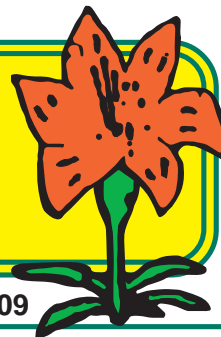


Seniors' Voice



Volume 16: No. 8

May 2009

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

Published on Friday, March 13, 2009 by The Guardian/UK:

Climate Change?

Try, Climate Breakdown

What's clear from Copenhagen is that policy-makers have fallen behind the scientists: global warming is already catastrophic. By George Monbiot

The more we know, the grimmer it gets. Presentations by climate scientists at this week's conference in Copenhagen show that we might have underplayed the impacts of global warming in three important respects:

1 Partly because the estimates by the Intergovernmental Panel on Climate Change (IPCC) took no account of meltwater from Greenland's glaciers, the rise in sea levels this century could be twice or three times as great as it forecast, with grave implications for coastal cities, farmland and freshwater reserves.

2 Two degrees of warming in the Arctic (which is heating up much more quickly than the rest of the planet) could trigger a massive bacterial response in the soils there. As the permafrost melts, bacteria are able to start breaking down organic material that was previously locked up in the ice, producing billions of tonnes of carbon dioxide and methane. This could catalyse one of the world's most powerful positive feedback loops: warming causing more warming.

3 Four degrees of warming could almost eliminate the Amazon rainforests, with appalling implications for biodiversity and regional weather patterns, and with the result that a massive new pulse of carbon dioxide is released into the atmosphere. Trees are basically sticks of wet

carbon. As they rot or burn, the carbon oxidises. This is another way in which climate feedbacks appear to have been underestimated in the last IPCC report.

Apart from the sheer animal panic I felt on reading these reports, two things jumped out at me. The first is that governments are relying on IPCC assessments that are years out of date even before they are published, as a result of the IPCC's extremely careful and laborious review and consensus process. This lends its reports great scientific weight, but it also means that the politicians using them as a guide to the cuts in greenhouse gases required are always well behind the curve. There is surely a strong case for the IPCC to publish interim reports every year, consisting of a summary of the latest science and its implications for global policy.

The second is that we have to stop calling it climate change. Using "climate change" to describe events like this, with their devastating implications for global food security, water supplies and human settlements, is like describing a foreign invasion as an unexpected visit, or bombs as unwanted deliveries. It's a ridiculously neutral term for the biggest potential catastrophe humankind has ever encountered.

I think we should call it "climate breakdown". Does anyone out there have a better idea? ■

BC Feferendum Is Critical For All Canadians

To supporters of electoral reform. We need your help in British Columbia. This week marks the start of the election campaign here and included on the ballot is a critical referendum. It is a rare second chance we are getting because we got nearly 58% support in a referendum four years ago. However, the threshold was, and is, set at an unprecedented 60% of the vote. Your support could help push us over the top..

We need your help in British Columbia. This week marks the start of the election campaign here included on the ballot is a critical referendum on electoral reform. It's a rare second chance that we're getting because we got nearly 58% support in a referendum four years ago. However, the threshold was, and is, set at an unprecedented 60% of the vote. Your support could help push us over the top.

In Canada there is no place closer than BC to making change happen. If we win this referendum the momentum of electrol reform could sweep across the country. British Columbia would be the biggest jurisdiction in North America to adopt change and voters everywhere could see fair voting in action.

You can help make history by making a donation at <http://.stv.cs/support>.

It won't be easy. Electrol reform has recently been defeated in PEI and Ontario. In each case the NO side launched a misleading, negative, scare tactic campaigns. Here their pollsters have already started testing fear-based messaging on our voters. Our opponents believe

that if they can scare off voters here then electoral reform in Canada will be stopped.

This time we will be better prepared for their attacks. Already we've got the momentum on the interest and have had thousands of people sign up at stv.ca to make a contribution or volunteer their time.

