

**SASKATCHEWAN
SENIORS
ASSOCIATION
INCORPORATED**

HANDBOOK

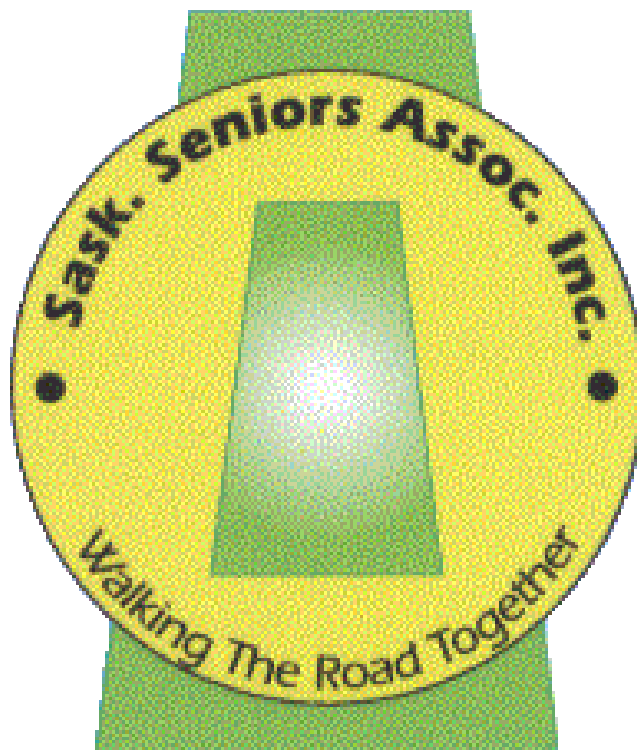


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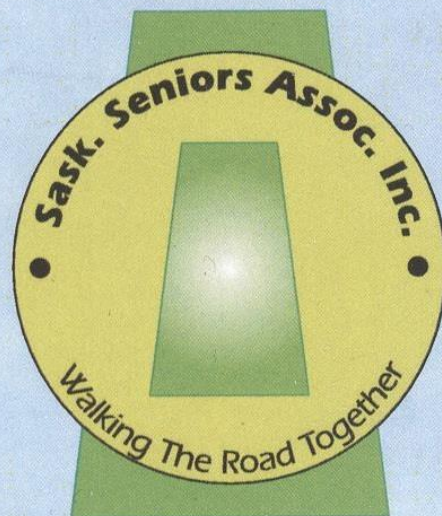
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**SASKATCHEWAN SENIORS
ASSOCIATION INCORPORATED
1981**

Constitution & Bylaws

Approved by the Members,
Issued by the Board of Directors

2010



Constitution

Article 1 - Name

1. The name of the organization will be Saskatchewan Seniors Association Inc.
2. The acronym of the name will be SSAI.
3. The address of the Association will be the address of the President.
4. The official language of the Association will be English.

Article 2 - Objectives

1. To bring Senior Citizens together in one strong Association that will work for the welfare of all Senior Citizens in Saskatchewan.
2. To offer programs and activities that benefit all Seniors.
3. To work with other organizations with similar objectives.

Article 3 - Membership

1. Any person may become a member if they pay the prescribed fee to the Association or club.
2. Member at large must have the approval of the Executive Board.
3. No member shall hold more than one club membership in the Association, but may be associate member of clubs that have associate memberships. Associate members of clubs will not have a vote at the convention.
4. SSAI membership fees will be set by the Executive Board with the approval of the membership at the convention.
5. Recognition of members will be issued by the Executive Board for any member who is deemed by a club or the Association to have had extraordinary service to the club or Association.
6. Delegates who are in good standing and have paid-up fees are entitled to one vote at the convention, and may run for vacant offices.
7. Any member who has withdrawn their membership, or has been removed by the Executive Board for just cause will not have their membership fees returned.
8. Membership fees are to be submitted to the Treasurer.
9. Clubs that affiliate with the SSAI must adhere to the objectives of the SSAI.

Article 4 - Voting

1. All meetings requiring a vote on motions or resolutions such votes will be by a show of hands, unless 5 members request to have a ballot vote. If voting is to expel a member, it must be a ballot vote.
2. The President shall not vote. A tie will be considered as defeated.
3. A simple 50% plus 1 shall be considered final as to the decision of the motion/resolution in question.

Article 5 - Executive Board

1. The Executive Board shall consist of: President, 1st Vice President, 2nd Vice President, Secretary, Treasurer, Past President, Directors.
2. The Executive Board, less the Past President, Directors, Secretary and Treasurer, will be elected at the convention, and will take office at the conclusion of the convention. The Directors will be elected at the respective Regional meetings. Secretary and Treasurer will be appointed by the Executive Board at the conclusion of the convention.
3. The Past President will hold office until the current President's office is vacated and will act in an advisory capacity to the Executive Board.
4. The following schedule for the election of the Executive Board will be for a two year term:
 - o Year 1 and alternating years: President, 2nd Vice President,
 - o Year 2 and alternating years: 1st Vice President.
5. The Executive Board will convene at least 4 times during the year, unless convened by the President for extra meetings.
6. The Executive Board will prepare and deliver any resolutions that are passed at the convention to the existing Government Officials.
7. Executive Board responsibilities will be found in the Bylaws.
8. Signing authority: President, 1st Vice President, 2nd Vice President; also in financial matters, the Treasurer/Secretary will have signing authority.

Article 6 - Convention

1. The annual general meeting shall be known as the Convention.
2. The date, time and place of the convention will be set by the Executive Board.
3. The SSAI constitution can only be changed at the convention, and must have 60 days written notice given to the last known address of the clubs in the Association.
4. Motions and resolutions must be in writing, seconded, and signed and handed into the Executive Board as prescribed by the Executive Board.

Article 7 - Dissolution

1. Upon liquidation and dissolution of the Association the remaining property after payment of all liabilities, shall be disposed of in accordance with the wishes of the SSAI.
Upon Liquidation and dissolution of any club, the remaining property after payment of all liabilities, shall be disposed of in accordance with the wishes of the club.

Bylaws

Article 1 - Bylaws

1. SSAI may make, vary or revoke bylaws which shall be consistent with, shall not conflict with, and shall not alter the intent of any part of the constitution.
2. Bylaws may be changed at the Executive Board meeting, but require a 21 day notice to the Executive Board.
3. Bylaw changes must have a two-third majority vote of the Executive Board.
4. A quorum will consist of (7) seven Executive Board members.

Article 2 - Duties of Officers

1. President
 - shall chair all meetings, and committees unless re-delegated to other members
 - shall not vote
 - shall act as an arbiter in consultation with the Executive Board on questions regarding the Association, handling disputes and complaints
 - shall set and be a member of all committees and appoint a chair person
 - shall head all delegations
 - visit all clubs in the Association, time permitting
 - shall ensure all information passed at the Executive Board, or convention is given to the persons responsible
2. 1st Vice President
 - shall assist the President as required
 - shall take over as President if required until an election can take place
 - shall head important committees as required
3. 2nd Vice President
 - shall have the same duties as the 1st Vice President
 - shall take over as 1st Vice President if required
4. Secretary
 - shall be appointed by the Executive Board at the conclusion of the convention
 - shall keep the minutes of all meetings of the SSAI Executive Board
 - shall read the minutes of meetings as requested
 - shall send copies of minutes to Executive Board members, Co-ordinators and clubs
 - shall receive and read all correspondence at the Executive Board or convention
 - shall have custody of the official seal of the SSAI to be used on official documents
5. Treasurer
 - shall be appointed to the Executive Board at conclusion of the convention
 - shall receive and issue receipts for all dues, per capita fees, and all other monies of the Association, and place them to the credit of the SSAI, in a bank approved by the Executive Board
 - shall make all disbursements of the Association with the consent of the Executive Board as directed and obtain receipts if requested

- shall keep the accounts of the Association, prepare statements for the Executive Board as required, and see that an audited financial statement is prepared for the annual convention
 - shall co-operate with the auditor appointed by the Executive Board to audit the books and accounts and verify them correct
 - shall be bonded, the type and amount to be decided by the Executive Board
 - shall sign and issue all membership cards to members and clubs
 - shall inform Directors of changes in clubs in a timely manner
 - shall have financial signing authority
 - shall receive within 30 days at the start of the fiscal year the membership fees of the clubs
6. Directors
- shall be elected in a region designated by the Association
 - shall ensure elections are held in each district as designated by the Association for the position of Co-ordinator
 - shall act as a link between the Association and Co-ordinators/clubs
 - shall advise and assist their Co-ordinators
 - shall visit/contact all clubs in their region annually
 - shall sit on committees of the Association and help with all SSAI functions
7. Co-ordinators
- shall be elected in the district at a district annual meeting
 - shall assist clubs in identifying local problems and possible solutions and keep the Director informed at the club level
 - shall keep the local clubs informed about matters happening at the Association level and region level
 - shall actively promote the formation of a District Council consisting of 2 members from each club

Article 3 - Members at Large

1. Shall become a member at large if no club is available and is approved by the Executive Board. Persons are to join a club within a year if possible.
2. Shall pay fees set by the Executive Board and shall be entitled to one vote.

