



Newsletter

National Pensioners Federation

June 2015

Volume 15 Issue 2



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NATIONAL PENSIONERS FEDERATION

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Don't Plan for Seniors
Plan with Seniors



Deadline for NPF Newsletter

submissions is Dec 1, 2015

To the Readers

Editorial Board - Herb John & John Gatens

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
Printed at **UNIFOR** Regional Office, 140 Pine Valley Blvd., London ON



President

Seniors Vote

Convention planning is well under way. The celebration of the United Nations “International Day of Older Persons” as part of our convention has also begun. This will take place on Thursday, October 1st on Parliament Hill (pending government approval).

Some NPF affiliates have approached their provincial governments to request official provincial recognition and declaration of that day. This is a great idea and will help bring visibility to the issues of aging Canadians and motivate people to organize events in their communities. Flag ordering, an event template, list of collaboration members, press releases, Power & Politics interview and much more information is available on our website. Click on, Get Involved and then click on the flag.

The conference I mentioned in our last newsletter to organize a meeting of like minded organizations to highlight the many concerns of seniors has been replaced with the collaboration called “Seniors Vote”. In March we had 20 groups and met in Toronto to begin meeting the intent of the 2014 convention resolution stating; **Therefore be it resolved:** “That the National Pensioners Federation join with the Congress of Union Retirees of Canada and other seniors groups to hold a national day of protest on issues that affect seniors such as pensions, home care, and the need for a national pharmacare program to be held October 1, 2015.”

We now have over 50 organizations across Canada in the collaboration. This has never happened in Canada. People are coming to the realization that we cannot successfully fight the austerity framework being imposed on us alone. Organizations have put their differences aside and committed to four common areas of action. Health care, income security, affordable housing and the growing inequity of the distribution of wealth are the areas where we all agree that progress can be made with our collective pressure.

We look forward to hearing about an event in your community. We will post your events on our website. Let us know.

Election - Why Vote? - How much impact on the future of Canada do the people that did not vote in the last federal election have? The highest voter turnouts recorded in Canada were the three elections between 1958 and 1963. They range between 79.0% and 79.4%.

The lowest voter turnouts recorded have been the five elections since 2000. They range between 58.9% and 64.7%. In 2011 38.6% or 9,434,184 eligible voters did not vote. There are many reasons why people do not vote. There is one reason why people need to vote. Everyone knows that what you get out of a relationship is determined by what you put in. ***Voting is the first step in a relationship with democracy.***

Holding the people elected accountable is just as important. Imagine the positive changes that could happen if everyone put aside their excuses for not participating in our democracy and took the first step of voting. Those of us that did not vote have the power to bring about incredible positive change for everyone in Canada!

... continued from the President

The recent election in Alberta surprised most Canadians. It clearly demonstrates what is possible when people want change enough to do some things differently to get different results. Grandparents need to have this conversation with their grandchildren, again. Their future is directly linked to their voting participation. Grandparents also need to start recruiting their children to advocate for social improvements by taking active roles in seniors organizations.

The failures of our current government in economic planning, social policy, environmental policy, health care funding and protecting the rights of all Canadians are well documented. The recent federal budget did make some financial changes that will help some seniors but did not address the major concerns being raised by aging Canadians across the country; and this was touted as a “seniors budget”. Who will form the next federal government? Which parties have announced their positions based on what they believe? This demonstrates courage and conviction. Which parties are waiting to see which way the political wing blows before taking a position? This demonstrates a lack of vision and commitment and later flip flopping. Time to put the pressure on parties and MP’s to announce their positions! Yes even before the election is called.

We heard clearly the message from affiliates that NPF should become a more vocal and visible national organization. We are making continuous progress in this effort. This however creates more work. We still need help with their newly established committees. Please let us know if you would like to help. The Committee “terms of reference” are available in our “Member Login” section of our website.

I am looking forward to our convention in Ottawa and hope to see you there!

Remember to send your resolutions to pat.brady@npfmail.ca by August 1st.
Please check out our website, register, donate and share.

