

CONNECTOR CHAPTER 36

SERVING BARRIE AND SURROUNDING AREA | barrie@carp.ca Summer Edition 2016 ARIO BUDGET

Chapter 36 acknowledges Jeff Scott from Steckley-Gooderham Funeral Homes for his generous support in the production of this newsletter.

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THE GOOD, THE BAD AND THE UGLY

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CARP HOTLINE 705.252.4756

How Are You Going To Spend Your Retirement?



Caption Credit: Rob McEachern

CHAPTER 36 MEETING SCHEDULE

(doors open at 6:00pm)

All meetings below held at Steckley-Gooderham Funeral Home, 201 Minet's Point Road, Barrie (opposite Giant Tiger)

June 21, 2016 - 6.30pm

Guest Speaker: Sherry Campbell, The Move Planners

Will be presenting on how they assist seniors and their families with all aspects involved in moving, enabling them to have a safe, dignified, and stress-free moving experience.

Guest Speaker: Larry Hoover, Home Guard Inventory

Canada's premier provider of Home Inventory Solutions and Home Insurance Policy Reviews will be speaking on the importance of reviewing your insurance policy and having a current inventory if you need to make a claim.

- Guests are welcome Light refreshments are provided
- Bring a loonie or toonie for the 50/50 draw Meetings are free of charge

JULY & AUGUST ENJOY YOUR SUMMER!

ONTARIO BUDGET - THE GOOD, THE BAD AND THE UGLY

The Ontario government released its provincial budget on February 25, 2016, bringing a mix of good and bad news for older Ontarians.

THE GOOD

he Ontario government is addressing the needs of aging residents, specifically the need for more home and community-based care; supports for those with dementia and other neurological conditions; end-of-life care and adult vaccination.

CARP has long called for more home and community care, which will help people age at home and in their communities while achieving savings for the healthcare system. As a result, CARP welcomed the government's commitment to increase the funding for home and community care by 5%, compared to the overall increase for health of only 2%. The government also introduced \$155 million towards endof-life care to fund more hospices and palliative care. In addition, the government committed \$10 million annually to Behavioural Supports Ontario, starting in 2016-2017, to help Ontarians with dementia and other complex behavioural and neurological conditions.

CARP also welcomed the government's action on adult vaccination. Older Ontarians between the age of 65 and 70 will be eligible to receive the shingles vaccine, free of charge. The vaccine will help older Ontarians remain healthy, reducing the number of emergency room visits and hospitalizations.

THE BAD

CARP was disappointed with the proposed changes to the Ontario Drug Benefit program for seniors, which will increase the out-of-pocket costs for many residents who are 65 and older.

Changes to the Ontario Drug Benefit program will have a disproportional negative impact on some seniors. The income threshold for the low-income seniors' benefits will be increased from \$16,018 to \$19,300 for single seniors and from \$24,175 to \$32,300 for senior couples.



CONNECTING WITH THE CHAIR

o glad to see June and looking forward to some summer weather. As you likely know, our Chapter does not meet in July or August, supposedly to give your board a rest. This year might be an exception, as we are working hard to develop an appropriate business plan to spend the grant monies we received from New Horizon. The deadline is March 31st of 2017 and we have fairly strict guidelines on how to the money is to be spent.

A first priority will be to purchase a decent printer as my little HP printer is just not up to the job and the cost of the ink is prohibitive. We want to modify our website to make it more user friendly and we would like to do some educational workshops. Also, we want to do something fun for our members, perhaps something intergenerational. Nothing is finalized yet, so do send us your thoughts and ideas to barrie@carp.ca.

The May 29th brunch and theatre was as great as ever and thank you to Margot Scott for arranging a wonderful day. Meanwhile, the Senior Housing Committee is working to find candidates for Co-housing, with a number of informative meetings. If you are interested in attending a meeting give me a call at 705.252.4756 or email barrie@carp.ca

You will see, in this newsletter, an article from the Ontario Auditor General, Bonnie Lysyk. It's about Ontario's Hydro and the rampant waste and lack of spending oversight. I, for one, am sick and tired of overpaying for my hydro power and for those at the top using our overpayments

as their personal piggy bank. I have approached some fellow Ontarians regarding the possibility of a



Citizen's Coalition to approach the Ontario Minister of Energy and others at the top, to say "enough is enough". We want change and we want it now. Please read the article with care and think on joining in asking for responsible change.

Meanwhile enjoy your summer and watch our website www.barriecarp.org for our fall meeting agenda and news on events funded by our grant.