Article 4 - Application Rejection

1. Club or Executive Board may reject an individual membership with a two-third vote majority.
2. Club or Executive Board may also cancel an existing membership with a two-third vote majority.
3. Cancelled membership will not have fees refunded.
4. Member who has had his membership rejected/cancelled may within 30 days appeal in writing to the President of the SSAI.

Article 5 - Organizational Structures & Administration

1. The Association is composed of clubs united to form the Saskatchewan Seniors Association Inc.
2. The province is divided into districts - adjoining districts form a region.
3. The fiscal year will be April 1 - March 31.

Article 6 - Funding

1. Funding will be by per capita fee on the membership of its clubs, plus any additional funding or fundraising available.

Article 7 - Clubs

1. The local group shall be called a club.
2. Each club will elect its own officers and establish its own bylaws to meet their local requirements in accordance with their constitution.
3. The clubs' Executive Board may consist of: President, Past President, Secretary, Treasurer, Directors.
4. The clubs may hold monthly meetings, and will have an annual general meeting.
5. Elections for Executive Board members will be at the annual meeting.
6. Shall elect 2 members to attend the annual district meeting at which time a Co-ordinator will be elected.
7. Each club shall elect 2 voting delegates for each 50 members or portion thereof, 3 for 51 to 100, 4 for 101 to 150, 5 for 151 and over members that per capita fees have been paid on, to a maximum of 5 to attend the convention.
8. If a club wishes to move to a different region, a letter of application stating the same must be submitted to the SSAI Executive Board.
9. Associate members - check constitution.

Article 8 - Districts

1. Boundaries will be flexible enough to take care of any necessary changes.
2. Each district will elect a Co-ordinator, to hold office for 1 year.
3. Co-ordinators job description in Article 2 item 7.

Article 9 - District Meeting

1. Each district will hold a district meeting comprised of members from each club in the district, at least once per year.
2. At this meeting a Co-ordinator will be elected.
3. Expenses for the district meeting will be the responsibilities of the district clubs.

Article 10 - Regions

1. The province will be divided into regions, being formed by districts.
2. The region will comprise of a Director elected at annual meeting from the Co-ordinators.
3. Directors and Co-ordinators shall send their expense sheets to the Executive Board Treasurer.
4. The regions that encompass the cities of Regina and Saskatoon may elect an extra Co-ordinator for these cities if deemed necessary. This would mean 4 Co-ordinators in these regions from which a Director shall be elected.

Article 11 - Provincial Meetings

1. Convention as prescribed in the constitution.
2. Executive Board meeting as prescribed in the constitution.
3. The President may call a special meeting but must give 21 days notice prior to the date of the meeting to each club/Executive Board involved.
4. Voting as per constitution.
5. A nomination of a member not present may be made, if the member nominated has signed a written statement signifying acceptance.
6. Only eligible delegates will be allowed to vote on any issue at convention or special meeting, but permission may be given to other members in attendance to speak on matters of general concern

Article 12 - Oath of Office, Officers of the SSAI and All Its Clubs

Officers shall be lined up at the front of the hall, the installing officer shall ask: Do you the elected officers accept the offices you have been elected to fill? (If the answer is affirmative, the installing officer shall give the following Oath of Office:)

I, (NAME), do solemnly pledge upon my honour, to perform the duties of my office into which I am about to be installed, to the best of my ability, and in accordance with the principals and constitution of the Saskatchewan Seniors Association Inc. Always having a high regard for the welfare of the members and all seniors. I also promise that I will deliver to my successor in office, all records and property of this association, which may be in my possession at the close of my term of office. To all this I pledge my most sacred word of honour.

The installing Officer will then say:

I now pronounce the Officers of the Saskatchewan Seniors Association Inc. duly installed into their several offices. May Peace, Harmony, and Great Achievements endure throughout your tenure of office.

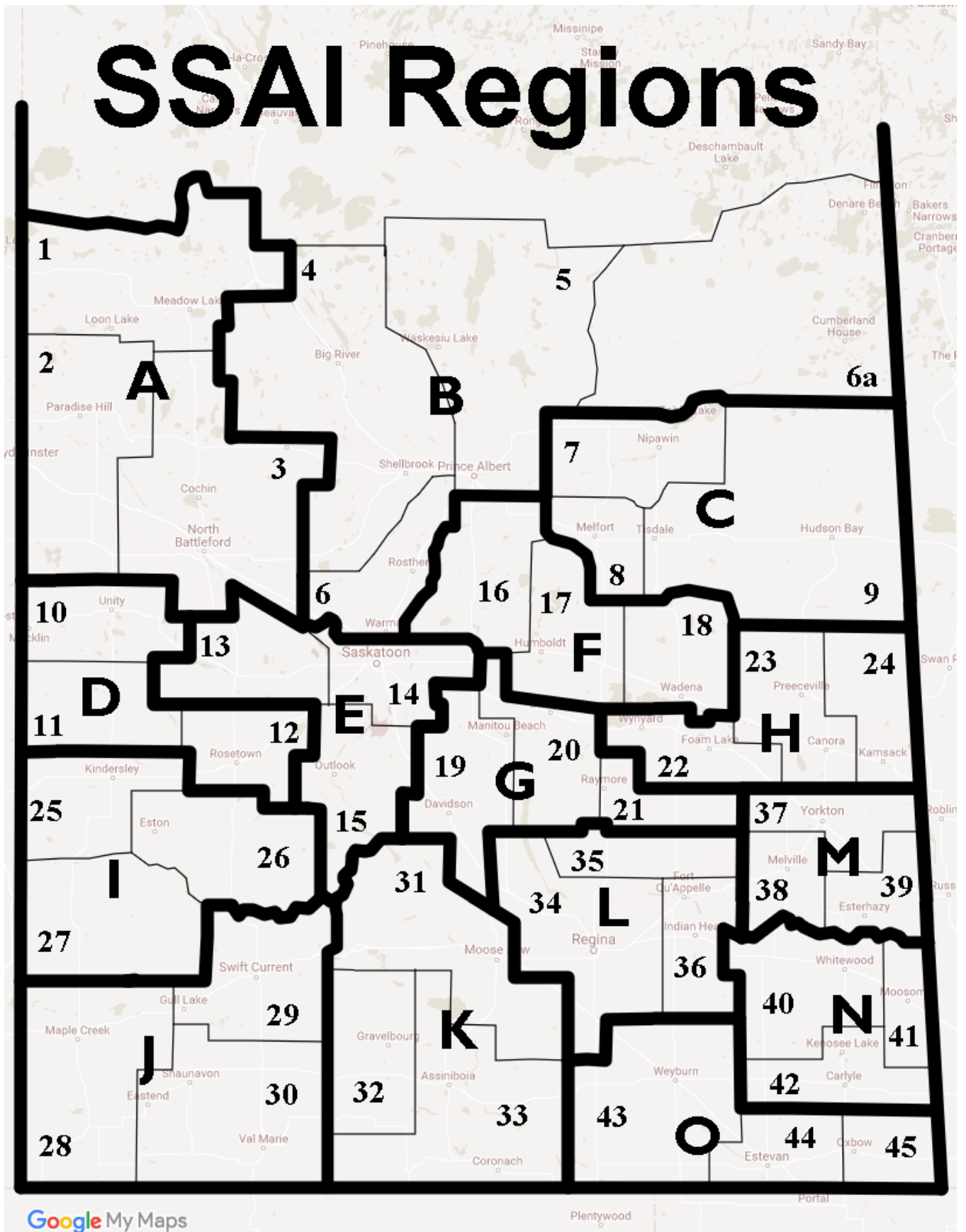
Article 13 - Suggested Order of Business

- Call to order (O Canada)
- Reading minutes of last meeting
- Business arising from minutes
- Inquiry for the sick and disabled
- Treasurer report and adoption
- Correspondence
- Reports of committees
- Unfinished business
- New business
- General discussion
- God Save the Queen

Article 14 - History

The Saskatchewan Seniors Association Inc. came into being June 12, 1981, at a joint convention held in Saskatoon, the home of the first organized Seniors in Saskatchewan, by uniting the Pensioners and Seniors Organizations, with the Saskatchewan Association of New Horizons Projects, formed in 1976, to give SSAI a membership of over twenty-five thousand.