We're better organized. In the 2005 BC referendum campaign, we had one part-time staff, very little organization across the province and around 200 active supporters. Today we have five full-time staff and thousands of active supporters throughout the province. We're also way ahead of our fundraising from last time and have internal pollings showing momentum is on our side. Currently, we are polling slightly above the 60% threshold we need to win. BUT – the other side also has much more funding than in 2005 – we haven't faced the half a million dollar negative ad campaign our opponents are planning for the end of the campaign. That's why we need your help today

This race is extremely tight, so anything you can raise will significantly increase our chances to win. Please consider making a significant donation today - the timing has never been so critical. ■

Thank you in advance for your consideration .On May 12 – Vote for Better Democracy, Vote for BC-STV. <http://www.stv>. From Roy Ball

“The price that good people pay, for their indifference to public affairs, is to be ruled by evil men.” — Plato

Obama Turns Up the Heat on NAFTA Renegotiation Debate

— By Brent Patterson

In September 2007, Prime Minister Stephen Harper told an audience in New York City, “Now I know NAFTA has become somewhat of a whipping boy to some in the United States, just as it is to some in Mexico and even some in Canada. But the fact is that NAFTA has been unequivocally good for all of our countries. In spite of the naysayers and doomsdayers, I could recite a litany of economic statistics to demonstrate its success – which is why virtually nobody, not even the critics, dares suggest to rip it up.”

And just six months later, the front page of *The Globe and Mail* reported that “Barack Obama would withdraw the United States from the North American Free Trade Agreement within six months after becoming President, unless the agreement was completely renegotiated.”

Obama said, “I think we should use the hammer of a potential opt-out as leverage,” adding that, “NAFTA’s shortcomings were evident when signed and we must now amend the agreement to fix them. While NAFTA gave broad rights to investors, it played only lip service to the rights of labor and the importance of environmental protection.”

At first the Harper government dismissed the idea of renegotiating NAFTA. In February, Finance Minister Jim Flaherty argued that Americans benefited tremendously from NAFTA, and then-international trade minister David Emerson said, “I do not see a reason to revisit NAFTA.”

By April, Harper was fearful and asked provincial cabinet ministers across the country to begin lobbying their American contacts to convince them of the importance of NAFTA.

A handful of Conservative Cabinet Ministers, including Foreign Minister Lawrence Cannon, even attended the Democratic National Convention in August to carry this message.

Prime Minister Harper downplayed the NAFTA renegotiation threat, saying he didn’t think the new Obama administration would question NAFTA in a “fundamental way.”

The Council of Canadians has repeatedly gone on the record calling for NAFTA renegotiation. We congratulate Obama for his stance, and pointed to our national poll results that found that 61 per cent of Canadians agreed “that NAFTA should be renegotiated to include enforceable labour and environmental standards.”

During the federal election we joined with other Canadian civil society organizations calling on Canada’s political leaders to embrace Obama’s challenge and renegotiate NAFTA. We worked with the Canadian Centre for Policy Alternatives to host non-government organizations and union leaders for a full-day strategy session on what NAFTA renegotiation should look like. Groups spoke about all areas of the sweeping trade agreement, including its effects on the environment, labour, culture, international development and human rights.

We will continue to demand that the Harper government renegotiate NAFTA. We believe that water should be removed from NAFTA, and that the federal government should prioritize our energy security, rather than pursuing an export-based strategy with the United States. ➤

We will also argue that Chapter 11 should be removed from NAFTA. There are many examples of why Chapter 11 is good for corporations but not for Canadians. With Exxon-Murphy Oil using Chapter 11 to fight a requirement that some of the company's revenues should be reinvested locally, AbitibiBowater considering a challenge to Newfoundland's expropriation of some of its rights and assets after the corporation closed its mill in that province, Dow Chemical threatening to use NAFTA to challenge a decision against an environmentally damaging quarry in Digby Neck, Nova Scotia - it's clear that this NAFTA provision must go.

The Obama administration is ready to renegotiate NAFTA. The Canadian people want to see NAFTA changed. The Harper government must accept that change is necessary. The Council of Canadians is working to make that happen. ■

Brent Patterson is the Director of Campaigns and Communications for the Council of Canadians.

