

COSCO's Art Kube invested as Member of Order of Canada



His Excellency the Right Honourable David Johnston, Governor General of Canada, presided over an Order of Canada investiture ceremony at Rideau Hall on Nov. 18, bestowing the honour on Art Kube, former president of COSCO.

Photo by Sgt Ronald Duchesne, Rideau Hall, OSGG

If undeliverable, return to 207 - 1530 Mariner Walk, Vancouver, B.C. V6J 4X9

ARTHUR KUBE has devoted a lifetime to supporting workers and the disadvantaged," said Governor General David Johnston as he officially made Art Kube a member of the Order of Canada.

At the age of 19, Art immigrated to Canada from Austria. He worked as a steel fabricator but his real skill is bringing together people, motivating them to help build a more civil society, and giving them the tools to do so through mentorship and education.

A member of the Steelworkers Union, Art rose through the ranks of the labour movement, and along the way, helped to found Canada's first co-operative housing federation.

"Over the course of 25 years with the Canadian Labour Congress, he played a pivotal role in its struggle to make our country more progressive and equitable. Respected for his humility and integrity, he was elected president of the BC Federation of Labour, led the United Way of Greater Vancouver and, in his retirement, served as president of British Columbia's Council of Senior Citizens' Organizations," said Johnston.

Art has played a key role in the annual Winter School that has educated thousands of union activists, and the free COSCO workshops which have reached thousands of seniors in B.C.

The Order of Canada was created in 1967 to recognize outstanding achievement, dedication to the community and service to the nation.

**Council Of Senior Citizens'
Organizations Of BC (COSCO)**

Note our new website address:

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About COSCO

COSCO is an umbrella organization that brings together 85 different seniors groups, representing 107,000 women and men, to work on common issues.

COSCO is affiliated with the one million member National Pensioners Federation which promotes these issues at the national level.

A major focus of COSCO's work is promoting good health. To this end, COSCO volunteers provide a series of free workshops on 44 topics ranging from falls prevention to health literacy. More than 25,000 people have attended these workshops.

COSCO News welcomes your letters and contributions.
E-mail soren.bech@shaw.ca, or write to
Editor, 2102 Porter Rd. Roberts Creek, B.C. V0N 2W5.

A pivotal election for Canada, including on vital seniors' issues

By Lorraine Logan
President, COSCO

As I am writing this report I am thinking back to what happened since our last communication. Probably the most important event was the federal election.

For this election, seniors from around the province and across Canada joined coalitions, passed declarations, wrote letters, held town hall meetings and found various other means to communicate.

This election was pivotal for senior issues, not only for us but for our children and grandchildren – thus our message: “We’re voting for our children and grandchildren”.

We now have a majority government whose platform did include some senior’s concerns and we will now begin to see if this new regime will carry through with what they had promised.

In many elections past, we have been disappointed, de-valued and struggled to maintain our benefits and pensions.

It would appear that there is some hope in the promises. As in all advocacy that focuses on change, we will wait, watch and evaluate.

COSCO plans to send out congratulation cards to all of the Members of Parliament who were elected in our province. We all need to work together to move forward with solutions now, not point fingers, accuse others or neglect the more silent.

Perhaps the tragic events of Syria – the desperate need for social justice and human rights has permeated throughout Canada as it has throughout the world.

It is with deep respect that we congratulate Art Kube upon receiving the Order of Canada on November 18, 2015.

Art is the past president of COSCO, and certainly my mentor as he is to all of us. May he, his wife Mary and their families celebrate and enjoy this prestigious award.

As some of you may know, COSCO is planning a conference to be held September 25 and 26, 2016 in Richmond. More information will become available as our planning committee, chaired by Patrick Brady, moves forward.

On behalf of all members of the COSCO Executive, I would like to wish you a very Merry Christmas and a great New Year!

Holidays are usually a time for parties, gatherings, and socials. Please try to remember that many may not have a happy holiday season.

One last plea – please, please make sure when you are out walking at night, on a bike, in a mobility device or just getting out of your car in a



Lorraine Logan

public dark parking area, that you can be seen – wear a reflector or flashing light, any mode of illumination.

Happy Holidays!

Seniors' Repair Service

The Senior Citizens' Repair Service provides low-cost minor house repairs, renovations and maintenance services for seniors 55 years and over and for people with disabilities in Metro Vancouver.