SSAI Regions



SSAI History – Birth of Seniors' Voice

One of the pioneers of the seniors' movement in Saskatchewan was Anges Nurse. At age 92, in 1981, she recalled how her father used to spend his days in the old Empire Hotel in Saskatoon. Everybody used to play cards there during the depression. Mrs. Nurse would drop in after work or at lunchtime to see how they were doing, and there she met Annie Douglas, mother of the future premier of Saskatchewan Tommy Douglas. Mrs. Douglas was there playing cards with the men. Mrs. Douglas was one of the strong people who saw the real need for seniors to organize.

Beginning in 1939, Annie Douglas became founding president of Pensioners and Pioneers Number One, the first seniors' club in Saskatoon, and filled that position for 18 years. She and Mrs. Nurse and an Empire Hotel card-game visitor, Nathan Medd worked together to create the Saskatchewan Old Age pensioners and Pioneers Organization (OAPO) in 1942. Mrs. Douglas was president of the provincial organization for 20 years. When it began, the Provincial's main objectives were to get an increase in the pension, and to eliminate the means tests. Like the OAPO and all subsequent federations, it was made up of representatives of the pensioners' clubs from around the province. Soon after its formation, 32 clubs had joined. Around 1954, the name "Old Age Pensioners Organization" was changed to "Pensioners and Senior citizens Organizations" (PSCO). Annual conventions were held, to which the representatives brought resolutions.

Although the pension and the means test continued to be their top priority, they raised other concerns as well. A source of great pride to present day Saskatchewan seniors is that the original request for universal Medicare was present to the provincial government by the Pensioners and Pioneers organization in the 1950's.

This led, in 1962, to the first government Medicare plan in North America. After each convention, the federation leader would meet with the provincial cabinet to present the resolutions and advocate their proposals. They would also send them to the federal government. This practice is still being carried on today. After the Saskatchewan Federation had three successful years, Nathan Medd initiated the National Pensioners and Seniors Citizen's Federation. To this day, Saskatchewan remains as the number one affiliate of the National. In 1991, Ted Azevedo of Nipawin was elected president of the National, which had a membership of two million seniors across Canada. He was reelected as president in September 1992.

With the introduction in 1972 of the Federal New Horizons' Program, a new organization was formed in the province in 1977 called the Saskatchewan Association of New Horizons Projects. Then in 1981 the Pensioners and Senior Citizens Organizations and the Saskatchewan Association of New Horizons Projects joined

forces to form a larger organization which took on the name...Saskatchewan Seniors Association Inc. (SSAI.)

After serving as president of the former PSCO from 1977 until it was dissolved in 1981, Mr. Azevedo became the first president of the SSAI. He remained in that position until 1988 before voluntarily stepping down. At the SSAI Convention in Estevan in 1988, Eric Tuplin of Beechy was elected president. However, after a short term in office, he passed away very suddenly and was succeeded for the duration of the term by first vice-president Madge Phillips of Unity. At the 1989 convention in Prince Albert, Mrs. Phillips was elected president, she was re-elected again in 1990, and then retired from the position at the end of the term because of failing health. She was succeeded by Harry Giles of Saskatoon, who was elected president at the SSAI convention in Regina. **At the Association's convention in Humboldt in June 1992, Edwin Wright of Sturgis was elected president to succeed Mr. Giles.** Following Mr. Edwin Wright's terms of office, Helen McMillian became president. Due to health problems Harry Moore succeeded Helen. Harry Moore remained president until his health failed then Daryl Van Dussen became president for a short term. Ed Seminar finished out Van Dussens' term and served until 1999. In June 1999 Grant Whitfield became president. He was succeeded by Fern Haight as president, from 2002 until 2008. The president at this time is Len Fallows. Sheila Righi took over from Len Fallows. Due to health reasons, Sheila resigned and Fern Haight stepped back into the chair as president of SSAI. Since 2016, Pat Trask has taken over as president of SSAI.

SSAI continues to be very proactive in terms of being the Voice of Seniors in and for Saskatchewan. This includes meeting with the Ministers of Health and the Opposition to create awareness and raise the issues being faced by seniors in Saskatchewan. To this end, SSAI represents seniors on the National Pensioners' Federation. President Trask is serving on the NPF Task Force, 2nd Vice President, Mike Kaminski is also 2nd Vice Nationally and also the executive liaison for the Health Committee. Kathy Kaminski serves on the National Resolutions committee. More than ever before, due to the changing demographics of rural Saskatchewan, the need for seniors to become more engaged has grown. Homecare, Access to medical services, transportation, home renovation programs, cost of living, prescriptions and prescription drugs . . . are just some of the sensitive areas that need to be addressed.

Today, SSAI is comprised of 120 clubs throughout the province and a total membership of about 5,000

Presidents of SSAI

Ted Azevedo	1981 – 1988
Eric Tuppin	1988
Madge Philips	1988 – 1991
Harry Giles	1991 – 1992
Edwin Wright	1992 – 1993
Helen McMillan	1993 – 1994
Hary Moore	1994 – 1995
Daryl VanDussen	1995
Edward Simonar	1995 – 1999
Grant Whitfield	1999 – 2002
Fern Haight	2002 – 2008
Len Fallows	2008 – 2013
Sheila Righi	2013
Fern Haight	2013 – 2016
Pat Trask	2016 –

SSAI EXECUTIVE 2016

President	Pat Trask 1504 – 2503 Louise Street Saskatoon, SK S7J 3Z6 Phone: 306-373-2010 Email: pattrask@sasktel.net
1 st Vice President	Lorna Weldon Box 1544, Wynyard, SK S0A 4T0 Phone: 306-554-3116 Email: weldonlorna@gmail.com
2 nd Vice President	Mike Kaminski Box 127 Invermay, SK S0A 1M0 Phone: 306-593-2222 Email: aelkam@sasktel.net
Past President	Fern Haight Box 393, Hanley, SK S0G 2E0 Phone: 306-544-2737 Email: fern.h@sasktel.net
Secretary	Shannon Wright Box 455, Vanscoy, SK S0L 3J0 Phone: 306-493-3023 Email: mail@wholewheatwebdesign.ca
Treasurer	Shannon Wright Box 455, Vanscoy, SK S0L 3J0 Phone: 306-493-3023 Email: mail@wholewheatwebdesign.ca

SSAI Board of Directors 2016

Region A

Linda Ard
Box 106, Meota, SK S0M 1X0
Phone: 306-892-2179
Email:

Region B

Sheila Righi
315 – 28th Street East,
Prince Albert, SK S6V 1X4
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Email:

Region B-6A

Open

Region C

Mike Newberry
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Phone: 306-874-9111
Email:

Region D

Pat Trask
1504 – 2503 Louise Street
Saskatoon, SK S7J 3Z6
Phone: 306-373-2010
Email: pattrask@sasktel.net

Region E

Open

Region F

Temporarily Vacant

Region G

Lylie Herman
Box 131, Nokomis, SK S0G 3R0
Phone: 306-528-2030
Email: lylieherman@sasktel.net

Region H

Mike Kaminski
Box 127, Invermay, SK S0A 1M0
Phone: 306-593-2222
Email: aelkam@sasktel.net

Region I

Open

Region J

Open

Region K

Open

Region L

Morris Koschuk
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1S0
Phone: 306-332-5552
Email: morrisak2@gmail.com

Region M

Isobel Fowler
#66-1712 23rd Street Coaldale, AB
T1M 1P3
Phone: 403-593-6560
Email: fowler83@shaw.ca

Region N

Open

Region O

Open

Duties and Responsibilities of Directors

A director has the same duties as a co-ordinator, as well as co-ordinating the work of other co-ordinators in the region and being involved with them in planning activities and programs.