Thanks to the Board and Committees and apologies for not giving you the summer off.

Your Chair

Gwen Kavanagh



ONTARIO HYDRO AUDITOR'S REPORT FINDS CONSUMERS OVERCHARGED BY \$37 BILLION

CP | By The Canadian Press

TORONTO – Auditor general Bonnie Lysyk says electricity customers in Ontario have paid billions of dollars for the Liberal government's decisions to ignore its own planning process for new power generation projects.

he Ontario Power Authority's 20-year technical plan, which was updated every three years and reviewed by the Ontario Energy Board, would have offered protection to consumers, said Lysyk.

"Instead of following the legislated process, the Ministry of Energy itself effectively assumed responsibility for electricity planning," she said.

The ministry issued policy plans and 93 directives that the auditor said "did not fully consider the state of the electricity market, did not take long-term effects fully into account," and sometimes went against the OPA's advice.

"Ontario electricity ratepayers have had to pay billions for these decisions," she said.

The electricity portion of hydro bills for homes and small businesses rose 70 per cent between 2006 and 2014, which Lysyk said cost consumers \$37 billion dollars in so-called Global Adjustment payments to generators – and will cost ratepayers another \$133 billion by 2032.

The auditor found the Green Energy Act is also driving up rates. Hydro customers



will pay a total of \$9.2 billion more for wind and solar projects under the Liberals' 20-year guaranteed-price program for renewable energy than they would have paid under the old program.

Ontario's guaranteed prices for wind power generators are double the U.S. average, while the province's solar power rates are three-and-a-half times higher.

The auditor said the lack of a co-ordinated planning process resulted in additional cost of \$408 million to pay generators for the increased power they produced, or for not producing power at the request of the system operator.

Ontario's average annual electricity surplus between 2009 and 2014 was equal to the total power generation capacity of Manitoba, and in the next five years its base load generation will exceed Ontario's demand by an amount equal to Nova Scotia's power needs for five years.

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anama

On April 27, 2016, CARP members attended the Barrie Country Club where we all enjoyed a delicious lunch that was provided by the Panama Ambassador, Alberto Arisamina.

He and his Attaché, Carla Boros presented the group with a film on Panama, showing us the bustling city and the beautiful beaches. Many activities include golfing, surfing, bird watching, fishing and white

water rafting,

Their currency is in U.S. dollars and many discounts are offered to retirees.

Another benefit if purchasing a new home in Panama, is no taxes for 20 years.



Gwen Kavanagh, CARP Chair. Barrie Chapter #36, Valerie Scott, P.R. of CARP, Alberto Arisamina, Ambassador to Panama and Carla Boros, Attaché to the Ambassador

For anyone wanting information, contact the Panama Embassy's office in Toronto, or www.panamainfo.com

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Ontario Budget continued from page 3

Low-income seniors under these income thresholds will continue to pay a \$2 co-payment per prescription with no annual deductible. All other seniors will pay an increased annual deductible – from \$100 to \$170 – and an increased co-payment from \$6.11 to \$7.11 per prescription.

While CARP welcomed the increased low-income threshold to include more low-income seniors, CARP expressed concern over the increased deductible and co-payment for those with incomes just above the thresholds.

CARP'S VICTORY

Just days after the budget was released, CARP claimed victory as Ontario Premier Kathleen Wynne announced that the government would reconsider the proposed changes to the Ontario Drug Benefit program and would consult with Ontarians.

The government is welcoming feedback and comments from the public regarding its proposed changes to the Ontario Drug Benefit program by March 31, 2016. To provide feedback/comments:

GO TO:

http://www.ontariocanada.com/registry/view.do?postingId=21062&language=en

Click on the "Comment on this proposal via email" found at the bottom of the page.

Read CARP's news release in response to the Ontario budget.

Read more about CARP's recent work on pharmacare

Read the Ontario 2016 Budget

Ontario Hydro continued from page 5

In her report, the auditor general said the reliability of Hydro One, which owns the province's transmission grid and also serves as a local distribution company for 1.3 million customers in rural and northern Ontario, has "worsened considerably." Its distribution system was consistently one of the least reliable in Canada, said Lysyk.

"There is a risk of more power failures because Hydro One is not replacing transmission assets that have exceeded their planned useful service life," she said.

The auditor's report is also critical of the way the Liberals hand out taxpayers' money.

Lysyk found 80 per cent of \$1.45 billion in funding from the Ministry of Economic Development and Employment went to companies the Liberals invited to apply, but they couldn't provide criteria they used to select firms or say if they created jobs.