Services include plumbing, carpentry, electrical work, gas fitting, painting, yard work and general handyman services. All services are guaranteed for 30 days, and are performed by experienced trades people who are retired or semi-retired.

Sponsored by the Plumbers and Pipefitters Union Local 170.

Office hours are 9 AM to 12 Noon, Monday to Friday.

Phone: 604 529-1100

Working for better public health care

By Kathleen Jamieson, Chair,
COSCO Health Committee

WHETHER IN sickness or in health, access to quality health care is uppermost in the minds of most seniors. We are extremely concerned by federal policies that have steadily eroded our health care system in the last ten years particularly. Compared with other developed countries our publicly funded health care system now rates very poorly. We feel the pain literally and in our wallets.

The long lead-up to the recent federal election was an opportunity for us to voice our concerns as seniors at a time when the public and the candidates for election to Parliament might be listening more attentively. One way we did this was by holding a free public forum in Vancouver on needed changes to federal policy to improve the health care system. And, since the provincial government is responsible for the delivery of health care, we also organized a round table of decision makers in the B.C. health care system. The two events took place on September 28th at the Vancouver Public Library.

For these two events, COSCO executive members worked in partnership with members of the B.C. Retired Teachers Association (BCRTA), the National Association of Federal Retirees and the Canadian Medical Association (CMA). The B.C. Health Coalition helped by posting photos on line throughout the public forum.

Out of this collaboration came a joint statement or “Declaration” making recommendations on the need for more primary care providers and more training for physicians in geriatrics, the need for a national strategy that includes a single payer system for prescription drugs, the need for better



coordination between health care providers, the need for national standards for long term care, for more palliative care, and for more end of life decision making.

So how do the publicly stated priorities of the new Liberal government measure up to that joint Declaration?

Some clues come from the marching orders that the new federal Minister of Health, Dr Jane Philpott, received from PM Trudeau in the form of a “Mandate Letter.” The letter sets out the new government’s health priorities for the next four years and closely follows the Liberal election platform.

It states that Dr Philpott’s “overarching goal will be to strengthen our publicly funded universal health care system and ensure that it adapts to new challenges.” Advances in health care technology and an aging population make this necessary and the federal government is an essential partner in improving outcomes and quality of care for all Canadians. The doctor is directed to work with the provinces and territories in making home care more available, prescription drugs more affordable, and mental health care more accessible.

More specifically, the letter mentions federal and provincial collaboration as a central planning principle and that among the top priorities are:

- The development of a new multi-year Health Accord to be negotiated with the provinces and territories that will include support for the delivery of more and better home care services, including “more access to high quality in-home caregivers, financial supports for family care, and, when necessary, palliative care;”
- Improved access to necessary prescription drugs through federal provincial/ territorial collaboration to buy drugs in bulk and exploring the need for a national formulary;
- Making high quality mental health services more available to those who need them;
- The adoption of new digital health technology.

Now that the dust is settling, we can see that many of these priorities are in accord with the Declaration that was agreed on as a way forward for seniors health on September 28th and the emphasis on a new Health Accord and improved access to quality home care have long been a priority issue for COSCO and are particularly welcome.

We sincerely hope that Dr. Philpott, the new federal health minister, will move quickly to implement the priorities in her mandate letter. Much more needs to be done but that would be a good start. We wish her well.

Make plans now to attend this major conference

PLANS ARE well underway for a COSCO Conference to be held in Richmond on September 25 and 26, 2016.

While the programme is still in the developmental stage, here are some of the details:

- Registration for the conference is limited to 400 participants.
- The registration fee is \$150 for seniors and \$200 for non-seniors.
- Registration is open to anyone who wishes to attend.
- The venue for the conference is the Sheraton Vancouver Airport Hotel in Richmond, BC.

During the two days, we are planning for a number of guest speakers and presenters dealing with Health, Housing, Income and Transportation with emphasis on how these issues relate to seniors.

Each day will have four plenary sessions followed by four workshops of 100 participants each for elaboration on the plenary session presentations and affording attendees the opportunity for questions and feedback.

The registration fee includes two lunches, one catered dinner, and four “coffee breaks”.

The planning committee hopes that this information will assist you in making plans for participation in the conference. As the details of the programme are finalized, further information will be provided through the COSCO News.

Please feel free to contact the Planning Committee Chair (Pat Brady) at (604) 856-2430 or patbrady@universe.com for further information.

This charity begins at home!

The COSCO Seniors’ Health & Wellness Institute presents workshops to groups all over the province, free of charge, and free of jargon.