The director is responsible for getting information they learn at provincial board meetings, or from the secretary or other executive members, to the co-ordinators and to make sure it then gets passed along to the clubs.

It is important that each director, as well as the provincial secretary, receives the names of officers of all clubs in their region after annual elections.

A principle duty of a director should be to help promote harmony among the members of clubs within his or her region.

With the assistance of their co-ordinators, the director should plan at least one annual regional rally of function that is a fun gathering. This is very important for inter-club visitations.

The director should encourage the co-ordinators to form district councils **where desirable**. As stated in the SSAI constitution: “Each district may form a district council, composed of the district co-ordinator and one or more representative from each branch or club that has paid current per capita fees. **Expenses for district council activities shall be the responsibility of the participating branches or clubs.**”

The director may call a meeting of the co-ordinators and secretary/treasurer of the region if necessary.

It is the duty of the director, in consultation with the other co-ordinators to select a date and meeting place for the regional’s annual meeting in May, and to see that invitations are sent to all branches or clubs to send delegates. At the annual meeting, it is the duty of the director to prepare a program and chair the meeting.

Duties and Responsibilities of Co-ordinators

A co-ordinator is a bonafide member of a group of seniors, elected by current card-holding delegates of branches or clubs within the district that have paid current per capita fees, that he or she resides in.

The co-ordinator will represent the clubs within the district he or she resides in, through the director of the region the district is part of, to the board and executive of the provincial association.

The co-ordinator will communicate with the executive of each club within the district to help them solve problems and advise them of programs and activities available to them.

The co-ordinator will encourage the clubs to have activities and exercises that are healthful and enjoyable.

To accomplish these and other duties, a person considering accepting the position of co-ordinator should work to have a district council, which is composed of the co-ordinator and one or more representatives from each seniors' club in the district. Expenses absorbed by the district for district council meetings.

The council will greatly assist the co-ordinator in the performance of his or her work by helping to promote more and better inter-club activities such as picnics, rallies, tours, and educational workshops or seminars.

The council can also help form an inter-club relationship by doing many activities and helping the co-ordinator greatly in conveying information from the regional director and other sources to the clubs in the district.

It is very valuable for the co-ordinator to study the provincial constitution to more fully understand their duties and those of officers of the clubs.

If there is a need for information about any programs or service, co-ordinators should contact their director, the provincial secretary, provincial president, or any executive member.

Being a co-ordinator is a very important position in the progress and welfare of clubs within their district.

It is important for the co-ordinator to impress upon the officers of each club the need to have a program that has something for everyone – because not all seniors can or

care to be involved in any one activity, and their needs and desires must be considered and met where possible.

To be a good co-ordinator, a person needs a pleasant character and a fair amount of time to devote to the work, and a means of travel.

A co-ordinator should try to visit the clubs in person, when there is a meeting in progress, in order to hear progress or problems of the club.

Phoning is alright for certain items of business that concern the club president or other executive officers, but does not give the co-ordinator a chance to meet other members of the club to hear their opinions or concerns.

If there are some clubs in a district that do not belong to S.S.A.I., the co-ordinator should try to form a link of communication with someone from those clubs and offer assistance because that is what our whole organization is all about – Seniors Helping Seniors, and Neighbors Helping Neighbors.

Co-ordinators should not forget this, because that is how we got where we are and only by continuing and improving this policy can we hope to progress and attract new members.

One of the most important things for a co-ordinator to remember is this: **get the right information before trying to solve a problem.**

Wrong information being given by someone in authority has caused serious problems which co-ordinators in some cases have had to travel many miles to straighten out.

There must be one approved message that everyone can give [SSAI executive, directors, co-ordinators, club officers] – rather than everyone giving their own version.

Therefore, if a co-ordinator is not sure that he or she has the right information, they should be sure to get it.

Co-ordinators must organize an annual district meeting in April. A meeting may include guest speakers, election of officers, reports from clubs, entertainment, etc.

Co-ordinators expenses are paid by S.S.A.I. Send expense sheets to the treasurer.

FORMING NEW CLUBS

If a group of seniors wishes to form a club, the co-ordinator can offer assistance by arranging a meeting date and help to get their officers elected; help them conduct a meeting; explain to them the programs available; and how to get involved with neighboring groups and the S.S.A.I.

WHY BELONG TO S.S.A.I.

1. By joining S.S.A.I., you are part of one strong Association that works for the welfare of all seniors without regard to their religion, politics or racial origin.
2. By joining S.S.A.I., you benefit from the work, research and planning done by the Senior Citizens Provincial Council.
3. By joining S.S.A.I., you grow beyond your own small area, have the opportunity to attend conventions and meet other seniors from other parts of the province, get new ideas and learn many interesting things that go on in other areas.
4. Belonging to S.S.A.I., you can take any senior problem to the President, the President brings it before the Provincial Board where a strong, united voice can speak directly to government about it.
5. Belonging to S.S.A.I., gives us access to government programs, activities and grants that will benefit all seniors.

S.S.A.I. is aiming to accomplish the following:

1. To offer leadership in programs and activities that benefit seniors citizens in their chosen lifestyles and to co-operate with other organizations in providing these same opportunities.
2. To provide an organized forum for all senior citizens.
3. To work with other Canadian organizations having similar aims.
4. To support the publication of a newsletter with contents consistent with the purpose of the Association.

Never Ask:

“How can we afford to belong to S.S.A.I.?”

Ask Instead:

“How can we afford NOT to belong?”

SSAI ACCOMPLISHMENTS

Saskatchewan Seniors Association In.c and its predecessors organizations have a proud history of accomplishments dating back more than 55 years.

These accomplishments have not only benefited their own members, but virtually all seniors in our society.

Among the accomplishments:

- Universal Medicare (the first in North America)
- Improved pensions
- Continuation of spouses allowance in the event of the death of a pensioner
- Home Care that allows seniors to live longer in their own homes
- Persuading government to establish District Home Care Boards rather than having the program operated out of Regina.
- Improvements to housing that are suitable, accessible, and affordable.
- Foot program (chiropody)
- Promoting a Wellness Health Program
- Reform regarding the Senate
- Restore full indexing to taxable income to fully account for inflation
- Defeated the multilateral agreement on investments
- Defeated bank merger
- Government puts more fuel tax revenue into roads and highways
- Helped put chelation into Saskatchewan
- Helped to promote “No Smoking” in public places in Saskatchewan
- Urged the Government of Saskatchewan to withhold high implementation of unaffordable rates for room and board in Saskatchewan nursing homes
- Promoted the twinning of more highways in Saskatchewan.
- Hold on raising rates on special care patients housing and reduction in Education Tax
- Urged the government to reduce the cost of drugs resulting in the capping of the cost of prescription drugs covered under the drug plan, at \$15.00 for persons 65 years and over
- Urged the government for several years to give assistance to seniors struggling to keep their senior venues open and operating. We now have the New Horizons Capital Assistance Program available.

How to Conduct a Meeting - Club, District, Regional, SSAI Annual Meetings

Following are suggestions that might be helpful in conducting annual meetings of branches or clubs, districts, regions, and SSAI provincial convention.

1. Branches or clubs will hold their annual meetings and election of officers during the month of April.
2. Branches or clubs shall elect two voting delegates to an annual district and regional meeting to be held April or May at which time a co-ordinator of each district will be elected.
3. Each region shall hold an annual meeting during the month of May. It should be the duty of the regional director, in consultation with the other two co-ordinators, to choose the location of the meeting, set the date, see that invitations are sent to all branches or clubs to send delegates, to prepare a program, and to chair the meeting.
4. The annual general convention meeting of the Saskatchewan Seniors Association Inc. shall be held during the month of June each year on a date and place to be fixed by the Board of Directors. The annual meeting shall be called a convention. The agenda for the meeting is the responsibility of the president.

