive Liaison, Chair, plus 3 - 4 members. Terms of Reference.

**Conference Calls** - We now have monthly conference calls for the executive board and quarterly invite the provincial leadership into the call to build better communication.

**Website** - [www.nationalpensionersfederation.ca](http://www.nationalpensionersfederation.ca) Launched Valentine's Day - Discussing the issues of aging Canadians should be done more from the heart than the wallet.

Links to all affiliates - including web-link. Let us know if you have a website and we will activate a link from our website. You can see this if you click on "About Us" and then "Our Affiliates". The clubs in orange have a link. Just click on their name and you will go to their website.

The web site has the ability to join and renew memberships online. You can do this as an individual, a club or a group. This will help fill the need to develop our individual supporters and attract new organizations to provide growth.

**Face Book** also active.

**Current news** about issues across Canada. Invite affiliates to send in articles and information about what is happening in your province.

We have the logos of organizations we work with on the web site. When you click on the logo you will find an explanation of how we work together, a letter of support and a link to their website. This is still a work in progress.

**Lobbying** - In recent years our approach to lobbying was to send the entire executive board to Ottawa in February for an annual meeting and to meet with as many M.P.'s as possible. We found this to be less effective than we hoped for. We discussed alternatives and decided to present single issues in the form of policy positions to parliamentary committees and MP's by one or two executive board members.

We are in the process of putting all of this together. Three executive board members attended the Canadian Health Coalition lobby on Parliament Hill, Barry Thorsteinson attended the committee hearing on Bill -C23, which is posted on the website. All executive board members are busy with building our organization doing research, developing language and talking to others about the issues we all face.

**Convention** - 70th Anniversary.  
September 17-19 in Saskatoon, Saskatchewan.  
Registration and Call letter are available on website.

*Herb John, President*

Don't Plan for Seniors ... Plan with Seniors

National Pensioners Federation  Fédération Nationale des Retraités

## 70th Annual NPF Convention

**September 17 - September 19, 2014**

**“Heritage Inn” Saskatoon, Saskatchewan**

Hotel Registration Deadline: August 17, 2014

102 Cardinal Crescent Saskatoon,  
SK, Canada S7L 6H6

**Hotel Reservation (888) 888-4374**

**Rate: \$107.00 plus tax.**

**Delegate Registration Deadline: August 25, 2014**

(Registration Fee \$125.00 each per delegate and visitors)

*Forms are now available at our new website*

**Resolution Due Date: August 1, 2014**

**Convention Registration: September 17, 2014 (afternoon)**

**Meet & Greet: September 17, 2014 (evening)**

**Convention: September 18 & 19, 2014**

**Banquet: September 19, 2014 (evening)**

Registration forms will be mailed and are on the website.

For more details, please check our website at

[www.nationalpensionersfederation.ca](http://www.nationalpensionersfederation.ca)

National Pensioners Federation  Fédération Nationale des Retraités

**70<sup>th</sup> CONVENTION**

SEPTEMBER 17<sup>th</sup> – 19<sup>th</sup>, 2014

HERITAGE INN 102 CARDINAL CRESCENT, SASKATOON SK

**CREDENTIAL**

Delegate: \_\_\_\_\_

Address: \_\_\_\_\_

Group/Club#: N \_\_\_\_\_ Group/Club Name: \_\_\_\_\_

Secretary: \_\_\_\_\_

PRESENT TO THE CONVENTION CREDENTIALS COMMITTEE

**NATIONAL PENSIONERS FEDERATION**

**70<sup>th</sup> CONVENTION**

SEPTEMBER 17<sup>th</sup> – 19<sup>th</sup>, 2014

HERITAGE INN 102 CARDINAL CRESCENT, SASKATOON SK

**DELEGATE REGISTRATION**

FEE: \$125.00

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Group/Club#: \_\_\_\_\_ Group/Club Name: \_\_\_\_\_

