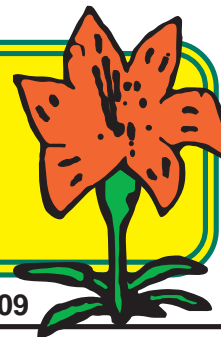


Seniors' Voice



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Eternal Vigilance is the price of Liberty. Power is ever stealing from the many to the few.

Saskatchewan Premier Hopes Province Can Pitch Medical Isotope Plan Within Weeks

Macleans.ca - Canada - Features – By Jennifer Graham in Regina

Saskatchewan premier hopes the province can pitch medical isotope plan within weeks June 22, 2009 - 21:13 THE CANADIAN PRESS, SASKATOON.

The Saskatchewan government says it doesn't want to miss a chance to get into the medical isotope business and hopes to pitch a plan to Ottawa soon - even though it hasn't yet heard what the public thinks about the future of uranium development in the province. Premier Brad Wall said Monday that an expert panel appointed last Friday by the federal government to look at supply options for medical isotopes has indicated it wants to hear ideas within about five weeks.

"It looks like the federal government is going to be looking for some proposals very quickly on isotopes. We need to be ready with those proposals," said Wall. "We're going to have to be able to say, 'Look, here's some ideas we have,' but we would say to the federal government and anyone one else that there's a process of consultation that's underway right now, we may have to withdraw.

"Public meetings are being held across Saskatchewan to give people a chance to respond to the Uranium Development Partnership report, which studied the nuclear cycle from mining to disposal, said the province should open the door to nuclear power. It also said that nuclear research will be necessary for long-term

success in the uranium industry. Saskatchewan could enhance its position by building a research reactor, the economics of which could be strengthened by integrating medical isotope production, said the report.

A report on the findings from the public consultations is due by the end of August. But Saskatchewan's Opposition New Democrats say they believe Wall has made a decision before he knows how people feel about the issue. "The premier is clearly sounding like he's made up his mind, that a nuclear reactor is two to three years away for the city of Saskatoon at the University of Saskatchewan," said NDP critic Sandra Morin. "Given that we're still in the Uranium Development partnership process in terms of the consultations and stakeholder meetings, I find it very disturbing that the premier didn't share that information with the people of Saskatchewan.

Wall said no one should be surprised that his Saskatchewan Party government is interested in uranium value-added opportunities, noting it was part of the party's campaign platform in the 2007 provincial election. However, the premier insisted that the government would only pursue the possible production of medical isotopes if people backed the idea. He suggested that work on the proposal must move ahead because if the province doesn't state its interest now, the opportunity could be lost. "It would be, I think, short-sighted for us to miss that deadline and miss

it forever frankly," said Wall. "It's possible to withdraw a proposal if Saskatchewan people aren't interested. It's impossible to make one if we miss the deadline.

"Medical isotopes are used to diagnose and treat cardiac problems, neurological conditions and several types of cancer, but they've been in short supply since the shutdown of the Chalk River reactor last month. Prime Minister Stephen Harper said earlier this month that Canada is getting out of medical isotope production. Harper said he plans to keep the Chalk River reactor running as often as possible, while working with other countries and provinces to develop alternative sources of treatment.. When asked how that might impact Saskatchewan's pitch, Wall said: "I don't know." "Our case would be based on a partnership that includes them and we wouldn't want to be going it alone. We'd want some private sector interest and some federal support," said Wall. "I'm not sure they would be looking for proposals on capacity to generate isotopes in this country if the federal government was out of it completely." ■

Seniors' Voice

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Since March of 1986, Senior Power of Regina has been providing Advocacy Services, for seniors in Regina and surrounding area. We are incorporated under the Non-Profit Corporations Act of Saskatchewan. We provide two kinds of services:

☐ Individual Advocacy

WE help solve problems with:

- Pensions and income tax
- Disputes with the city or Province
- Problems with contractors, direct sellers, service providers or neighbours
- Letter writing and documents
- Wills and small claims actions