We have no paid staff. Our volunteer facilitators receive out-of-pocket costs only. Every dollar you donate is used to provide speakers on any of 44 topics, each of them aimed at improving the health and well-being of seniors in British Columbia. More than 25,000 people have attended sessions so far.

All of this takes money. We are asking for your help because our only source of funding is from donations.

Our work depends on the support of people like you

Please use this form to send us a cheque. The Institute is a registered charity so any donation of \$10.00 or more will receive a tax receipt.

Date: _____ Amount \$ _____

Name: _____

Address _____

Please mail to: S. Pither, 207-1530 Mariner Walk, Vancouver, V6J 4X9

Thank you for your generosity

“You can change the world.”

By Gudrun Langolf
First Vice President, COSCO

SERGE HABER was a boxing champ in his high school days. Boxing had become a necessity to ward off bullies... ever since then he has rolled with the proverbial punches life presented.

Today, on a late September morning, we sit comfortably in the boardroom of the Jewish Seniors Alliance office as we chat about his life's journey.

The story could fill a book. We confine ourselves to telling about a few highlights.

Serge says that he enjoys good health and feels like he did when he was 60!

He looks forward to an impending trip to Toronto to celebrate the Jewish New Year with his “kids.” There are five grandchildren and one great grandchild. Since the death of his beloved four years ago, there is none of his family here.

Serge was born in 1927 in Bulgaria. After the nightmare of *pogrom* – a state-organized massacre of the Jewish population – he escaped in 1947.

By then Communists had replaced the murderous right-wing Nazis and Serge's anti-communist activities left him a marked young man.

The route to safety took him from Budapest to Austria, Italy and France, finally reaching Cuba in 1948.

Montreal was his destination in 1950 and by 1978 he reached Vancouver.

He and his wife early on, dedicated married life to Jewish tradition and he was able to bring his parents to Can-

ada in the early 80s.

As his parents were aging, he realized that he needed to do more for seniors.

By 1988 Serge, as President of the Jewish Seniors Alliance, helped to create links between 25,000 Jewish seniors with the help of a New Horizon grant and the rest is history, as they say.

By 2003 the focus of the JSA was service to seniors. Steady progress became evident with the strengthening of outreach, advocacy as well as peer support.

Forums and symposiums covering topics such as elder abuse, health in senior years, and integrated models for delivering health care to frail seniors gathered seniors, their friends and allies.

The magazine “Senior Line” keeps the JSA membership informed.

Now Serge is the President Emeritus of the JSA, still leading the charge for fund-raising – not a small feat to support a staff, publications and offices.

He still finds time to attend COSCO delegates' meetings and shares copies of the Senior Line with us.

Fighting against racism – -isms of



Over the years, Serge Haber has survived and fought fascism, communism, and deadly racism. He continues that fight today and urges others to work to change the world.

all sorts – is part of Serge's DNA and remains a challenge he has set himself and one he poses to others whenever the opportunity arises.

“Racism exists with our permission. Talk is cheap. Do something about it. You can change the world. You have the power,” he says.

Did you ever stop in at Kaplan's Deli and Catering on Oak at 41st in Vancouver? It was a famous restaurant/business that he, his wife, and a staff of 17 operated. They sold it in 1981.

It is obvious though, that Serge never really retired.

Some good news from Canada Post, but much remains to be done to improve postal services

By Marion Pollack

CANADA POST's recent announcement that they are placing a temporary halt on converting door to door mail delivery to community mail boxes is good news for many seniors. We won't have to risk slips and falls or use reaching devices to get our mail.

In outlining why ending door to door delivery was a good thing, Canada Post President Deepak Chopra argued that this change would provide much needed exercise for seniors. COSCO was one of the many organizations that challenged this ludicrous statement.

Maintaining door to door delivery is a victory. It is the result of hard work by the Canadian Union of Postal Workers, senior's organizations, political parties, community groups and many more. COSCO was part of this fight from the beginning. This announcement shows that groups of determined people can indeed change policy.

COSCO leaders participated in townhall meetings, spoke to politicians, wrote letters, and were an effective public voice outlining why door to door mail delivery is an important issue for seniors.

The temporary halt of ending door to door delivery is a great win, but the struggle to save Canada Post continues. Many people lost their door to door delivery before this announcement was made. They need to have their door to door delivery restored.