Secretary: \_\_\_\_\_ E mail \_\_\_\_\_

**PLEASE NOTE:** If your Group/Club is sending an additional delegate(s), please photocopy this form as needed. Cut and return the registration portion (bottom) with a cheque (\$125.00 per delegate) payable to "National Pensioners Federation". Mail to: NPF TREASURER, 2389 Head Road, Port Perry, ON L9L 1B4, Att'n: Sandy Carricato

**HAVE YOUR DELEGATE(S) BRING THE CREDENTIAL (TOP PORTION) TO THE CONVENTION**



**Past President**

### **Canada's Democratic Leadership In Freefall**

Any day soon now, the (Conservative majority) Senate will pass Bill C-23, the so-called "Fair Elections Act". I was honoured to represent our Federation on April 3<sup>rd</sup> as a witness before the Parliamentary Committee studying the Bill after 2<sup>nd</sup> reading. I argued the case for seniors that will lose their right to vote wherever the vouching system would have allowed them to vote. The Conservatives have now put an end to this practice that thousands upon thousands of pensioners rely on. They join many students and First Nations people as the 3 largest groups of Canadians disenfranchised.

As we saw in the last election, technology in the form of robocalls has enabled illegal calls to be placed to mislead voters away from their polling stations. As this article is written, a young Conservative campaign staffer is

charged in a criminal trial in Guelph as a result of such calls in 2011. The point of our presentation to Parliament was to amend the legislation to compel potential witnesses to be investigated and interviewed under oath. No such amendments were made. My challenge to the Committee was "what is the motive to give cover to those under investigation?" A round of silence was the only response to that unwelcome question.

There were 160 experts, mostly Canadian, in democratic processes who condemned the Bill. None in favour could be found except for one Conservative apologist employed as a commerce professor, with no academic credentials on electoral processes, laws and institutions. Many have called for increased Elections Commissioner powers to investigate wrong-doing. Again, no such amendments were forthcoming. Lack of staff and authority to investigate does not do justice in our great nation.

Canada had a world-wide reputation for excellence in elections know-how and leadership. We are looked to provide advice and election monitoring by other countries wanting to establish democratic values. Our government has now reversed the trend of better quality in our governance of our electoral system. Why? One clue is obvious: the voting intentions in the disadvantaged groups that have lost their right to vote when vouching is disallowed are primarily not Conservative. Also consider the motive for not allowing stronger investigative powers. Who benefits politically?

One point that touched a raw nerve in the presentation that I gave was a reference that was made to our brave armed forces in past wars to protect democratic nations. This type of legislation is not what they were fighting for. They were sacrificing their lives for Canada to be a respected leader. They were not fighting for a sad retreat such as Bill C-23. It has no place in this country if we are to respect what the war efforts were all about. Conservative supporters everywhere should be ashamed of their government's efforts to diminish our democratic institutions. After all, the right to vote is a fundamental right, protected by the Charter of Rights and Freedoms. Another solid reason why the Tories despise the Charter.

*Barry Thorsteinson, Past President*

**21 ACTIVE YEARS  
1991 – 2012**

**SOUTHWEST MARGAREE  
SENIOR CITIZENS CLUB**



**1st Vice President**

### What You Need to Know!!

Greetings; for most of us it has been a long harsh winter with seemingly no end in sight, but as we know this too will pass and hopefully we will have a pleasant summer.

On May 3<sup>rd</sup> I attended a Council on Aging in Toronto at the Ryerson University Campus. Approximately 130 seniors and a few students attended all enjoyed presentations from four dynamic speakers who made presentations on Nutrition and Brain Health, Get moving For Good Health & Independence, and Navigating the Health Care System – What You Need to Know! And Keeping Yourself Mood-I-Vated!