☐ Group Advocacy

We speak out on issues impacting society, seniors, our children and grandchildren;

- Publish the Seniors' Voice newsletter
- Prepare briefs, make presentations
- Appear on TV and radio programs
- Speak to various groups
- Serve on various government boards, commissions and advisory committees
- Emphasize important role seniors play in our society
- Promote intergenerational appreciation and understanding
- Hold regular monthly meetings with guest speakers

The annual Senior Power membership fee is \$10.00, which includes a yearly subscription to the Seniors' Voice newsletter. For more information call (306) 757-4664. Subscriptions, donations, bequests and memorials are gratefully received.

Maude Barlow Warns United Nations General Assembly About Growing Water Crisis

On April 22, Council of Canadians Chairperson Maud Barlow gave her first address to the United Nations General Assembly to support the Bolivian call for an annual “International Mother Earth Day” celebration and to warn the members of the threatening world crisis. Following her address, she met with representatives from 39 UN member countries, providing a personal briefing about water issues and the importance of a UN right to water covenant. Below is an excerpt of her speech.

“It is my great privilege to share my thoughts and passion today as we honour the Earth Pachamama, and her people by supporting the Bolivian call for an annual International Mother Earth Day celebration. It is especially moving for me to wholeheartedly support the people of Bolivia in this quest as under the leadership of President Evo Morales, Bolivia has shown the world what a sustainable and co-operative approach to global engagement can mean in the face of the clear failure of the politics of unregulated growth and cut-throat competition.

“Nowhere has this failure been more evident than in the assault on the finite resources of the planet, most especially its freshwater. The water crisis is perhaps the most urgent ecological and human threat of our time and the first – and most devastating – face of climate change. More children die each year of water-borne disease than war, HIV/AIDS and traffic accidents combined. In their recent World Water Development Report, 24 agencies of the United Nations confirmed what those of us working in the field already knew, that the global water crisis is getting worse by the day and threatening millions more people every year.

“The problem is that we humans have seen the earth and its water resources as something that exists for our benefit and economic advancement rather than as an ecological system that needs to be safeguarded if it is to survive. We have polluted, diverted and displaced so much water from where it is needed for a healthy hydrologic cycle to function, that whole parts of the planet are drying up. We are just beginning to

understand the devastation of this drying to the ecosystem and other species as we humans continue to rob the earth of the water it needs for survival. The human water footprint surpasses all others and endangers life on Earth itself.

“The path to a sustainable water future is difficult but clear. **First**, water must be seen as a commons that belongs to the Earth and all species alike. It must be declared a public resource that belongs equally to all people, the ecosystem and the future. It must be preserved for all time and practice in law as a public trust and a human right. Clean water must be delivered as public service not a profitable commodity. We must efficiently manage our water for the common good. encourage social control mechanisms that put decision making back into the hands of communities, and always remain vigilant against persistent power inequities.

Second, we need to assert once and for all that access to clean, affordable water is a fundamental human right that must be codified in nation-state and as a full covenant at the United Nations. It would serve as a common coherent body of rules for all nations and clarify the right to clean affordable water for all, regardless of income. A UN right to water covenant would establish once and for all that no one anywhere should be allowed to die or forced to watch a beloved child die from dirty water simply because they are poor.

Finely, watersheds must be protected from plunder and we must revitalize wounded water systems with widespread watershed restoration

programs. Simply put, we must leave enough water in aquifers, rivers and lakes for their ecological health.

“As a crucial next step, nature must be seen as having inherent rights beyond its use to us. We need new laws to regulate Human behaviour in order to protect the integrity of the Earth and all species on it from our wanton exploitation. As Martin Luther King said, the law may not change

the heart but it will restrain the heartless. Rivers have rights to flow to the sea.