If current per capita fees have been paid to the Provincial Treasurer, each branch or club may elect two voting delegates for each 50 members or portion thereof of members that per capita fees have been paid on, to a maximum of five voting delegates, to attend the annual provincial meeting [convention].

5. For annual district or regional meetings, it is suggested that, in addition to voting delegates, the program be enlarged to include all club members
6. Annual meetings with “business only” programs are drab affairs at best and a disaster at worst. It is suggested that the agenda for this kind of meeting might be as follows:
 - A business meeting opening for discussion the policies of SSAI; suggestions for activities in the district or region; debating senior citizens’ problems; debating resolutions for presentation at the SSAI June convention.
 - Election of a co-ordinator by the district voting delegates where a term of office has expired or where there is a vacancy.
 - Election of a provincial or regional director where that office has to be filled, keeping in mind that all voting delegates from the region may vote. From the co-ordinators elected, the delegates will elect a regional director, with the exception of Region-B, District 6-A which, due to special circumstances, will elect a co-ordinator with director status. Because of the geographical location of Region-B District 6-A [which includes communities of Creighton, Denare Beach and Sandy Bay]

provision was made at a provincial Board of Directors meeting on August 25, 1992 – based on a resolution passed unanimously at the SSAI convention of 1991 – that this region will have a permanent co-ordinator with director status. This allows Region-B District 6-A to have one representative on the SSAI Board of Directors or Executive at all times so this specially-designated region will be fully aware of the activities of SSAI and play an active role in its future.

- A feature speaker if available
- A supper, the cost to be included in a registration fee.
- Entertainment in the evening. The clubs could be invited to participate in the program and volunteer music is often available. Local orchestras will sometimes play for dancing at a reasonable charge.

IT IS IMPORTANT that a secretary is appointed to take minutes, that food service is available, that the meeting place is suitable, that some regional funds are available for incidental expenses, that the delegates are suitably welcomed, and an atmosphere of friendliness and co-operation is maintained.

COMMITTEES THAT MAY BE USED

List of Committees:

This is a list of committees that may be used:

- Health and Wellness
- Publicity and Promotion
- Games
- Northern
- Housing and Transportation
- Resolutions
- Nominating
- Convention
- Paper [Seniors]
- Constitution

TIPS ON PROGRAMMING

Listed below are some tips that may help our seniors' clubs to develop their programs.

A GOOD PROGRAM SHOULD –

1. Start with the interest of members,
2. Have a variety of subjects and methods
3. Start and end on time
4. Have a good speaker, film, reading or other resource.
5. Make provisions for fellowship.
6. Get members doing things.
7. Provide for physical comfort.
8. Add something to each person's life.

OBSTACLES TO OVERCOME –

There is nothing new in the idea that the planning of programs should be based upon the general purposes and direction of a club. There is nothing new in the idea that all the parts of a particular meeting should be related to the pinpointed purposes of that meeting and of the action to follow from the meeting. But let's look at some of the obstacles you may encounter and see how they can be overcome.

OBSTACLE 1: “We did it last year.”

It is good to make use of past experience. And each new program planner can feel safer if he or she doesn't differ too much from the past. BUT... the program last year [and the year before] may not have been good. Why have speakers, panels, topics “that we've always had” for no reason except they were used in the past? **WHY NOT...** find out what is needed and wanted and plan accordingly?

OBSTACLE 2: “Get a big name.”

A big-name speaker will fill the hall, and even if he or she flops we [the program planners] won't be blamed for choosing him or her. BUT – filling the hall is seldom a worthwhile end in itself... even if it makes us feel good – and the feeling that we must have only big shots on our programs doesn't build good meetings. In the long run, our club's contribution to the community [not the fame of the celebrities we might corral] is the things counts. **WHY NOT...** pick the people who can best do the job?

OBSTACLE 3: “I want to be loved”

People who plan programs are not looking for trouble. Why make people mad? Why stick your neck out? BUT – this can lead to safety at all costs and the presentation of so-so material may be temporarily gratifying, but does little to advance the purpose of

your club. **WHY NOT...** decide what has to be done, and what is tactful, realistic way to do it? Then do it?

Your club members are likely to go along with it if they know why the program is planned the way it is – particularly if they have had a chance to help plan and evaluate it.

In other words, you can do more, and take more chances [without sticking your neck out] when the responsibility is shared.

VIRTUES OF PARLIAMENTARY PROCEDURE

The virtues of following parliamentary procedure are as follows:

1. Provision of regulated opportunity for each person to state their views
2. Insistence upon fair and meaningful discussion
3. Protection of the rights of the minority
4. Protection of the rights of majority
5. Provision of means for decision-making
6. Allows for presentation of a unified front after differences
7. Provision of a structure for the efficient conduct of business

SINS OF PARLIAMENTARY PROCEDURE

1. Is restrictive and too formal for many meetings. Appropriate use depends on the following:
 - a. The size and purpose of the meeting
 - b. The degree of unity within the group
 - c. The knowledge of parliamentary procedure in the club. [The SSAI constitution states that parliamentary procedure is followed by the Roberts Rules of Order].
2. Does not allow informal discussion
3. Formal atmosphere discourages some people from speaking
4. Requires extensive individual preparation for success
5. Simple procedure matters can cause dispute even when there is no disagreement on issue before the meeting
6. Can emphasize factions within the club
7. Limits effectiveness of committees. Procedures of a meeting differ in these ways:
 - a. Role of the chairperson
 - b. Development of motions
 - c. Freedom of debate
 - d. The general informality of the procedure

THE CHAIRPERSON

Every chairperson [like everyone else] should study their self-image critically. They may feel they are superb, but that may not be the opinion of the club. To club members, this type of chairperson may appear as an autocrat, not a guide; a poison, not a ferment for ideas.

A. Nature:

- 1) Servant of the club
- 2) Co-ordinator of the club

B. Duties:

- 1) Plan well in advance, with people who are to help
- 2) Think out reactions to each item; anticipate
- 3) Have a tentative agenda – specific and timed
- 4) Present business in orderly fashion
- 5) Always repeat motions – again and again. They must be understood.
- 6) Speak up – but not too often, or too long
- 7) In the event of a tie, cast the deciding vote.
- 8) Guarantee everyone's right to speak. Do not permit one member to dominate any discussion.
- 9) See that the purpose of the meeting is always fundamental: proposal of ideas; consideration of ideas; decision on ideas.

C. Qualities:

- 1) Courage – willings to sometimes be unpopular when tough decisions have to be made.
- 2) Tact – graciousness and good judgement in dealing with people.
- 3) Impartiality – fairness, frankness, and honesty.
- 4) Sensitivity – awareness of the atmosphere and personal feelings.
- 5) Silence – at this point power moves into the club.

D. Rights:

- 1) Reasonable support from club members.
- 2) Personal respect.
- 3) Authority to make decisions.

THE CLUB SECRETARY

THE MINUTES: Provide an accurate, up-to-date record of previous meetings.

Important: The minutes must be clear and concise, omitting no important details, and including no unnecessary trivia.

- 1) **Introductions:** States that regular [or special] meeting [state whether weekly, monthly, annual] of the [name of your club] was held at [name of place] on [date and time of meeting], and state names of chairperson.
- 2) Minutes of last meeting were read and adopted. [Note corrections if any].
- 3) In stating motions, name of the mover and seconder. Indicate whether motion was carried or defeated.
- 4) List only important facts in a discussion
- 5) Give important facts about letters, accounts, other business.
- 6) Record all appointments – whether committees, executive, nomination, election, or other.
- 7) Minutes are a record of the **business** of the meeting, but it is usual to include also a reference to the rest of the program.
- 8) Conclude with the time of adjournment and your signature as secretary.

A SAMPLE OF GOOD MINUTES

Minutes of the regular monthly meeting of the [your club name] held on Tuesday, October 1, 1992, at 2:30p.m., at the [name] Drop-in Centre.

Present: Harry Jones, president; Mrs. Helen Smith, vice-president; Mrs. Ruby Walker, secretary; Don Hill, treasurer; 25 other club members.

Absent: Mr. Eldon Freeman, second vice-president.

I. Minutes:

Amendment: Page 3 – Handicraft: In the sentence beginning “She mentioned Mrs. McRae’s award for pottery.....” – the phrase “at the recent exhibition at Swift Current” was to be added after the word “pottery”.