Dr. Carol Greenwood, PhD, Professor, Department of Nutritional Sciences, University of Toronto and Senior Scientist, Rotman Research Institute, Baycrest spoke first. She advised that aging doesn't necessarily represent an inevitable loss of brain function, she went on to say there is a wealth of information demonstrating the power of wise lifestyle choices which support the brain function. Dr. Greenwood claims that 60% of Alzheimer's attributes to life style choices. She further suggests that one can reduce the risk of dementia with maintaining "Brain fitness" quoting some Brain reserve factors:

E.g. Being Male, Genetics, Education, Physical Health, Mental Health, Bilingualism, Occupation and Cognitive.

Dr. Greenwood explained that studies prove that one's diet plays a major role in offsetting or promoting the risk of Alzheimer's, she suggested the Mediterranean diet can reduce the risk by as much as 27%.

E.g. Fruits, Vegetables, Whole grains, Beans and Fish. Dr. claimed there is no evidence that so called "Super foods" are any better for you than any other variety, as long as there is a variety of vegetables that you like. She did go on to say that Fish may be the exception particularly fatty fish like sardines and salmon. When asked her opinion on Butter versus Becel she replied Becel however she said that Olive Oil was better still.

In short the doctor reinforced all the Good Health information we have learned the difference was this doctor is highly qualified to give advice on this subject.

Our second speaker; Toni Johnston R.N. Non-Practising, Older Adult Fitness Specialist spoke about the power of exercise and physical activity in the role of maintaining independence and quality of life as we age.

After lunch we heard from Lynn Harrett, Vice President, Strategic Integration & Community Relations Access Centre who took us through an interactive and entertaining presentation regarding navigating The Health Care System.

Lynn suggested we check the Web site - [www.thehealthline.ca](http://www.thehealthline.ca) she spoke at length on the importance of appointing one's Power of Attorney with emphasis on Advanced Care Planning; again suggesting we check link {Loud and Clear}. Lynn gave humorous examples of the very real fact that as we age we tend to forget important things and suggested that we should try to make sure we have someone with us when attending our doctors and that we write questions and responses down in a little book rather than a piece of paper, since we tend to misplace the latter. This is very important because it provides a record of events and allows you to discuss said events and issues with members of your family or trusted close friends.



... continued from 1st Vice-President

We wrapped up the day with a very clever and entertaining presentation by Carole Bertuzzi-Luciani, Mood-invitational Speaker & Best Selling Author. Carole had us in stitches with anecdotes making fun of her own experiences and giving us examples of just how Moods are contagious and surround us whether we are home, socializing with friends or spending time doing what we enjoy. She brought to our attention with examples of how people who are negative can affect us in our everyday lives, and the importance of smiling and being positive can have a real positive effect on how your day goes. She was the most entertaining speaker I have ever encountered and received the loudest applause, because she provided laughter and fun to some serious discussions affecting seniors. I truly enjoyed the whole day and all the speakers.

This concludes my report. I look forward to seeing old friends and colleagues at our Convention in the fall.

*John Gatens, 1st Vice-President*

**REQUEST FOR DONATIONS**

As the treasurer for the National Pensioners 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:*

Sandy Carricato, NPF Treasurer  
2389 Head Rd  
Port Perry ON L9L 1B4



"YOU  
are the  
Change"



3rd Vice-President

### Health Care is for Everyone!!

Hi everyone, Summer is almost here after a brutal winter throughout Canada. My report is short for this edition due to busy schedules of meetings and travel.

**Health Accord** - Hats off to all of you who despite the weather conditions in most part of Canada for lobbying and protesting the government throughout Canada; to renew their commitment to protect and expand Canada's public Health Care system.

Every Canadian according to our Charter of Rights has fundamental rights throughout life to receive the highest attainment of Health.

**Prime Time Magazine** is a publication of the New Brunswick Seniors Information Centre. I have had the pleasure of speaking with **Margaret Patricia Eaton** who has her article following mine.

For more information go to <http://www.seniorsinformationcentre.com/>

I look forward in hearing from you and especially your comments and concerns on your health care experiences both great and what needs improvement.