Nine other ministries gave out another \$1.8 billion in funding for similar projects, but the auditor found there is no co-ordination of the government spending, and there was no follow-up to see if the jobs created or retained still existed after the funding ended.

The Ministry of Finance provides over \$1.3 billion in corporate income-tax

credits targeted to economic development and jobs each year, but the Ministry of Economic Development "rarely considers these when determining which businesses to provide grants and loans to."

The Ministry of Research and Innovation does not track the total amount of money invested by the government in research and development, nor does it evaluate the impact of research funded by the province, which gave universities \$1.9 billion over the past five years.

The auditor also takes the Liberals to task for poor oversight and inconsistent service levels at Community Care Access Centres and Local Health Integration Networks,

Ontario Hydro continued on page 9



Shop for great deals & support local charities **Downtown Barrie Promenade Days**

Friday, July 1st - 3rd, 2016 May Court Shop

Ladies Consignment Clothing
54B Maple Ave
Run by the Volunteers of the
May Court Club of Barrie

705.737.1322 or www.BarrieMayCourtClub.ca

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Saturday June 4, 2016

Dinner 5:00 pm to 9:30 pm

Live music starting at 5:30 pm to midnight

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Contact person: Maria Weber Email: lobsterfestbarrie@outlook.com

100% of the proceeds raised go right back into our community.

Ontario Hydro continued from page 8

and for not responding quickly enough to reports of critical incidents at the Ontario's 630 long-term care homes, which get \$3.6 billion a year in provincial funding.

She also wants more specifics on how they plan to lower the province's debt-to-GDP ratio to 27 per cent from the 39.5 per cent reported in March, and warns net debt of

\$284.5 billion will soar to \$319.5 billion by 2017-18, which is when the Liberals have promised to eliminate the deficit.

If you're tired of the Ontario Government and Hydro using us as their personal piggy bank, email gwenkavanagh43@gmail.com or call Garry @ 705.835.0004









By April Lewis - Peace Arch News

April is the communications director for CARP, B.C.

Peninsula Zoomers: A Tale Of Poetry And Poverty

hey say the average Canadian university student will graduate \$45,000 in debt.

Wanting to ward off this dubious outcome for my daughters, I try to help them as much as I can. Sometimes, I am able to throw money their way for tuition, and other times, I get more creative.

Getting a scholarship is almost impossible, while procuring a bursary or grant is almost as difficult. It's like winning the lottery.

"It's time to get creative," I suggested to my offspring, "and I would be happy to use my writing talent to help you. I'll co-author your applications and the money will flow into your empty bank account."

The first submission was to a bank which advertises You're Richer Than You Think.

My daughter wrote a very convincing submission, outlining why she is worthy of their generous gift. I just helped a wee bit with her proposal, by adding the bank's tag line, and a cheque was in the mail before we could say "Student debt, what student debt?"

Our subsequent submissions were unlucky. Desperate, I saw one opportunity with the B.C. Cowboy Heritage Society and thought it was worth a try. Here is a sampling of my ghost-writing application in her name.

Mama, Don't Let Your 'Daughters' Grow Up to Be 'Cowgirls'...

With apologies to Waylon, I'm not sure Mama's right

I've pondered on my future every day and each night.

Now I know an education is every young girl's dream

But I wonder if the classroom isn't just a bit extreme.

My heroes have been cowboys just like Willie said

Should I put down my schoolbooks and learn from them instead?

But before I set off to the Williams Lake Stampede

I must hit the books and do all that I need

To complete my education and get my degree

But I'll always be a cowgirl...born and raised in B.C.!

She didn't get a penny and rightly so, as I had written this poem. I believe they call that cheating.

But I can't help myself, I love writing poetry. Here is a sample of a contest I entered at my friend's insistence. We were given 10 random words 24 hours before the submission was due, and we had to include them.

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continued from page 10

I have included five of them here. My inspiration came from standing beside a green garbage bin at a local park.

Here is a snippet:

I never think of green as a product of petroleum

A plastic container for the detritus of so many strangers' lives

A receptacle for human debris

Probably for that which is no longer needed.

Green is the colour of new as in spring

Green is the colour of old as in discard.

Green is the many colours of my transformation.

It starts with a haiku.

In the forlorn forest

I hear a wolf

A leaf falls.

I am now the wolf with my many iterations and versions of myself.

My putative metamorphosis began after the last menstrual cramp made its final exit.

Needless to say, I didn't win. Lorna Crozier, I am not. Better stick to my day job... Oh, I don't have one of those either.