Canada Post needs to improve and expand its service to provide everyone with a modern post office. Canada Post currently has a delivery network in most communities and we need to argue that they should leverage that

into providing new and innovative services. Canada Post could provide banking services to many underbanked communities. Around the globe, many postal administrations offer a wide variety of banking and financial services. This is good for neighbourhoods, seniors, and should increase Canada Post's revenue.

There have been ongoing discussions about the high cost of cell phone and wireless rates in Canada and the need for an additional provider. Canada Post could easily fulfill that role. Lower cell phone and internet rates would benefit many of us and could help make electronic communication cheaper for seniors.

Canada has an aging population, most of whom want to stay in their homes as long as possible. Canada Post could supply one service that would provide both seniors and their families with peace of mind. Letter carriers, as daily visitors to the door, can be an important tool in making this happen. La Poste in France is a leader in testing such new roles for letter carriers.

Although the shift to community mail boxes has been halted for the moment, the fight for better postal services is far from over. We need to celebrate what we have achieved, and then continue working for postal services that benefit all of us.

Insurance options from COSCO

MANY COSCO members have access to group insurance plans. For members who do not, we have an option that may meet your needs. It is important that you compare available plans.

Travel insurance

MEDOC Travel Insurance is a comprehensive out-of-province travel insurance plan that ensures you have the coverage you need if faced with a medical emergency.

The Annual Base Plan provides coverage for an unlimited number of 17-day or 35-day trips, while a Supplemental Plan provides coverage for single trips that are longer than 35 days to a maximum of 212 days.

Trip cancellation, interruption or delay are included on every trip, and there is access to coverage regardless of your age or health status (a 90-day Health Stability Clause applies to pre-existing medical conditions).

The plan provides up to \$5 million emergency medical coverage per emergency for every trip you take during the policy year.

In addition, Baggage and Personal Effects Benefits will cover you on your trip if your baggage is lost, stolen or damaged.

Visit johnson.ca/medoc or phone 1-866-606-3362 for more information. You will need to indicate that you are a member of COSCO.

Pet insurance

With the high cost of veterinary services, some people are choosing to purchase pet insurance. Pets + Us – Pet Insurance provides a range of coverage options. Visit petsplusus.com/johnson or call 1-855-835-7387 for more information.

Trained facilitators ready to deliver COSCO workshops throughout BC

By Annette O'Connor

A VERY successful one-week training for the Health & Safety workshop facilitators was held Sept 21 to Sept 25.

Workshop Coordinator Sheila Pither led 20 new facilitators through the history of the workshops; the procedures for presenting workshops and our experienced facilitators demonstrated many of the workshops.

We were extremely impressed with the expertise and enthusiasm that the group of new facilitators brought to these sessions.

The group was joined for the last two days by 11 of our experienced fa-

ilitators who were able to add their experiences to the training and to review the new workshops.

We now have facilitators in Abbotsford, Burnaby, Campbell River, Coquitlam, Cranbrook, Dawson Creek, Fruitvale, Grand Forks, Kitimat, Langley, Maple Ridge, Mission, Nelson, New Westminster, Okanagan Falls, Port Coquitlam, Pitt Meadows, Powel River, Richmond, Vancouver, Vernon, Victoria and West Vancouver.

Thanks to the BC Government through the Centre for Hip Health & Mobility for providing funding and to BCTF and BCGEU for providing the meeting rooms for our training.

There are 44 free workshops for groups to select from. You can see the details on the COSCO website coscobc.org.

We are fortunate to now have two volunteers that are helping Sheila with the workshops:

Eve Silverman will be taking the workshop bookings. You can reach her at coscoworkshops@telus.net or 604 520-6029.

Charan Gill who will be working on updating the workshops. He can be reached at charankgill@gmail.com.

Fund raising continues to be a major focus as these workshops are presented free of charge.

As Canada helps address the refugee crisis, you can help newcomers settle in your community

WITH HUNDREDS of thousands of families and children fleeing for their lives from war and terrorism each year, highlighted by the continuing crisis in Syria, more will be coming to Canada.

You can help ease the challenges faced by newly arrived immigrants and refugees by volunteering with the Immigrant Services Society of BC's Settlement Mentor program. As a volunteer Settlement Mentor, you'll provide newcomers with friendship, support and tips on community resources and services. You can help them with things like learning English, coping with stress, adjusting to their new community, and learning about Canadian life.