*Winnie Fraser - MacKay, 3rd Vice - President*

### Peter Sawyer

*Literacy champion, tireless volunteer, avid reader*

**By Margaret Patricia Eaton** (Preprinted with permission from Prime Time magazine, Spring 2014)

Peter Sawyer doesn't remember learning to read. What he does remember, is reading Treasure Island from cover to cover at the age of five while confined to bed for two weeks with measles, "and I think that turned me on to reading," he says. So while reading opened the door to education and a professional career as a civil engineer and continues to give him "great chunks of pleasure - you can lose yourself anywhere in the world while sitting in your armchair with a good book" -- he took this ability for granted. "It's the most natural thing to do first thing every morning," he says. "You read the newspaper, look at the calendar, write a shopping list." It's something everyone does - or so he thought.

**Epiphany** - That unquestioning acceptance changed abruptly in 1978. At the time Sawyer, his wife Margaret and two of their four children had just moved to Moncton, New Brunswick from London, Ontario, having previously emigrated from London, England in 1968. Then working as a consulting engineer, he was driving to Eel Ground to meet with clients while listening to a CBC program focusing on the low literacy rate in New Brunswick where Statistics Canada indicated 60 percent of the population over 16, both English and French, was illiterate. "That number just three me," he recalls, "as I kept thinking how, in this day and age, could those numbers be true?" Hoping the reporter's information was incorrect he checked the census data at the library only to learn to his dismay that it was indeed accurate.

"I felt spurred to do something," he says. "I was concerned how the low literacy rates would affect the economy of the province with that many people who can't function and I was concerned so many were missing all the pleasure reading brings and those two aspects remain with me." In the years since he's added a number of other concerns - the impact illiteracy has on health, on the crime rate and how its stigma creates marginalized individuals.

**Each one teach one** - In 1979 the Sawyers took the Laubach Literacy training workshop offered by the Greater Moncton Literacy Council, now the Moncton Regional Learning Council, a volunteer non-profit organization, which provides free one-on-one tutoring for adults, using material relevant to the learner's daily lives and literacy level and they've never looked back. Sawyer, now council president, has tutored 27 adult students, some of whom became life-long friends.

*... Peter Sawyer continues*

Once they've learned to read, students continue to set new goals and many have completed the General Education Development (GED) program supported by the South East Regional Adult Learning Board which runs 22 small classes with professional teachers. One of Margaret's early students later turned to Sawyer for help with math and physics which led to a national level mobile crane operator's license, meaning their former student can now work anywhere in Canada.

Recently he's also been volunteering twice a week with the ELF (Elementary Literacy Friends) program designed to raise reading proficiency levels among New Brunswick school children whose test scores continue to place them among the lowest in the country.

**Literacy advocate** - While one-on-one tutoring remains the bedrock of the Laubach literacy programs, on the flip side of the coin are the organizations which support it. In 1987 Sawyer took a leave of absence from his engineering company to set up Laubach Workplace Literacy as a pilot project in Winnipeg, Manitoba; St. Catharines Ontario and Port Hawksbury, Nova Scotia. Although the program no longer operates under that name, the labour movement and municipalities have developed it, "with the best municipal workplace education program in the country right here in Moncton," he says.

In 1990 - International Literacy Year - he became a founding member of the Great Moncton Literacy Advisory Board and continues to be involved with the board, which comprises a cross-section of regional community representation, including municipalities, economic and social development agencies, service groups and the corporate sector.

He's also secretary of the provincial board of Laubach Literacy New Brunswick (LLNB), and umbrella organization for 15 local councils which trains tutors and matches them with learners. In 2009 LLNB collaborated with the Writers Federation of New Brunswick to produce ***Breaking the Word Barrier: Stories of Adults Learning to Read***, dedicated to all the students who walked the path to literacy and to the mentors who accompanied them."

In 1992 Laubach Literacy Canada presented Sawyer with their Award of Excellence; in 2012 Laubach and the Museum Society planted a tree in his honour in Victoria Park, in 2013 he became the first to receive the Outstanding Adult Literacy Tutor Award from the Literacy Coalition of New Brunswick and last November to the Order of Moncton.