“None of us can live on a dry planet. Let us celebrate moving waters on this first United Nations International Mother Earth Day.” ■

Maude Barlow is the Senior Advisor on Water to the President of the UN General Assembly and National Chairperson of the Council of Canadians

Taking on the Privatizers at the World Water Forum

International water activists – including representatives of the Council of Canadians and their Blue Planet Project – took on the world’s biggest water privatizers at the 5th World Water Forum (WWF) this March where they helped secure agreement from 25 countries to challenge a ministerial declaration released at the forum that defines water as a “need” rather than a “right.” Sixteen countries also signed a statement calling for an end to the WW Forum.

The Council of Canadians Blue Planet has been at the forefront of the fight for inter-national water justice for many years. Their goals going into the WWF were to build on the previous success they had mobilizing the global water justice movement and to press for a UN process to take over hosting a global water forum.

The World Water Forum is organized by the World Water Council (WWC) – an umbrella organization of more than 300 members, ranging from NGO’s and citizens groups and financial institutions and public sector representatives. But despite the WWC’s multi-stakeholder image, it is largely dominated by the agenda of the world’s biggest private water companies, including Suez, Vivendi and RWE Thames. The Blue Planet Project has joined other concerned groups in pointing out that the water companies care more about profiting from a global water crisis than working towards sustainable public solutions that ensure access to clean, safe water for everyone.

In total, close to 300 international activists came to Turkey explicitly to fight against the World Water Forum. They came from 67 different

countries and represented key struggles, main social movements and strong regional networks working on water issues.

“We wanted to seize the messaging and use the concentration of international media to insure the voices of those struggling for sustainable and just solutions to the crisis were heard,” explains Anil Naidoo, Project Organizer for the Council’s Blue Planet Project (BPP) who was in Turkey with the Council’s National Chairperson Maud Barlow and National Water Campaigner Meera dKarunanathan.. “We were committed to bring together hundreds of global activists in Istanbul and finding ways that those voices could be expressed.”

But expressing their voices and concerns wasn’t easy. Protests held on the opening days of the forum were met by a strong police presence, arrests and violence.

Turkish groups organised the initial protest in Kadikoy Square and at the opening of the forum at Sutluce {the site of the WWF}. This was broken up by rubber bullets, tear gas and water cannons...heavily interwoven with Police brutality

describes Naidoo. Still these efforts brought the attention on the forum into clear focus. Immediately after the oppression, a group of us went into the opening press conference of the World Water Council to ask questions of the Executive Director, demanding that the council denounce the oppression.”

Following that, Maude Barlow, Senior Advisor on Water Issues to Father Miguel d’Escoto Brockmann, President of the UN General Assembly, delivered a speech on behalf of Father Brockmann, calling for a binding UN covenant on the right to water and bringing the WWF forum under a UN process.

Water Justice advocates then met with political representatives attending the forum.. The result was growing opposition to the WWC’s stance on water and a significant pushback by a group of Countries against the WWF’s ministerial statement. By the end of the forum, 25 countries demanded the human right to water be in the official ministerial declaration, and 16 countries called for a UN water forum to replace the World Water Council’s water forum.

“We could not have believed we would get this kind of support, and it is not over,” said Naidoo. “We are working on a process to use this support to launch our further efforts at the UN.” ■

Taxation and Poverty – By John McMurtry et al

Injustice built into our tax system hurts the poor the most

Former U.S. Supreme Court Justice Oliver Wendell Holmes once famously declared: “I don’t mind paying taxes. They buy me civilization.” I completely agree. But in the last 28 years, tax policies have been ever more biased in favour of powerful special interests which dominate our society and dispossess the poor: the unearned income of the rich, tax-evading corporations with teams of tax lawyers, and high-on-the hog business expenses.

Indeed, the Canadian tax system might now be called a war of the rich against the poor — which is the way John Kenneth Galbraith saw the North American pattern. Taxes on unearned capital gains and corporations keep declining at a cost to the public of endless hundreds of billions of dollars, while write-offs allow big business to end up paying zero tax or a lower percent of income than the poor.

1. “Just look at your own tax form. There is a perfect class division on allowable expense deductions. Business people can write off luxury meals, drinks, and car bills from their taxes, while the salary and wage earners cannot deduct a bus ticket.”