Seniors' Voice

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srvoice/index.html](http://nonprofits.accesscomm.ca/srvoice/index.html) >

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Wanted!

God give us Men, The times demand
strong minds, great hearts, true faith and
willing hands.

Men whom the lust of office does not kill;
Men whom the spoils of office cannot buy;

Men who possess opinions and will;

Men who have honour;

Men who will not lie;

Men who can stand before a demagogue
And damn his treacherous flatteries without
winking,

Tall men, sun-crowned, who live above the
fog,

In public duty and in private thinking.

For while 'our leaders', with their thumb
worn creeds.

Their large professions and their little deeds
Mingle in selfish strife, lo! Freedom weeps,
Wrong rules the land, and waiting Justice
sleeps. ■

Josiah Gilbert Holland; 1819 - 1881

From Father's Scrapbook

Man-Making

We are all blind until we see
That in the human plan,
Nothing is worth the making if
It does not make the man.
Why build these cities glorious
If man unbuilt goes?
In vain we build the work, unless
The builder also grows.

- Edwin Markham

From Father's Scrapbook

Mining Companies Turning Lakes Into Toxic Dumps

— By Meera Karunanathan

It is called "Schedule 2" – an inconspicuous name for legislation that is responsible for the destruction of freshwater bodies in Canada. Schedule 2 is an insidious loophole in the Metal Mining Effluent Regulations (MMER) of the Fisheries Act that allows lakes and rivers to be used as toxic dumpsites for metal mining corporations.

Schedule 2 was first introduced by the Liberal government in 2002. At the time environmental groups like Mining Watch were told that this was merely an administrative detail aimed at accounting for the lakes and rivers that had historically been used for mining waste. The Liberal government gave assurances that Schedule 2 would not be used for healthy bodies of water.

Then in 2006, under the Harper government, two lakes in Newfoundland were approved for destruction using the MMER loophole and a precedent was set that would put the future of all lakes and rivers throughout the country in jeopardy. Since then, Environment Canada has released a list of 11 natural water bodies that mining corporations have applied to use as toxic dumpsites – or what the companies refer to as "tailing impoundment areas." Four bodies of water have already been approved for destruction.

According to Mining Watch Canada, 'the list of eleven threatened lakes that Environment Canada has provided us which only represents the water bodies that face destruction within the next couple of years. Other mining companies have expressed interest, but details are not being released by Environment Canada.

Last October the Council of Canadians, Mining Watch, Friends of the Earth and a group of activists based in Ottawa challenged the then-environment minister John Baird, about Schedule 2 at a public debate in his riding. Ironically, he had just finished telling the audience it was immoral for the City of Ottawa to dump raw

sewage in the Ottawa River. When asked about how he could justify his government's approval of the practice of permanently destroying lakes and rivers through Schedule 2, he defended the practice and he would not promise to change it. He was handed a letter signed by dozens of organizations, including indigenous groups, NGOs and labour organizations, in protest.

In the meantime an Alaskan mining company had appeared before the U.S. Supreme Court to demand that U.S. laws be overturned to allow the corporation to dump its tailings into a fish-rich lake in Alaska. Efforts are also under way in New Brunswick's Clean Water Act, which currently prohibits mining companies from dumping toxins into natural bodies of fresh water.

The Council of Canadians is working in coalition with several other groups to lobby the federal and provincial governments on the issue. But given the Harper government's refusal to change its position, we are also supporting grassroots mobilization and public opposition.

Most importantly, Schedule 2 underscores the need for a national water policy that makes protecting watersheds and ensuring water justice is a priority in Canada. It is symptomatic of a federal government that places the interests of corporations above all else. Schedule 2 must be scrapped but even more importantly, Canada needs legislation that enshrines water as a human right and a shared public resource. ■

Meera Karunanathan is the National Water Campaigner for the Council of Canadians.

Seniors' Chat

Housing Options for Saskatchewan Seniors

One of the most often asked questions when people start looking at retiring in Saskatchewan is what housing options are available for seniors. One of the goals the Saskatchewan government has identified is to ensure provision of and access to affordable and supportive housing and services for seniors. I'd like to tell you about some of these options.