But while pleased to have his work recognized, he insists this article shouldn't focus on him. Instead, he says, "I hope it will focus attention on literacy, because improving literacy is still vitally important." So, what were the highlights for Sawyer? "That's an easy question," he answers without hesitation. "There were 27 of them. Each time an adult student learned to read independently was a highlight."

**About the author:** *Margaret Patricia Eaton, Moncton, NB, retired after a 32 year career as a teacher, librarian and guidance counsellor in the public schools, including community college. Since 2006 she has published three collections of poetry and free lances as a writer and photographer.*

**Laubach Literacy tutors and other volunteers needed**

Seniors make wonderful tutors, says Peter Sawyer, President of the Moncton Regional Learning Council, because they have both time and patience. If you're interested in helping someone learn to read or improve proficiency, you can register for a 20 hour training session. If you know seniors who have difficulty reading to their grandchildren or struggle to understand health information, talk to them about the free, confidential help available from Laubach Literacy tutors. (Note that referrals are not accepted - potential learners need to ask for help themselves, but there is no stigma attached to wanting to learn.)

**Contact:** Moncton Regional Learning Council, 960 St. George Blvd., at 506-383-3303 to speak to Executive Director Mandy Moore. (Note that the council's office is located in People's Park Tower, adjacent to the Seniors' Information Centre.) Their new website will be launched on International Literacy Day, September 8.

Laubach Literacy New Brunswick, Executive Director Deanna Allen, 506-384-6371, toll-free 1-877-633-8899 or [www.llnb.ca](http://www.llnb.ca)

Greater Moncton Literacy Advisory Board - [www.greatermonctonliteracy.ca](http://www.greatermonctonliteracy.ca)

South East Regional Adult Learning Board, Manager of Operations, Gordon Rattray at 516-857-9912



Website: [www.nationalpensionersfederation.ca](http://www.nationalpensionersfederation.ca)

Toll Free: 1-877-251-7042

### **OBJECTIVES**

National Pensioners 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 for Constitutional Change**

#### Federal "Not-For-Profit" Legislation

Recently, the federal government enacted legislation which affects not-for-profit organizations such as the National Pensioners' Federation. Our constitution and bylaws must be in compliance with the legislation if we wish to continue our activities.

This note is to give members of NPF notice that at our "Convention 2014" in Saskatoon in September of this year, the NPF Executive Board will be bringing forward changes to our constitution and bylaws for consideration of the Convention delegates. The Board wishes to ensure our compliance with the new laws and our continued operation.

The changes are under development at the time you will be receiving this information. It is the Board's intention to have the proposed changes posted on the NPF web site as far in advance of the Convention as is possible. We urge you to check on the proposal(s) prior to arriving at the Convention and be prepared to debate/support those changes.

Thank you.



**From The Desk Of  
The Treasurer**

### **Politics is Everywhere!!**

We managed to survive the ice, cold, and snow and then a wet cold spring greeted us, needless to say, it is so good to feel the warmth of the sun and enjoy the outdoors.

I would like to thank everyone for their kind words and support as our family struggled with the death of the eldest sister in the family. She was a happy, vibrant woman and she had a voice like an angel. She loved to sing and her favourite songs were those composed by country artists. I will always remember her singing "Your cheating heart". RIP Wahbuhnung Kwe, Ojibwa translation for Morning Star Woman, we called her Rose.

I'm looking forward to seeing many of our members at convention. It is promising to be one to remember. (70th Anniversary) Please get your credentials in early and remember if you have forgotten any information regarding the convention just go to our website at [www.nationalpensionersfederation.ca](http://www.nationalpensionersfederation.ca) and

of course you could always call me at 905-985-8170 or email at [sandy.carricato@npfmail.ca](mailto:sandy.carricato@npfmail.ca)

As your Treasurer I would appreciate donations as many of you in leadership positions know it is costly to run an organization and the National Pensioners is no different.