So I'm happy just to write birthday poems for my friends. They won't make me or my daughters rich, but they fill us all with joy. And that's priceless.



JOHN'S JOKES

Submitted by John Rodgers, Former Board Member And Joker Extraordinaire!



As I grow older.....

My mínd doesn't just wander...





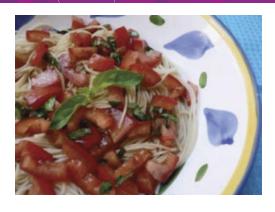
SUMMER RECIPE IDEAS

SPAGHETTI WITH FRESH TOMATOES

By Fiona Haynes Low Fat Cooking Expert

INGREDIENTS

4 room-temperature tomatoes, seeded and chopped
1/2 cup fresh basil leaves, chopped
1 clove garlic minced
1 tablespoon extra-virgin olive oil
3 tablespoons balsamic vinegar
Pinch of salt
Freshly ground black pepper
8 ounces spaghetti or angel hair pasta



Prep Time: 10 minutes Cook Time: 10 minutes Total Time: 20 minutes

Yield: Serves 4

PREPARATION

Combine chopped tomatoes, basil, and garlic in a large bowl. Whisk oil and vinegar together and drizzle over tomato mixture. Season with a pinch of salt and lots of freshly ground pepper. Toss well and leave to stand. Cook pasta according to instructions on package.

Drain pasta. Toss with tomato mixture, and serve.

Per serving: Calories 275, Calories from Fat 43, Total Fat 4.9g (sat0.6g), Cholesterol 0mg, Sodium 10mg, Carbohydrate 49.8g, Fiber 3.4g, Protein 8.1g



GOT MINT?

Mojito is a traditional Cuban highball. Traditionally, a mojito is a cocktail that consists of five ingredients: white rum, sugar, lime juice, sparkling water, and fresh mint.

MAIN ALCOHOL: Rum

INGREDIENTS: 1 1/2 oz White rum, 6 leaves of Mint, Soda Water, 1 oz Fresh lime juice, 2 teaspoons Sugar

PREPARATION: Mint sprigs muddled with sugar and lime juice. Rum added and topped with soda water. Garnished with sprig of mint leaves. Served with a straw.

SERVED: On the rocks; poured over ice

STANDARD GARNISH: Sprig of mint, Yerba buena

DRINKWARE: Collins glass

HAVE YOU THOUGHT ABOUT SPECIALTY ADVERTISING?

1/3 COLUMN AD – \$250 (2.75" x 2.25" horizontal, APPROX. business card size) Placement in 4 editions

SERVICES DIRECTORY - \$125 (2.75" x 1" horizontal)

Placement in 4 editions. The directory is located on the back 2 pages (excluding the back cover). A budget-friendly alternative for new businesses looking to increase their profile in the community.

There are other advertising options available.

Please contact: Robert McEachern 705.733.9385 robmce@csolve.net for additional information, rates, specifications, etc.

Oyez, Oyez, Oyez - Bring Your (Old) Bags To The Meeting!

he Parkview Seniors' Centre in Barrie, is collecting the outside (big) plastic bags in which we purchase 3 bags (4 litres) of milk. These can be woven into mats. It takes 320 bags to make *ONE* mat! Children in third world countries use these to sleep on. Presently, these children sleep on the mud floors of their huts. Imagine no comfy warm beds for these kids? The plastic mats will give the children vital protection from the dampness of the earth.

Many members of CARP Barrie Chapter 36 may currently consign these bags to their municipal recycling system - or, worse still, to the garbage and landfill.

As a favour, if our members could save these bags, fold them into a disposable grocery bag then bring them to meetings, they will be delivered to Parkview Centre to be woven into the only source of comfort some families will know.

If all or many of our members start contributing these bags, it will make a huge difference to the number of mats that could be made! Thank you in advance.

Molly Malcolm



BOARD MEMBERS AND COMMITTEES

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WHO'S INTERESTED IN FREE IPAD/TABLET WORKSHOPS?

Tired of waiting for your grandkids to come over and show you how...??

FOR MORE INFORMATION, PLEASE CALL **705.252.4756**SO WE MAY PLAN!

Mary Louise Sukman RPN, PSW



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Consultants – Shelley Raymond

and Ross Cotton

Newsletter

Phyllis Mahon, Editor Rob McEachern, Advertising

NOTE: Rob McEachern represents CARP on the Sr. Advisory Committee to the City and Sandy Wetherald is acting secretary for the Senior

Housing Committee.

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