It is common in cultural histories to find that leaders sought out and acted on the wise counsel of elders. Well at least cultures with longevity do this. Do we do this as a global culture? ***Together we will build a better community called Canada.***

Herb John, 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



71st Annual NPF Convention
September 30 - October 2, 2015

“Albert at Bay”

Hotel Registration Deadline: August 30
(For discount group rate)

435 Albert Street, Ottawa, Ontario, Canada. K1R 7X4
www.albertatbay.com

Hotel Reservation 613-238-8858 or 1-800-267-6644
Rate: \$145.00 plus tax.

Delegate Registration Deadline: August 25
(Registration Fee \$125.00 each per delegate and visitors)
Forms are now available on our website.

Resolutions Due Date: August 1
Convention Registration: September 30 (afternoon)
Meet & Greet: September 30 (evening)
Convention: October 1 & 2
Banquet: October 2 (evening)

Registration forms will be mailed and are on the website.
For more details, please check our website at
www.nationalpensionersfederation.ca



71st CONVENTION

September 30 - October 2, 2015

“Albert at Bay” 435 Albert Street OTTAWA

CREDENTIAL

Delegate: _____

Address: _____

Group/Club#: N _____ Group/Club Name: _____

Secretary: _____

PRESENT TO THE CONVENTION CREDENTIALS COMMITTEE

NATIONAL PENSIONERS FEDERATION

71st CONVENTION

September 30 - October 2, 2015

“Albert at Bay” 435 Albert Street OTTAWA

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



1st Vice President

Thoughts of this Senior on our World Today

Greetings readers; my head is spinning with the bombardment of political ads containing quotes out of context, misleading information and dare I say it, ***out and out lies***. I guess that is what we have come to expect from many of our political leaders.

There will be later this year, another federal election. Make no mistake about it, the outcome of which could drastically change our lives and our country as we have come to know and love.

As seniors we have seen changes in our once enviable health care system. We have seen changes in our peace keeping roll. We have seen changes in rights to enjoy the religious traditions entrenched in our Christian heritage in schools etc. and our holidays enjoyed by all.

Yes as seniors we have seen many changes not all for the better; for example we used to have a postal system that actually delivered mail to your door.

We used to have a democratic society with a leading party that ensured open discussion and input from other elected members of our parliament, giving them voice and vote on important issues, not a one man show dictating major policies.

We as seniors really have had our world turned upside down. We have seen tremendous changes in travel especially those of born in the thirties and forties and more so those of us born in the twenties, yes there some still out there. God bless them. We see dramatic changes in communication, television, computers, I-pads, texting, smart phones, electronic devices that boggle the mind and yes I know many seniors embrace these wonders of our society but there also those who cannot get their head around these high tech devices and who cannot afford them anyway.

It seems we have seen more disasters, tidal waves or tsunamis, droughts, devastating floods, raging fires, ice storms, record snow falls and cold weather, and more recently extremely devastating earthquakes taking the lives of thousands in Nepal.

I wonder are these due to Global Warming or Climate Change? Is it something we are doing to our world or is it just Mother Nature? History tells us these types of things have been happening from time immemorial, it just seems that we are now made aware of these events immediately because of the modern news methods.

Again in our time we have seen some evil people who waged war and destruction on innocent men women and children, but in my mind there is nothing like the evil acts visited on the people in Turkey, Iraq, Syria, Jordan and others in this world like the wicked evil wanton killing, raping slavery of women, and terror and inhumanity and destruction of all in their path, by this group known as ISIS.

The world must rid it's self of this EVIL by whatever method is needed!

Getting back to the issue at hand; please use your power of thought and observation and whatever expectation you have for a better world not only for us but for the next generation, and will to them a decent fair government that treats all equally not just the wealthy.

In the next federal election VOTE! VOTE! VOTE! VOTE!

Use your vote to return our valuable Health Care System to what it should be. Vote for affordable housing. Vote for pensions that provide dignity for seniors. Vote for Old Age Security that actually gives that Security in all its forms. Never mind how your father voted, vote with your conscience and vote to change the status quos.

Remember these are just the rambling of your 1st vice president.