From the many writings in the newsletters from the past, you know that I'm very political and I haven't changed in the last year. Why are you so political some may ask? Read the following.

In Toronto we have Rob Ford who made a mockery of the office of the Mayor of Toronto, as the chief magistrate he has broken so many laws and still remains a free man.

We have Fennell in Brampton who is under investigation for giving city contracts to a company owned by a friend.

We have the mayor of London ON accused of using government funds to pay for a family wedding and an investigation is taking place.

Federally we have Stephen Harper who travels to another country and drops the bombshell of a new trade agreement. We have a senate that is rife with corruption, and he says that he doesn't know anything about it. We have the tragedy in Lac Megantic, and the collapsing bridge in the Calgary flood (with rail cars loaded with Alberta-bound diluents perilously close to plunging into the Bow River), and numerous other rail accidents. I could go on but you know the rest of the story.

In Ontario we will go to the polls June 12<sup>th</sup>, right now Tim Hudak (conservative) is leading in the polls with 36%. This is truly troubling to Ontarians that are concerned about their Health Care, Education, and Home Care etc.

The possibility of a Hudak government is very real.

Until recently, Tim Hudak claimed that he has a plan that will create One Million jobs. He has cooled his jets somewhat on this statement. The reason for his cooling off is because those jobs are imaginary. Many economists and analyst were writing and talking negatively about this rhetoric.

It was written by these economists that his (Tim Hudak's) job creation strategy is based heavily on the notion that cutting corporate taxes causes businesses to create jobs – a theory that relies, according to Nobel-Prize-winning economist Paul Krugman, on the "confidence fairy."

*...continued from the Treasurer*

He gives a detailed breakdown of how many jobs would be created by proposing different policies, starting with the policy of cutting corporate tax rates from 11.5 % to 8%. He contends that this alone would generate 119,808 jobs.

To create these jobs, the theory is coupled with a plan to cut 100,000 public sector jobs to pay for these tax cuts. Does this make sense?

The jobs Hudak is talking about are public sector mostly union jobs –the cuts would be primarily in education, health care and social services. These are good paying jobs and absolutely necessary. Do you see ***WHO*** is being attacked here? He is attacking the most vulnerable in our society. "**The Young and the Seniors**".

These (to be) unemployed public sector workers will just add to the devastation that has hit Ontario through job losses. We are talking about real people here; they pay taxes, have families, heating bills, home upkeep, and they have to pay for the roof over their families heads etc.

Tim Hudak hates unions; he has made that clear with his attacks on the Rand Formula and wanting to make Ontario a "Right to Work" province or is that the "Right to Work for less". Hudak implied that workers should have the choice to join a union, not be forced into being a member. There is no forced unionism: workers vote and a majority approval must be attained. This can be done in one of two ways.

1. Secret ballot
2. Signing membership cards

If the union receives a majority approval, a bargaining unit is formed. The Rand Formula doesn't make unions compulsory; it prevents workers from getting all the benefits of the union without paying dues. In other words, you can't ride on the bus for free; you have to pay for your ticket.

After the conservatives realized that the attack on the Rand Formula was not positive, they backed off, but we fully expect that if they win, they will resurrect their attack on Labour.

We get it, a lot of mistakes were made by the Liberals that cost millions of dollars and could have been better spent but don't attack productive workers such as nurses, teachers and related fields.

Have you been in a hospital lately and were witness to the shortage of staff? Have you called a government office and talked to a real person on the first try? Are your grandchildren worried about paying for their secondary education? Do any of your grandchildren have a learning disability?

We will have to work hard out there in the trenches trying to defeat Hudak; we are in a fight to protect our way of life and that of our children and grandchildren.

Linda McQuaig a columnist in a local newspaper inserted this quote in an article that she wrote recently called, "A million jobs? Heck, why not a zillion?"