You'll not only be helping newcomers make a smoother transition, but you'll also enjoy many benefits,

including:

- Forming rewarding friendships.
- Learning skills that can be applied in teaching or social service careers.
- Gaining greater understanding of your multicultural community.
- Learning about other cultures, countries and languages.

Becoming a mentor

If you're a Canadian citizen or a permanent resident who has lived in Canada for more than one consecutive year, you're eligible to become a Settlement Mentor. You don't have to do it alone; you mentor with a partner, friend, family members or other groups.

Volunteers are trained and then matched with a compatible newcomer. The time commitment is two to four hours a week for three months.

To learn more about how you can help a newcomer settle in Canada, contact ISSofBC by email or phone:

Vancouver 604-684-2561 ext. 1132 or smentoring.vancouver@issbc.org

Richmond 604-637-1307 ext. 1131 or smentoring.richmond@issbc.org

Tri-Cities (Coquitlam, Port Coquitlam, Port Moody) 778-284-7026 ext. 1560 or smentoring.tricities@issbc.org

Langley 604-510-5136 ext. 1855 or smentoring.langley@issbc.org

Maple Ridge 778-284-7026 ext. 1582 or smentoring.mr@issbc.org

Burnaby & New Westminster 604-395-8000 ext. 1633 or smentoring.burnabynewest@issbc.org

Do you know your neighbour?

By Lorraine Logan
President COSCO

THIS MAY seem to be an odd subject line but I do want to address this issue as it relates to our seniors and elders who may be living in isolation and loneliness.

Although isolation and loneliness are not the same, they often have the same outcome.

How often, have we passed by people in our hallways without looking at them or conversing with them?

When you are in your apartment or condo elevator, do you make eye contact and say hello? If you live in a house, do you notice or speak to the neighbours next door or notice who may live across the street from you?

I believe over time we have lost that community spirit, caring or enthusiasm for being part of a society that does embrace the social responsibility of taking care of our most weak and vulnerable citizens.

Many articles have been written about seniors and isolation, but very few are able to give us an idea of how to locate and engage these people or even if they want to be engaged. Perhaps we need to start with some common courtesies and acknowledge the people who live beside us and across the street or in the next complex?

Once a person engages another in conversation or eye contact, you have now opened the possibility of a relationship – getting to know someone's name now makes it personal. Has it been fear or anxiety because the other person is a little scary or may not speak our language?

Well, fear has certainly determined many relationships and I am not suggesting that you attempt to make friends with someone who you might

find threatening or violent. Older adults usually are not these people.

As for language barriers, have any of you travelled to another country not knowing the language? Most of us made out quite well – body language is universal and needs no interpretation.

Take a risk, engage a person you may not have talked to before.

Isolation and loneliness are hidden from us, but at the same time, we cannot ignore the horrible concept of be-

ing in those places.

Please take some time to extend a voice, a hand, a kind word to a person who may need some personal contact.

Get to know your community and its resources as well.

You can make a difference. A warm welcoming smile could make someone's day.

Editor's note: This article was first published in March, 2015, and is reprinted by request.

CarFit helps mature drivers “find their safest fit”

CARFIT IS a free community based educational program that's designed to provide a quick, yet comprehensive review of how well older drivers and their vehicle work together.

The Canadian Association of Occupational Therapists (CAOT) and the Canadian Automobile Association (CAA) have worked together in partnership to make CarFit available to Canadian drivers.

Objectives of CarFit

The program is designed to help older drivers find out how well they currently fit their personal vehicle, to highlight actions they can take to improve their fit, and to promote conversations about driver safety and community mobility. A proper fit in one's personal vehicle can greatly increase not only the driver's safety but also the safety of others.

Does your vehicle fit?

Do you have a clear view out your vehicle's windows? Can you reach and manage all controls and adjust the seat and seat belt so they are secure yet

comfortable? Making adjustments can help you benefit from vehicle safety features by improving comfort, control and confidence behind the wheel.

A CarFit Event is made up of two parts: the CarFit Checkup and Technician training.

A CarFit Checkup sees how well older drivers and their vehicle work together. A trained CarFit Technician asks several simple questions and completes the CarFit 12-point checklist. The entire process takes about 20 minutes, and provides older drivers with recommended car adjustments and adaptations, a list of local resources and a greater peace of mind.

CarFit Technicians attend a three hour technician training hosted by an Event Coordinator. Upon completion, Technicians will be able to take participants through a CarFit Checkup safely.