Saskatchewan Housing Corporation (SHC) Repair Programs

– SHC has a number of repair programs offering loans and grants to low-income homeowners and landlords who house low-income tenants.

Programs and Services to Support Seniors

Living at Home – Low-income residents may be eligible for private loans and grants through the Programs and Services to Support Seniors Living at Home. These programs may include lawn cutting, snow removal, modifications for disabilities, some repairs and some energy upgrades.

Home Care – This program assists people in maintaining their quality of life in their own home. Admission to the Home Care Program is based on assessed need. Some services are at no cost and others are based on income and the amount of care required.

Rental Housing for Seniors – We have government-subsidized rental housing programs, which offer affordable housing for low- to moderate-income seniors.

Saskatchewan Assisted Living Services (SALS) –

These government-subsidized housing groups manage rental housing and collaborate with their community to coordinate access to affordable services. Services may include one meal a day,



Hon. Don McMorris

laundry, housekeeping, recreational activities and a personal response system for unscheduled needs. Tenants choose which services they wish to receive and pay the provider for only those services.

Assisted/Enriched Living (Retirement Living)

– Private developers have built complexes where seniors live in individual suites. They have amenities that may be offered as part of their rent including three meals per day, laundry, housekeeping and transportation services.

Personal Care Homes – These privately owned and licensed homes are an option for adults who generally do not require the health services of a special-care home but who need some assistance with personal care.

Special-Care Homes – Persons requiring higher levels of care use government-subsidized, special-care home services. Individuals are admitted on the basis of assessed need. The province subsidizes the cost of care and residents pay a portion of the costs based on their annual income.

I've mentioned some housing options available to seniors. For a complete listing, visit www.socialservices.gov.sk.ca/housing or www.health.gov.sk.ca or phone in Regina 787-4587 or toll-free 1-800-667-7567, ext. 9313 for a *Housing Options for Saskatchewan Seniors* booklet.

If you have questions or concerns, please feel free to write me at Room 302, Legislative Building, 2405 Legislative Drive, Regina, SK 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

When Caregivers Forget to Take Care

“I’ll try to hold my breath ... just until we get through this next transition” ... “If I just push a little further, I can rest later” — but later never comes. If you provide care for a friend or family member, these strategies sound all too familiar.

Unfortunately caregivers are less likely than noncaregivers to get enough sleep, eat healthy, exercise, stay in bed when sick or keep up with their own medical appointments.

If you are one of the generous individuals giving of your time, money and energy to care for an older relative, but find yourself pushing your needle past empty on a regular basis, consider the effects of your priorities. When caregivers neglect their own needs, the result is often two people in need of help, rather than just the one initial care recipient. If your motivation is to provide the very best care, remember that keeping yourself physically and emotionally strong is a responsible and loving choice. You are the conduit of care — keep the lines in good shape.

5 Ways Self-Care Promotes Better Care of Others

If you are a caregiver:

1. Care recipients often reflect the stress of their caregivers. Organize routine respite into your schedule. This will help you feel balanced and reduce stress overall rather than waiting until you are overwhelmed, and creating a crisis for you and the person you are caring for.
2. Time you spend in meditation or prayer at your place of worship will help you remember why you have made the commitment to provide care, how much of the result is out of your control. Your job is to be the best possible companion on the journey.
3. Exercise helps protect you from injury, especially when the care recipient needs physical help such as assistance transferring to and from a wheelchair.
4. Prepare a list of things that need doing. This makes it easier to delegate when someone offers help. By letting others help, you are providing a web of support rather than a single lifeline.
5. Joining a support group to vent feelings can also connect you to information and resources about your care recipient’s condition. This kind of information helps you anticipate certain needs and ask better questions of medical professionals.

You are the resource for care for your care recipient, they would be lost without you. Putting yourself first is the most unselfish act you could perform for your care recipient. If you are a Caregiver, be sure to take care, of **you!** ■

Submitted compliments of Dar Ruecker, Certified Senior Advisor, Conexus Credit Union, 780-1868.



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