John Gatens, 1st Vice President

THE UNITED SENIOR CITIZENS OF ONTARIO

Incorporated May 29, 1961

3033 Lakeshore Blvd., West, Toronto, Ontario M8V 1K5

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E-mail: office@uscont.ca; www.uscont.ca

President: Bernard Jordaan

Secretary: Peggy Hawthorn

May 2015

In May we participated in a meeting set up by the Ministry of Health and Long-term Care, to further discuss the issue of Hospital Parking Fees in Ontario.

Senior organizations representatives from 9 groups, participated and consulted at this meeting. Talks have taken place with the Ontario Hospital Association and some Hospital Boards. The Provincial Government is committed to have some kind of regulation in place. It was stressed that hospitals need extra income and proceeds from parking fees, helps considerably.

Alberta, British Columbia, Nova Scotia, PEI and Newfoundland, have hospital parking controls in place.

The question, as to who owns the land that parking garages and parking lots are built on, was raised by the U.S.C.O. The ministry is looking at how they bring about regulations to drop the fees by 50% by implementing a "Provincial Hospital Parking Guideline"

Hospital Boards will not take kindly to this as it will affect their income.

The question as to how this relates to the Cities and Towns seeking Age Friendly Status was also debated.

The U.S.C.O. will be holding their annual convention August, 10,11 and 12 in St Catherine's, in the Niagara Region.

Submitted by: John Gatens, 1st Vice President

International Day

of



Older Persons



Want to purchase a flag for October 1st? Check out this link.

http://www.nationalpensionersfederation.ca/?page_id=1828



3rd Vice President

World Elder Abuse Awareness Day: 10 years later

June 15th marks the 10th anniversary of World Elder Abuse Awareness Day. It is a day dedicated, by the United Nations General Assembly, to voicing our opposition to the abuse and suffering experienced by older adults. Like other complex social problems, elder abuse remains a significant issue that can be challenging to understand and therefore it requires thoughtful approaches to interventions.

The abuse of older adults may take many forms including:

- ◆ **Physical abuse** – kicking, shoving, hitting, forcible confinement, withholding or under medicating;
- ◆ **Neglect (self neglect or neglect by another person)** – abandoning an older adult, failing to provide necessary services, food or shelter;
- ◆ **Financial abuse** – theft, dishonest use of money or assets, forgery, fraud, misuse of a Power of Attorney;
- ◆ **Emotional and verbal abuse** – threatening, insulting, intimidating or humiliating an older adult;
- ◆ **Sexual abuse** – sexual assault, unwanted sexual contact.

The World Health Organization describes elder abuse as:

“A single, or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust that causes harm or distress to an older person.”

The abuse of older adults is particularly complicated because most people know their abusers. Unfortunately it is often a trusted person in an older person’s life such as an adult child, spouse, relative, care giver, friend, neighbor or service provider who is abusive. Though an older adult may want the abusive behaviour to stop they may not want the abuser to get in trouble. This is an important distinction – a person can dislike a behaviour but still love the person. Financial difficulties, care giving, illness, mental health issues, addiction and life transitions may increase the risk for abusive behaviour towards an older adult but these situations are never an excuse for elder abuse. Helping a person who is experiencing elder abuse may involve both helping the older adult and finding support for the person who is being abusive.

Ageism and Elder Abuse

The incidence of elder abuse can be further complicated by age discrimination or ageism that is common in society. Negative attitudes and stereotypes about aging are deeply rooted in our culture through television and movies, advertising, greeting cards, popular expressions and even cartoons. When we live in a culture where age discrimination is prevalent, people tend to adopt the stereotypical behaviour or accept it as ‘harmless’ but discrimination against any person is harmful and conveys a negative message about self worth, respect and ability. Incorrect beliefs and stereotypes act as a barrier between people so ageism harms not only the individual, but also our relationships and communities.

As we recognize the tenth anniversary of World Elder Abuse Awareness Day it is timely to become more aware of ageism and work to challenge assumptions about older adults. By challenging assumptions about age, ability and value we can increase the respect and appreciation between people of different generations and help to address one of the factors that may increase the risk of elder abuse.



**From The Desk Of
The Treasurer**

Where are the Jobs?

Every day when I get up I read the newspapers, and every day, I feel depressed our economy is on such a downward slide, that soon there will be no turning back. Then I get angry and want to fight back.