MOTION: Garth Smith / Audrey Lingham

That the minutes be adopted as amended. CARRIED

BUSINESS ARISING FROM MINUTES

Page 2 – Annual Report: The secretary has discussed the reduction of costs with the printers and was informed that to have the annual report printed for

less than \$200 was almost impossible. The reduction of the number of copies, even with some changes, would leave the costs much the same as the previous year, namely \$325.00.

II. TREASURER'S REPORT:

Mr. Hill reviewed the statement of receipts and payments for the nine months ended Sept. 30, 1992

MOTION: Mrs. Walker / Mr. Sten

That the Treasurer's report be received.

CARRIED

III. COMMITTEE REPORTS

Art: Annual Art Exhibition, 1992 – the committee will call a meeting to discuss the suggested changes for this Exhibition.

Visual Arts Advisory Committee: A report was given on the preliminary meeting of the Visual Arts Advisory Committee held on Aug 12. They have decided to broaden the representation and to include both representation from teachers in high schools and elementary schools, where there may be a professional artist or instructor, or teacher teaching art. The town or centre would elect their own representative from a meeting of teachers in the area.

MOTION: Mrs. Smith / Mr. Holoway

That the art report be adopted.

CARRIED

IV. OTHER BUSINESS

A letter was received requesting financial assistance for a summer course in fly-and-bait casting. The Board is not prepared to assist individuals in the manner suggested, but it is considering whether it may be in a position to do anything in the field of fishing in the province.

The meeting was adjourned at 3:30 p.m. The date for the next board meeting was tentatively set for Tuesday, Nov. 3 at the same place and same time.

Mrs. Turner and Mrs. Daley would be in charge of luncheon arrangements, etc.

PLANNING: WHAT YOU DO IN ADVANCE

Planning good meetings is not easy. The tendency is to have a hurried “last minute” planning session with little attempt to plan the program to help meet the club’s needs.

Well-planned and well-conducted meetings draw people out in increasing numbers.

1. **Planning for the year:** It is often good to arrange in September for a series running until the end of the season. It is designed to use a variety of techniques from meeting to meeting.

Plan for the year’s program **after** the first meeting of the year.

This means members can take part in planning their program: agenda, content, procedure, entertainment, etc. Such ideas could be brought out, for example, in a panel discussion at the year’s first meeting.

2. **Planning for each meeting:** Chairperson, convenor of program committee, and those in charge of recreation, entertainment, and refreshments should plan informally the **content** and **order** at least a week before.

THE NEED TO GET ACTION AND SUPPORT

Good program **planning** and sound **procedures** lay a solid foundation for **participation** in your club. But people must constantly be encouraged to take part – both in your club and in the SSAI.

The chief need is to base programs on the needs and interests of individual seniors. The objectives of participants themselves must be primary. Leaders cannot dictate goals “good for” them, as they can with children. The leaders do not establish objective for seniors, but instead try to identify and define the needs and interests.

Goals should be specific, widely understood and accepted, attainable and recognized as potentially changing.

In short, no matter how well planned, no matter how well conducted, we shall never have interesting, well-attended meetings if **all members** are not given an opportunity to participate according to desirable goals based on the needs and interests of the seniors themselves.

To get action and support, clubs must consider carefully people’s **value systems**.

HOW TO PREPARE RESOLUTIONS

One of the most important functions of SSAI is the acceptance of resolutions for the annual convention from branches and clubs so that briefs can be compiled and sent to the various government agencies and departments for their consideration.

In order for the SSAI Resolutions Committee to deal with your resolutions properly, and sometimes change the wording by re-writing into legal terms, it would be much better if they were written properly at the source and would continue unchanged to their destination.

The procedure is quite simple.

In legal terms, the reason for your resolution, and the circumstances surrounding it, are entered under the term “Whereas”,

What you want to accomplish with the resolution then becomes “Therefore Be It Resolved that...”

If you want more than one consideration to take place it becomes “And Be It Further Resolved...”

Let us choose, for example, some concern in your area that you feel should be brought to the attention of SSAI in the form of a resolution to be acted upon at the annual June convention.

WHEREAS the 6.5-kilometre gravel road from Saskatoon to Highway 66 is very rough, and;

WHEREAS in dry weather it is dusty and very hazardous, and;

WHEREAS the cost of broken windshields and head lights is quite excessive to owners and insurance companies, and;

WHEREAS maintenance on said road doesn't seem to help and is expensive;

THEREFORE BE IT RESOLVED that SSAI approach the Saskatchewan government and ask them to pave this piece of road, and

BE IT FURTHER RESOLVED that copies of all correspondence and action relating to this resolution be forwarded to the MLA for this area.

Submitted by [name of your club].

NOTE: Resolutions must be approved by your club, and signed by your president and secretary.

Resolutions may be submitted by individual clubs; or districts as a whole [signed by co-ordinator of district]; or regions as a whole [signed by director of region].

Clubs submitting resolutions on their own **do not** require their resolutions to be accepted and passed at a district or region meeting.

Clubs should not wait until just before the convention to submit their resolutions to the SSAI Resolutions Committee. The resolutions should be submitted as soon as possible.

The mailing address of the resolution committee is as follows:

Because of past problems cause by late submission of resolutions to the Resolution Committee, future resolutions **may not** be published in our newsletter prior to the SSAI Convention, but will be available at the convention for all voting delegates.

Results of the resolutions will be published in our newsletter **after** the convention.

HOW TO GET NEW MEMBERS

Declining membership is a major concern to many of our seniors' club – particularly in smaller communities. Following are some suggestions on how clubs might attract new members.

1. Pick a specific month each year (October might be best) and hold a Membership Drive.
2. Go to the newspaper editor in your community (or the nearest newspaper that prints news about your community) and explain your membership situation to him or her – and ask if they could help out by drawing attention in their paper to your Membership Drive.

When you talk to the editor, give him/her as much information about your club as possible, such as:

- a) When your club was formed.
- b) How many members you had at one time.
- c) How many members you have now.
- d) Details about projects and activities of your club.
- e) Special events.
- f) What you do at meetings (such as invite guest speakers to talk about issues affecting all seniors, etc.)
- g) Membership fees.
- h) The importance of getting new members.

If you provide the editor with this type of information, the chances are pretty good that he/she will do an article about your club in their paper. Hopefully, this will spark interest among seniors who do not belong to your club – and who may want to join after reading the article.

Also...ask the editor if he/she/ would be a guest speaker at one of your meetings. If they agree, this would be a good way of getting the editor into your building, and perhaps taking a more personal interest in your club.

3. If you decide to have a Membership Drive, let members of your local clergy know about it – ask them if there is anything they can do to assist. (Perhaps they will mention it at one or more of their church services). Provide members of the clergy with the same information about your club that you gave to the local newspaper editor. If you expect them to assist you...you have to give them as much background as possible.

4. During your Membership Drive Month, have each one of your members invite a senior (who does not belong) as their special guest to a Potluck Supper. Have a guest speaker. Have some entertainment (such as a sing song in which your invited guests can take part!) This might be an ideal time to invite some “younger” seniors.
5. If you decide to have a potluck supper in which non-member seniors are invited as special guests, you should give them a copy of the letter (in this package of information) which states: “Why Belong To The SSAI”
6. If you find someone who might be interested in joining your club, **DO NOT** hit them up **right away** to take out a membership and pay the club (and SSAI) fees. Instead, invite them to take part for a month or two in all that your club has to offer. This way they will not feel pressured. Once they get to enjoy your facilities, fellowship, and friendship... hopefully they will then gladly take out a club membership.
7. REMEMBER – you have to do more than simply **want** more members in your club. **You have to go out and get them!**

HOW TO GET MEMBERS MORE ACTIVE

Efforts by our seniors' clubs to get their members more active is often a frustrating experience, and there are no simple solutions to this problem. In fact, there are probably as many answers as there are members.

To begin with, refer to the section in the package of information which states "Tips On Programming".

We must recognize that not everyone enjoys playing cards, playing pool, shuffleboard, or whatever. If these are your primary activities, some of your members may feel "left out" and therefore it is difficult to keep them actively involved in the club.

It might be useful to give a "questionnaire" to each one of your members to find out their interests.