2. “The war is waged at all levels of the tax system Ever more tax evasion, offshore banking, tax loopholes, transfer pricing and

corporate shell companies combine with ever lower upfront tax rates for the wealthy. The logic of taxation on corporations is tax evasion”

3. “When voters switch support from the Tories to the Liberals, and back again, they emulate the mice in Tommy Douglas’s Mouseland story, who kept voting alternatively for parties of ‘black cats’ or white cats (The problem was not with the colour of the cats, but both parties passed laws that were good for cats but hard on mice.)

4. “The bottom fifth of income earners have seen their incomes drop by 31% since 1984, with even average personal incomes declining by 6% – the biggest drop since the Great Depression. And all the while the wealthy got a lot wealthier.”

5. “The class war for the rich against the public sector and the poor has skyrocketed since the Reagan-Thatcher counterrevolution for the rich began — so successfully that Galbraith concluded that “the rich have won their war against the poor.” Yet even then, demand by the rich for a “flat tax” seeks to eliminate completely what remains of the progressive income tax.” ■

Seniors' Chat

Huge Boost for Low-Income Seniors

I'm very pleased to tell you about an exciting initiative that provides a huge boost to seniors with low incomes. As of January 1, the provincial government will more than double the **Seniors' Income Plan (SIP)** benefit, which in turn, will double the number of seniors who are eligible for the program.

Financial Benefit

This means single seniors will receive \$190 per month (instead of \$90), and couples will receive \$155 per month each (instead of \$72.50).

For a single senior, the new maximum income is \$16,313.64. For a couple, the new maximum income is \$26,468.64.

We recognize that many seniors on fixed incomes are struggling to deal with higher costs. As a result of our new \$19.5 million investment, I'm happy to say that the number of Saskatchewan seniors who are eligible for SIP will double from 10,000 to about 20,000.

This is the first increase in the SIP benefit since 1992.

Automatic Enrolment

SIP helps seniors with little or no income other than the federal Old Age Security pension (OAS) and Guaranteed Income Supplement (GIS). Seniors do not have to apply for SIP. Enrolment is automatic, based upon income reported on applications for the



Hon. Don McMorris

federal GIS or the previous year's income tax return.

Health Care Benefits

In addition to these financial benefits, seniors who are eligible for SIP will receive the following health care services:

- one free eye examination per year;
- free chiropractic services;
- reduced deductible on prescription drugs;
- home care subsidy;
- loan of some low-cost devices through Saskatchewan Abilities Council; and
- supplementary health benefits for SIP recipients living in special-care homes.

For more information about SIP, please contact Social Services at 1-800-667-7161 or www.socialservices.gov.sk.ca For information about SIP health care benefits, contact Saskatchewan Health at 1-800-667-7581; in Regina at 787-3317 or www.health.gov.sk.ca

If you have any ideas or concerns about issues relating to seniors, please feel free to write to me at Room 302, Legislative Building, 2405 Legislative Drive, Regina, S4S 0B3, or phone my office at (306) 787-7345. I welcome your comments and look forward to hearing from you.

A handwritten signature in black ink that reads "Don McMorris".

The Honourable Don McMorris
Minister of Health



Saskatchewan
Ministry of
Health

Is It Dizziness or Lack of Balance?

Dizziness can be easily confused with *lack of balance*. Aging adults often restrict physical activity for fear of falling – the opposite of what’s needed. With reduced activity, muscles weaken, and joints become stiffer, making falling *more* likely.

Balance can be improved:

1. **Walk barefoot whenever you can.** As your feet and toes grasp the ground, this gives your feet sensory input that your shoes prevent.
2. **Walk a straight line, toe to heel.** This helps restore the balancing sensitivity of the ankles, sometimes reduced with aging.
3. **Walk for exercise.** Wear lace-up walking shoes. As your endurance builds and your balance improves, walk faster; swing your arms.