In October last year, the Toronto Star had an exclusive article and it was titled "500,000 new jobs expected in Toronto". Sounds great, but in small lettering underneath it read "But many will be low-paying, temporary or contract positions".

The article wrote about the downward pressures on the labour market. Some points made in the article are as follows:

- ◆ Middle income jobs are on the decline
- ◆ High income jobs have continued to climb
- ◆ Low income jobs are on the rise
- ◆ The United Way of Toronto have real concerns as pressures will mount for increased needs for social services.

This scenario reflects an economy that has been steadily moving away from manufacturing, which has led to company reorganizations and closures.

These temporary, contract positions are leading to a growing prosperity gap.

A report in the business section of the Toronto Star (March 6th 2015) states that the trend to Part-time, low-wage jobs and self employment in Canada over the past 2 1/2 decades has led to an irreversible decline in employment quality. The Canadian Imperial Bank of Commerce (CIBC) agrees.

Manufacturing is on the decline and the high paying jobs with it. You would think that a responsible government would want to correct this process. But in the Globe and Mail April 24th 2015, an article states the federal government is lending money to support auto investments outside Canada as the federal agency did with a \$526 million loan to Volkswagen AG.

"This money is to facilitate and accelerate the migration of the continental auto industry to Mexico," says Jerry Dias. President of Unifor.

I know that Auto jobs were/are good paying with benefits and communities were made richer by their presence. **I was an Auto worker and lost my job to a plant closure and the United Way always appreciated the large donations made by the workers in the Ajax Chrysler Trim Plant and these donations were used to help with the social needs of the community.**

Many of you might be asking yourselves why this is being written about in a National Pensioners newsletter. ***I believe we must make the connection that if this is being experienced in our society, sooner or later it has to effect seniors.***

What are the social determinates of health – they are income, employment and housing for the most part. When we see so much unemployment and precarious work and low wages it results negatively on our society.

As seniors, our needs are many but primarily we need good housing, and more home care – our need for expensive drugs increase with age, and we need more beds in nursing homes, just to name a few.

Our country is changing but our social programs haven't: We need good sources of revenue so that our needs are met. The revenue for these social programs comes from the workers who are paying taxes, when you have a good paying job you pay more taxes, the result, seniors along with the rest of the community will benefit.

... continued from the Treasurer

Our voices must be raised about the injustices that are taking place. We must stand by the workers in Canada. We should want an increase in the minimum wage. Let governments know that workers in Canada must be treated fairly. They should have full time employment with benefits. The government should go after abusive employers, and they have to implement labour laws that protect workers from those who are only interested in their bottom line.

Many will make the following argument to the above: Corporations need to make a profit; they have to compete with the global market.

My argument is as follows. Our workers are among the best in the world. They don't want businesses to fail, they want them to prosper. They want a decent wage so that they can buy a home, furniture, and car and provide for the education of their children so that the cycle can continue. When workers have more disposable income, they buy and support smaller local businesses. That in turn, has an even further reaching implication and benefits every member of a community.

In closing, we have to make changes in our respective provinces and demand labour laws that don't take advantage of workers.

When it comes to trade agreements we want fair language that isn't undermining our economy. We have an election coming up; we have to make sure that those we elect are going to fight for Canadian interests and jobs. The MP's have to make sure we are not using taxpayer's money to send jobs out of the country!

In closing, fighting for a fairer distribution of wealth and income creates a more equal society for all.

Enjoy your summer and take time to enjoy your family and friends.

Sandy Carricato, Treasurer

Please include the names, phone numbers and email addresses of your following executive:

President: _____ Tel #: _____

Email: address: _____

Treasurer: _____ Tel #: _____

Email address:: _____

Secretary: _____ Tel #: _____

Email address: _____

Thank you for your attention to this issue.

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
GROUPS & CLUBS**

The NPF 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	\$75	()
Club/Group from 501 to 1,000 members	\$125	()
Club/Group with over 1,000 members	\$350	()
Donations would be appreciated	\$___	()

Please print contact information clearly.