***Sandy Carricato - Treasurer***

**Did you know, you may advertise in this newsletter?**

Business Card \$ 25

One Quarter Page \$ 40

One Half Page \$ 75

One Full Page \$150

## **NATIONAL PENSIONERS FEDERATION (NPF)**

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

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

<b>Annual Club/Group membership dues:</b>	<b>Select</b>	<b>( )</b>
Club/Group - under 100 members	\$35	( )
Club/Group from 101 to 500 members	\$75	( )
Club/Group from 501 to 1,000 members	\$125	( )
Club/Group with over 1,000 members	\$350	( )
Donations would be gratefully accepted.	_____	( )

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

### **TOGETHER SENIORS CAN MAKE A DIFFERENCE!**

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

**Don't Plan for Seniors ... Plan with Seniors**

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

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

**Phone: 905 985 8170  
Email: sandy.carricato@npfmail.ca**

**We need this information in order to keep our records up to date.  
The names and phone numbers of your executive board members  
would also be appreciated. On occasion this information is helpful.**

CLUB # CLUB NAME

CONTACT ADDRESS

PROV POSTAL CODE

PHONE NUMBER

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

**Please note that the dues structure was changed at the 2013 Convention in Windsor.**

If you have any questions please feel free to write or call the TREASURER

**THANK YOU FOR YOUR ATTENTION TO THIS ISSUE**



## Donations

From the desk of the Treasurer

As the elected Treasurer for the National Pensioners Federation, part of my duties is the raising of funds for this occasion. The convention is always a drain on our finances and we depend on the clubs/members for their generosity to offset the costs of this major event.

We would appreciate and thank you for any contribution you can make.

Please fill out the form below and send your cheque to the following:

**Sandra Carricato**  
**Treasurer,**  
**National Pensioners Federation**  
**2389 Head Road**  
**Port Perry, ON L9L 1B4**

----- (Please cut along line) -----

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**Name of club or Member** **Donation \$**

---

**Address**

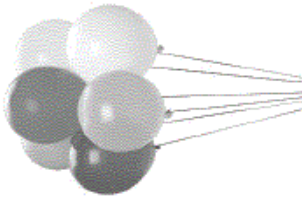
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**City** **Province** **Postal Code**

*Feel free to contact me by phone at (905) 985-8170 or email me at [sandy.carricato@npfmail.ca](mailto:sandy.carricato@npfmail.ca) with any questions or concerns that you may have.*

*I look forward to hearing from clubs/members*

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### Scams Targeting Seniors

The Canadian Anti-Fraud Centre (CAFC) warns consumers and businesses to be on the lookout for a variety of scams targeting senior citizens in communities. The scammers are practiced con men that use tactics to befriend, gain trust and even scare seniors into parting with their money, in some cases their life savings. ***Here are 3 prominent scams affecting seniors today!!***

The **"Emergency - Grand Parent Scam"** which is aimed at persuading seniors to believe a family member or friend is in trouble and in need of financial aid. The **"Prize Scam"** which targets seniors into believing they have won a lottery/sweepstakes. The **"Bank Inspector Scam"** targets seniors into verifying a possible fraudulent cashier at a bank by withdrawing funds for a supposed investigator.

The **"Emergency Scam"** - The scam is operated by fraudsters claiming to be a family member or close friend of a family member and advising the potential victim about an urgent situation that requires immediate funds. Common themes have been that the family member was arrested or got into an accident while traveling abroad. Thus fees are required for hospital expenses, or bail.

**How to Protect Yourself** - Confirm with other relatives the whereabouts of the family member or friend. Police, Judges or legal entities will never request that money be sent through money service business such as Western Union, MoneyGram. Never voluntarily give out family members names or information to unknown callers. Always question urgent requests for money.

***The "Prize Scam"*** - Seniors are solicited over the phone or email and advised they are the winner of a large lottery or sweepstakes. Prior to receiving any winnings, the consumer must first pay an upfront fee. No winnings are received.