You may find the some of your members would like to do (or learn) handicraft work such as quilting, ceramics, woodwork, wood carving, etc. If this is available, it may help to get them more active.

Perhaps some would like to take tours of local points of interest, including businesses or industries, to learn more about them.

Perhaps some would like to have a good old-fashioned "debating session" about matters that affect seniors. Through such sessions, you can find out things that are of great concern to your members.

Only by "finding out" the interests of your members will you be able to develop a program that has "something for everyone" and thus get you members more active.

FINANCIAL REPORTS

An audited financial statement of the Saskatchewan Senior's Association Inc. for the most recent one-year period beginning April 1st and ending March 31st of the following year is available to bonified branches and clubs at the next annual convention of SSAI.

Branches and clubs are urged to have representatives in attendance at the SSAI convention to receive a copy of the annual financial statement and to make it available to their respective branches and clubs.

Any comments or questions regarding the financial statement should be made verbally at the time it is presented to the annual convention, or later in writing to the SSAI provincial treasurer.

ALL THOSE “S’s”

As we all know, “SSAI” stands for Saskatchewan Senior’s Association Inc., but what do all those S’s from other organizations mean? Following is a guide – as of August 1995. If we have missed any, please feel free to add to the list.

SCAN – “Senior Citizens’ Action Now”

This is a provincial organization with branches in Moose Jaw, Saskatoon, and North Battleford. SCAN was formed in 1972 and currently has about 2,500 members. One of its main features is its *Services for Seniors* program in its three cities. These services include things like cutting grass, shoveling snow, washing windows, etc. for seniors who need assistance.

Many members of SCAN are also members of SSAI - and vice-versa.

LEGION – Royal Canadian Legion

Like SSAI, the Legion in Saskatchewan has about 23,000 members. At the 1994 and ’95 conventions of SSAI, it was learned that about 40% of the delegates were also members of the Legion. These numbers reflect why there is co-operation and a good working relationship between the Legion and SSAI.

The Legion has several valuable programs for seniors – including an excellent transportation program in many communities provided by the local branch.

SSM – Saskatchewan Seniors’ Mechanism

This is an “organization of organizations”. SSM does not have any individual members of its own, as such, but rather is an umbrella body comprised of other organizations.

“Mechanism” (as it’s commonly called) was founded in January, 1990 to act primarily as a central vehicle in dispensing Saskatchewan Lottery money to its member-organizations.

Three of Mechanism’s original nine or 10 founding members were SSAI, SCAN (“Action Now”), and the Legion. Together, they represented two-thirds of the total membership of the organizations that were affiliated with “Mechanism”. SSAI withdrew their membership from SSM in 1995. SSAI rejoined the SSM in 2001.

SSFA – Saskatchewan Seniors’ Fitness Association

This is an organization involved mainly with fitness and games. On a provincial basis, SSFA has seven or eight different territories that are described as “Zones”. This has often caused confusion among SSAI clubs, because SSAI describes its geographic areas as “districts” and “regions”.

In each SSAI region, there are three districts. In total, SSAI has 15 regions and 48 districts. (There are sub-districts in Regina, Saskatoon, and Creighton).

Seniors who compete, and win, at games in their district can advance to competitions in the SSFA Zones. Winners from the Zones can then compete in provincial games – which are called SSFA 55-Plus Games.

There is a **wrong** belief by some people that SSFA and SSAI are both part of the same organization. This is simply not true. They are two completely separate organizations.

SPRA – Saskatchewan Parks and Recreation Association

This is an agency of the provincial government which provides senior citizens with financial and other assistance in sponsoring summer and winter games called Olympics.

For the purposes of the “Olympics” ...the SPRA is divided into several broad geographic areas known as SCRAPA (South Central Recreation and Parks Association); NERPA (North East Recreation & Parks Association); BLACKSTRAP, BIG MUDDY, etc.

The main focus of the games is “participation” rather than “competition”.

SSI – Saskatchewan Seniors’ Institute

This is a relatively small group based primarily in Regina. It is associated with a national advocacy organization called *One Voice* ...which has its main membership strength in Ontario.

The One Voice organization is heavily funded by the Bronfman family...of real estate, alcohol distilling, and industrial fame.

By contrast, SSAI is the “Number One” affiliate of the National Pensioners and Senior Citizens’ Federation (NPSCF) ... which is the largest grassroots seniors’ organization in the nation – with 500,000 members across Canada.

The NPSCF receives its funding mainly from membership fees, as well as some government grants for specific programs.

OTHERS – Councils on Aging

There is the “Regina Council On Aging”; “Saskatoon Council On Aging”; and the “Prince Albert Council On Aging”. These three seniors’ organizations operate in their respective cities, and act as advocates on seniors’ issues. They also host some workshops for seniors’ at large ... through funding from New Horizons and other sources.



Saskatchewan Seniors' Association Inc.

Email: info@saskseniors.com

Website: saskseniors.com

Groups & Clubs -

The SSAI Financial year is from April 1st through March 31st. Membership dues are to be paid each year in April. Please complete this submission form and submit your dues as early as possible. **SSAI Membership Fees – \$5/member.**

Each club can set their own membership fee and submit \$5/member to SSAI.

Please print contact information clearly.

Club Information

Group/Club Name: _____

Club#	District	Region	# of Members:
_____	_____	_____	_____

Club Address: _____

Mailing Address

City/Town	Prov	Postal Code
_____	_____	_____

Club Phone: _____ Alternate Phone: _____

Club Email: _____

President: _____ Address: _____

Phone: _____ Email: _____

Vice-President: _____ Address: _____

Phone: _____ Email: _____

Secretary: _____ Address: _____

Phone: _____ Email: _____

Treasurer: _____ Address: _____

Phone: _____ Email: _____

Please complete and mail to:

Shannon Wright, SSAI Treasurer Box 455, Vanscoy, SK S0L 3J0

Membership

To become a member of the SSAI We ask that you contact us by phone, email, or mail. **The cost for membership is \$5.00**

306-493-3023 info@saskseniors.com Box 455, Vanscoy, SK S0L 3J0

By joining you are about to become part of a strong Association which continually works for the welfare of all seniors without regard to their religion, politics or racial origin.



You will have the Opportunity to attend conventions, meet other seniors get new ideas and learn about other interesting things in other areas. It provides you with the ability to bring your issues to the Provincial board where we can unite and speak directly to the government about them. You benefit from the work, research and planning, done by the SSAI.



You can be part of our family of activists and participate in our advocacy to improve the lives of aging Canadians.

Organizations register by your number of members in **"Club and Group Registration"**. All members of your organization will become members through your affiliation. They are entitled to all membership benefits and should register in your group.

Individuals that are not members of an organization can also register for the same benefits in **"Individual and Family Registration."**

NPF receives no government funding and depends on membership and donations to support our activities.

All memberships include:

- Membership certificate
- 1 year subscription to The National Newsletter (3 issues/year)
- Important mailings
- Invitation to Annual Convention
- Special insurance rates for members
- Affinity Programs with Member Discounts

We encourage everyone to register online. <https://nationalpensionersfederation.ca/membership/>

Registration is important for us to be able to communicate with you.

We can send our newsletter and other important information to your email address.

EXECUTIVE - <https://nationalpensionersfederation.ca>



Herb John

President

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2nd Vice-President

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3rd Vice President

☎ 902-562-1901

✉ bernielarusic_392@hotmail.com



Doug Edgar

Member at large

✉ doug.edgar@npfmail.ca

NPF continues to work with our members and like-minded organizations to promote positive change for aging Canadians. We do this by lobbying the Federal Government, posting information on our website and Facebook page, and publish newsletters during the year. Our executive has monthly conference calls and are joined quarterly by our provincial affiliates. We recognize the importance of communicating with our members and supporters regarding current issues, which affect them. We encourage our members to please register online so that together we can make this an effective organization.

As aging Canadians, we need a clear, unified, national voice to influence government policy and legislation. When we work together, we can accomplish our goals for a better life for all aging Canadians. We have an annual convention to discuss resolutions submitted by our members and provide information through speakers which provide their expertise to issues such as income security, health care, equitable access to information and other topics of concern to aging Canadians.