Group/Club Name and Number: _____ # _____

Club Address: _____

City: _____ Prov: _____ Postal code: _____

Contact person

Name: _____

Address: _____ Prov: _____ Postal code: _____

Email address: _____

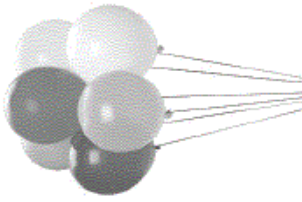
Application/payment may be submitted on this form or you can make your payment through PayPal on our site www.nationalpensionersfederation.ca If you wish to become supporters dues are as follows:
Individual \$25 – Families \$35 All forms are available on our web site.

If payment is made using this form, please mail to:

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2389 Head Rd
Port Perry On L9L 1B4**

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National Pensioners
Federation



Fédération Nationale
des Retraités

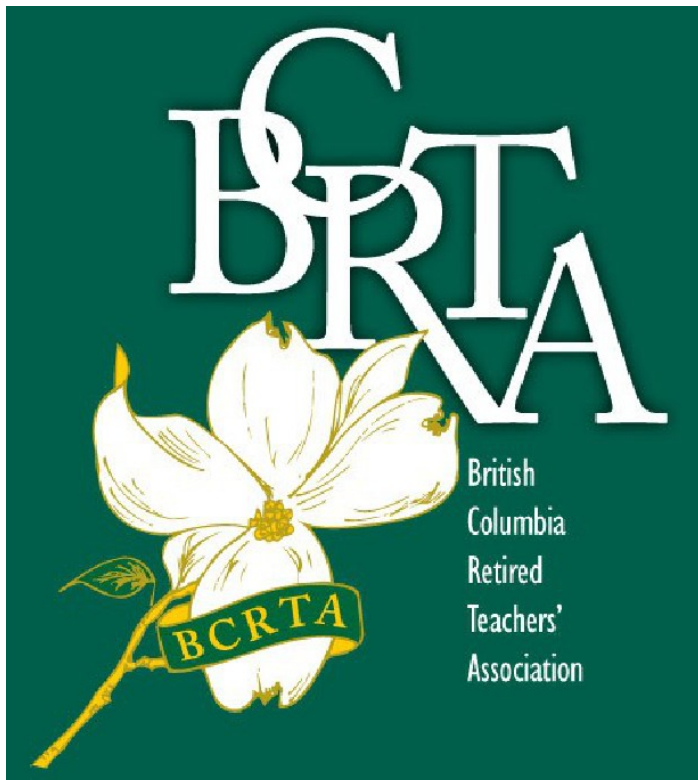
Website: www.nationalpensionersfederation.ca

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.



"YOU
are the
Change"

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

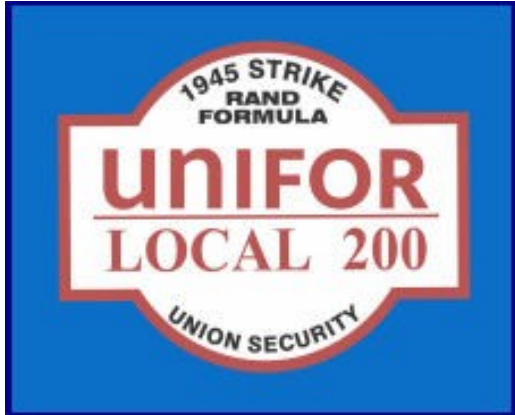
Paul Herrington

Don Revoy



1425 Phillip Murray Ave., Oshawa, ON L1J 8L4
905-723-1187 1-800-465-5458

www.local222retirees.ca



UNIFOR Local 200 Retired
Workers Salutes The National
Pensioners Federation

Serving Ford Windsor Retired Workers since 1966

Chairperson: Jack Gibbons
Vice Chairperson: Gary Barash
Financial Secretary : Mike Lepine
Recording Secretary: Ernie Spickett
Sergeant-at-arms: Elsie Banks Sr
Guide: Pam Strong

Windsor Essex/Chatham
Kent Area

UNIFOR Retired Workers
Council



Representing Retired Workers from

- | | | | |
|-------------------|-------------------|-------------------|-------------------|
| 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

Bill Woodbeck - Chairperson
Roger Lathangue - Vice Chair
Sandy Carricato - Financial Secretary

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Les MacDonald
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Armindo Vieira
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