**How to Protect Yourself** - Known lottery and sweepstakes companies such as Reader's Digest, and Publisher's Clearinghouse will never request for money up front in order to receive a prize. Any fees associated to winnings will never be paid through a money service business such as Western Union, MoneyGram or by loading funds to prepaid credit cards. Any unsolicited phone call advising that you have won a lottery is fake. The only way to participate in any foreign lottery is to go to the country of origin and purchase a ticket in person. A ticket cannot be purchased on your behalf.

The **"Bank Investor Scam"** - Suspect(s) contact seniors by phone advising that they require their assistance to catch a bank employee that **"has been stealing money"**. The person is instructed to go to their bank and make a cash withdrawal, usually in 100 dollar bills, for amounts in the \$5,000 dollar range. The person is told not to tell the bank teller what they are doing because the teller may be involved. The senior is instructed to place the cash in an envelope and meet the **"Investigator"** in a nearby parking lot where the cash is turned over.

**How to Protect Yourself** - Never give cash to someone you don't know or are meeting for the first time. Financial institutions will never solicit assistance from you for internal investigation. Contact police or the financial institution immediately to verify the telephone call you received.

If you think you or someone you know has been a victim of fraud, please contact the Canadian Anti-Fraud Centre at 1-888-495-8501 or <http://www.antifraudcentre.ca>

**Fraud: Recognize It. Report It. Stop It.**

**Deadline for NPF Newsletter submissions is August 1, 2014**

# ***Saluting the National Pensioners Federation***

The Executive & Membership of the Retired Workers Chapter of **UNIFOR** Auto Workers Local 222

***President - Les MacDonald***

***Secretary Treasurer - Art Field***

***Vice President - Lyle Hargrove***

***Sergeant at Arms - Mike Saunders***

***Member at Large - John Redko***

***Female Member at Large - Wendy Rolfe***

***Trustees - Lance Livingstone***

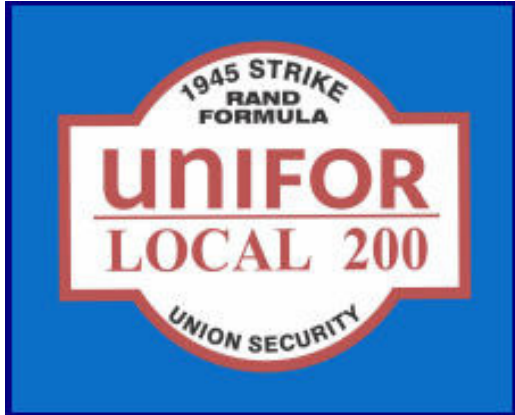
*Paul Herrington*

*Don Revoy*



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905-723-1187 1-800-465-5458

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**UNIFOR** Local 200 Retired  
Workers Salutes The National  
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**Serving Ford Windsor Retired Workers since 1966**

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**Vice Chairperson: Gary Barash**  
**Financial Secretary : Mike Lepine**  
**Recording Secretary: Erine Spickett**  
**Sergeant-at-arms: Elsie Banks**  
**Guide: Pam Strong**

Windsor Essex/Chatham  
Kent Area

**UNIFOR** Retired Workers  
Council



**Representing Retired Workers from**

- |                   |                   |                   |                   |
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| UNIFOR Local 127  | UNIFOR Local 195  | UNIFOR Local 200  | UNIFOR Local 240  |
| UNIFOR Local 444  | UNIFOR Local 1498 | UNIFOR Local 1941 | UNIFOR Local 1959 |
| UNIFOR Local 1973 | UNIFOR Local 2027 | UNIFOR Local 2098 | UNIFOR Local 2458 |



## RETIRES AREA COUNCIL

AJAX, OSHAWA &  
PETERBOROUGH

### UNIFOR LOCALS 1090, 222 & 524

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Roger Lathangue - Vice Chair

Sandy Carricato - Financial Secretary

Art Field

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