Two simple exercises done daily will gradually improve your balance:

- Rise up on your toes for a count of 5, then lower yourself, put your weight on your heels, and lift your toes for a count of 5. Lower your toes and repeat.
- Stand on one leg for 10 to 60 seconds (increase as you practice). Then stand on the other leg for the same amount of time. Raise your arms sideways, if this helps you balance.
- Do both exercises 5 - 7 times daily. Stand beside a table and use it for support, if necessary.

For more about balance exercises, contact a physiotherapist.

The underlying cause of dizziness is often a disruption in the brain’s sense of balance. The brain receives signals from the inner ear, the eyes and the receptors in muscles and joints. When the brain receives conflicting or distorted signals, it becomes confused – and you become dizzy. Alcohol, caffeine, nicotine or over-the-counter medicines can trigger dizziness. So can some prescription medicines, an ear infection or a migraine.

Serious ailments almost always involve symptoms other than dizziness alone. It is important to see your physician if you experience sudden hearing loss or vision problems with dizziness. Be as specific as possible about your symptoms. Do you feel dizzy when rising from a chair or bed, or looking up suddenly? Do you feel as if you’re spinning around, when you are actually standing still? Keep track of how long the episodes last and the intervals between them.

Lightheadedness is often due to a temporary drop in blood pressure, caused by a sudden change of position from lying or sitting to standing.

Do not ignore what your body is telling you. See your doctor and discuss in detail all of your symptoms. It is easier to deal with a problem when you actually know what is really happening, and not what your imagination is telling you. It is the unknown that is frightening. ■

Submitted compliments of Donna St. Onge, Certified Senior Advisor, Conexus Credit Union, 780-1584..

“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.” **Margaret Mead**

Dignity

(proposed prices not yet in effect)

Traditional Service.

Family visitation if desired, followed by funeral service and burial.

Includes all professional and regulatory fees, transfer and documentation, embalming and decedent care, use of vehicles and equipment, staff for services. Also included are use of chapel and reception facilities, and a memory book with 50 memorial cards.

\$2700
Less Member discount 10% \$50
Founding member additional 5% \$25
Return of membership fee \$200
Member price \$2425*

In Regina the same service
will cost :
at Funeral Home A **\$3195***
at Funeral Home B **\$4398***

*Caskets will be offered by Prairie Lily at not-for-profit pricing, for example Model 5500 Ash:

	PLFC	FHA	FHB
Casket	\$ 1870	\$ 2025	\$ 2895
Total			
Funeral	\$ 4295	\$ 5220	\$ 7293

Value

(proposed prices not yet in effect)

Cremation Service.

Cremation and memorial service.

Includes all professional and regulatory fees, transfer and documentation, decedent care, cremation fee, including container and urn, use of vehicles and equipment, staff for services. Also included are use of chapel and reception facilities, and a memory book with 50 memorial cards.

\$2300
Less Member discount 10% \$42
Founding member additional 5% \$21
Return of membership fee \$200
Member price \$2037

In Regina the same service
will cost :
at Funeral Home A **\$3380**
at Funeral Home B **\$4913**

An option for viewing will be offered by Prairie Lily at not-for-profit pricing, for example:

	PLFC	FHA	FHB
Viewing option, add:	\$ 900	\$ 1235	\$ 3421
Total			
Funeral	\$ 2937	\$ 4415	\$ 6743

Pace of Mind

(proposed prices not yet in effect)

Cremation Service.

Direct cremation.

Includes all professional and regulatory fees, transfer, decedent identification, cremation fee, cremation container and urn.

\$1500
Less Member discount 10% \$35
Founding member additional 5% \$17
Return of membership fee \$200
Member price \$1248

In Regina the same service
will cost :
at Funeral Home A **\$2115**
at Funeral Home B **\$2993**

This co-operative is currently being formed to offer Regina area families pricing alternatives. 1000 founding members are required immediately. Not enough members? No co-operative! Call (306)779-4007 or 536-4007 or visit www.plfc.ca