-- NPF President Herb John

Clubs and Group Registration

Includes:

- Membership Certificate
- 1 Year Subscription to The National Newsletter (3 issues published per year)
- Important Mailings
- Invitation to Annual Convention
- Special insurance rates for members

Club Name: _____

Address: _____

City: _____ Postal Code: _____

Province: _____

Contact: _____ Email: _____ Phone# _____

Number of Club/Group Members: _____

Annual Club/Group Membership Dues:

Under 100 Members	\$35.00	\$ _____
101 to 500 Members	\$75.00	\$ _____
501 to 1,000 Members	\$125.00	\$ _____
1,001 Members and over	\$350.00	\$ _____
Donations gratefully accepted	\$	\$ _____
Total amount of cheque	\$	

Please register online at : <http://www.nationalpensionersfederation.ca>
 (Online registration is less expensive and very convenient)

or mail cheque & registration to:
 NPF c/o Mary Forbes, Treasurer - 2186 Stanfield Road, Mississauga ON L4Y 1R5

mary.forbes@npfmail.ca Phone# 905-306-1830



Individual Registration

Includes:

- Supporter Card
- 1 Year Subscription to The National Newsletter (3 issues published per year)
- Important Mailings
- Invitation to Annual Convention
- Special insurance rates for member

NPF CLUB NO (if applicable)

Full Name:

Address: _____

City: _____

Postal Code: _____

Province: _____

email address: _____

Phone no# _____

Individual Membership Rate: \$25.00 _____

Family Membership Rate: \$35.00 _____

Donations gratefully accepted \$

Total amount of cheque \$ _____

Please register online at : <http://www.nationalpensionersfederation.ca>
(Online registration is less expensive and very convenient)

or mail cheque & registration to:

NPF c/o Mary Forbes, Treasurer - 2186 Stanfield Road, Mississauga ON L4Y 1R5

mary.forbes@npfmail.ca Phone# 905-306-1830

International Day



Of Older Persons



Seniors groups from across the country will be celebrating October 1st as part of the United Nations' International Day of Older Persons.

The International Day of Older Persons is observed on October 1 each year. On December 14, 1990 the United Nations General Assembly voted to establish October 1 as the International Day of Older Persons as recorded in Resolution 45/106. The day was observed for the first time on October 1, 1991.

NPF is a collaborating organization at <http://seniorsvoice.org>.

United Nations Principles for Older Persons

Adopted by General Assembly resolution 46/91 of 16 December 1991

The General Assembly,

Appreciating the contribution that older persons make to their societies,

Recognizing that, in the Charter of the United Nations, the peoples of the United Nations declare, inter alia, their determination to reaffirm faith in fundamental human rights, in the dignity and worth of the human person, in the equal rights of men and women and of nations large and small and to promote social progress and better standards of life in larger freedom,

Noting the elaboration of those rights in the Universal Declaration of Human Rights, the International Covenant on Economic, Social and Cultural Rights and the

International Covenant on Civil and Political Rights and other declarations to ensure the application of universal standards to particular groups,

In pursuance of the International Plan of Action on Ageing, adopted by the World Assembly on Ageing and endorsed by the General Assembly in its resolution 37/51 of 3 December 1982,

Appreciating the tremendous diversity in the situation of older persons, not only between countries but within countries and between individuals, which requires a variety of policy responses,

Aware that in all countries, individuals are reaching an advanced age in greater numbers and in better health than ever before,

Aware of the scientific research disproving many stereotypes about inevitable and irreversible declines with age,

Convinced that in a world characterized by an increasing number and proportion of older persons, opportunities must be provided for willing and capable older persons to participate in and contribute to the ongoing activities of society,

Mindful that the strains on family life in both developed and developing countries require support for those providing care to frail older persons,

Bearing in mind the standards already set by the International Plan of Action on Ageing and the conventions, recommendations and resolutions of the International Labour Organization, the World Health Organization and other United Nations entities,

Encourages Governments to incorporate the following principles into their national programmes whenever possible:

Independence

1. Older persons should have access to adequate food, water, shelter, clothing and health care through the provision of income, family and community support and self-help.
2. Older persons should have the opportunity to work or to have access to other income-generating opportunities.
3. Older persons should be able to participate in determining when and at what pace withdrawal from the labour force takes place.
4. Older persons should have access to appropriate educational and training programmes.

5. Older persons should be able to live in environments that are safe and adaptable to personal preferences and changing capacities.

6. Older persons should be able to reside at home for as long as possible.

Participation

7. Older persons should remain integrated in society, participate actively in the formulation and implementation of policies that directly affect their well-being and share their knowledge and skills with younger generations.

8. Older persons should be able to seek and develop opportunities for service to the community and to serve as volunteers in positions appropriate to their interests and capabilities.

9. Older persons should be able to form movements or associations of older persons.

Care

10. Older persons should benefit from family and community care and protection in accordance with each society's system of cultural values.

11. Older persons should have access to health care to help them to maintain or regain the optimum level of physical, mental and emotional well-being and to prevent or delay the onset of illness.

12. Older persons should have access to social and legal services to enhance their autonomy, protection and care.

13. Older persons should be able to utilize appropriate levels of institutional care providing protection, rehabilitation and social and mental stimulation in a humane and secure environment.

14. Older persons should be able to enjoy human rights and fundamental freedoms when residing in any shelter, care or treatment facility, including full respect for their dignity, beliefs, needs and privacy and for the right to make decisions about their care and the quality of their lives.

Self-fulfilment

15. Older persons should be able to pursue opportunities for the full development of their potential.

16. Older persons should have access to the educational, cultural, spiritual and recreational resources of society.

Dignity

17. Older persons should be able to live in dignity and security and be free of exploitation and physical or mental abuse.

18. Older persons should be treated fairly regardless of age, gender, racial or ethnic background, disability or other status, and be valued independently of their economic contribution.

OCTOBER 1 EVENT TEMPLATE

1. Form an organizing committee

consisting of members from various seniors' organizations, unions, Legion branches, etc.

2. Contact city/town hall/legislature building

to obtain permission to do a flag-raising event for International Day of Older Persons event and book the space where the flag pole resides. If October 1st falls on a weekend municipal buildings and services may not be available. Two options to address this are to have the flag raising at a different location or have the flag raising on the Friday prior to the weekend.

3. Acquire a United Nations "International Day of Older Persons" flag

from Universal Promotions. Flag details and pricing and online ordering information is available at the website: seniorsvoice.org.

For manual orders contact by email: harvey@universalpromotions.com

Flags are \$85 plus taxes

Order in early August each year.

All deliveries will take place in September.

- Size : 5' X 3'
- 70 denier nylon
- Closed sleeve for pole on the left
- Two grommets on the left
- Union-made in Canada
- Available in English and French

4. Invite politicians

including the mayor, local MPP, and MP to the event and to give a short speech at the event.

Include the joint “Seniors Voice” letter in the invitation

Inform the politicians that they will participate in raising the flag with representatives of other organizations and that media may be present.

Designate someone on your committee as the main contact person for the offices of the politicians and other speakers.

5. Establish an agenda

Determine who will give the opening, which speakers will speak in what order, who will raise the flag, and who will close the event.

Set specific times for each of the speeches (generally no more than 3-5minutes.

Ensure that the contact person for the speakers communicates these details.

6. Invite various organizations and the public

To participate in the event once the details of the event have been confirmed.

Do not limit yourself to only senior/retiree organizations as other unusual voices will only strengthen your cause.

Share the joint “Seniors Voice” letter to encourage others to join in the action to raise aging Canadian’s concerns.

For the actual raising of the flag, request that each organization has one representative to help raise the flag at the event.

7. Invite the media to attend the event.

Send out a news release that includes: event details, names of various organizations gathering, names of politicians who will be joining, and how many other cities across the country are all raising flags together in celebration of International Day of Older Persons.

Attach the joint “Seniors Voice” letter to the news release.

Designate someone on your committee as the main media contact; this person may be the spokesperson for the event.

8. Event day set up

Depending on the space and the number of people you expect, you may want to have a podium and mic set up.

Prepare the flag on the pole so it is ready to be raised

Have copies of the joint “Seniors Voice” letter available for media and attendees.

Depending on how long your event/ceremony will be, you may want chairs for the audience to sit while the speeches to take place.

May want to have refreshments to follow the event.