To host a free CarFit event at your organization, contact Giovanna Boniface, Managing Director at CAOT-BC at caotbc@caot.ca, or see the event planning materials at www.caot.ca.



BC Delegates to the National Pensioners Federation gathered on Parliament Hill for a rally on October 1, the day designated by the United Nations as the International Day of Older Persons.

NPF adopts policy on health, affordable housing

By Barb Mikulec

THE NATIONAL Pensioners Federation (NPF) held their fall AGM in Ottawa this year with delegations from many parts of Canada. A major focus was the International Day of the Older Persons rally on Parliament Hill where the flag was waving in a light breeze and the delegates listened to a series of speeches about seniors rights and responsibilities.

The common concerns include financial security in retirement, health-care reform, affordable housing and the growing inequality in Canada.

During the NPF conference, resolutions were debated under the capable leadership of Pat Brady and Doug Edgar. Resolutions which were passed became the policy for actions

of the NPF lobby to federal politicians.

COSCO sponsored many resolutions and their delegates spoke about the implications of policy in many aspects of the Health Accord, Pharmacare, funding for homes and needed renovations to help seniors live in dignity in the place of their choice.

A Housing Policy was also adopted with calls to action for increased funding by federal and provincial governments to ensure affordable housing choices are available. Inadequate housing is detrimental to the health of seniors and may lead to homelessness.

Next year the NPF AGM will be held in Richmond and information about registration will be available closer to September, 2016.

The president of NPF was re-elected for another term, Herb John.

The COSCO delegates included: Lorraine Logan, Gudrun Langolf, Mohinder Grewal, Pat Brady, and Jean Sickman.

NPF President Herb John has been named as the recipient of the Ontario Society of Senior Citizens Organizations Dan Benedict Award for social justice.

“Herb is inspirational as a leader and recognized for his partnerships and collaborations,” says OSSCO.

“He has made it a priority to focus and use his energy to ensure that those around him receive the equality and rights that are so well deserved.”

The award is presented to an individual who embodies Benedict’s spirit of leadership, innovation, community mobilization and partnership.

Kootenay branch of COSCO “moving forward at a steady pace”

By Judy Gray,
Ombudsperson of KCOSA

THINGS ARE going well for the Kootenay Council of Seniors Associations (KCOSA). After losing our website this Spring, we now have our own domain name of KCOSA.ca. We have been working hard on content so check us out.

We continue promoting our seniors' associations to help reach isolated seniors and letting them know that others care about them. Plans are underway to visit some additional area senior associations to let them know we are ready and willing to assist with any issues.

Craig made some good contacts with the Cancer Society during his recent treatment in Kelowna. They provided us with a lot of handouts for when we do the “What's Your Why” cancer workshop. Many of the people staying at the Rotary Lodge are from the Kootenays and were interested to know that we have started a Kootenay COSCO.

On behalf of KCOSA, Craig also attended the Aging in the Kootenays workshop sponsored by the Association of Kootenay Boundary Local Governments and the Columbia Basin Rural Development Institute. He made some good contacts with both East and West Kootenay city council members, the new Better at Home Project Manager, Kahir Lalji who is planning a new program in Nakusp, and others.

Mr. Lalji invited Craig to join him when he goes up to Nakusp and is very interested in learning more about KCOSA and possibly coordinating funding with Columbia Basin Trust. The city councilors who attended from

the Creston and Cranbrook areas have invited KCOSA to speak to the councils there.

We have spoken with many local groups to promote KCOSA, and several have expressed an interest in joining us.

We attended the Nelson town hall meeting with the Seniors' Advocate. Along with Gary Lancaster who is the self-appointed advisor from Cranbrook, we discussed the lack of any of her team of advisors from any part of the East Kootenays. KCOSA sent a letter to Isobel McKenzie in support of the East Kootenays, but did not receive a positive response. Hopefully, she will reconsider her decision and allow equal representation. The geographical distances are huge and the issues, while similar, are individual to the East Kootenays.

We were a presence at the first Kootenay Seniors' Fair in Nelson and demonstrated a PowerPoint presentation and networked with the other senior organizations who were taking part, as well as meeting many new area seniors. This was a great PowerPoint as it brought people to our table and generated interest. As the Ombudsperson, I was approached by three seniors asking for assistance. Two people agreed to join KCOSA as delegates from West Kootenay/ Boundary Regional Seniors: Annette Gallatin, President of Branch 47, Trail and Gene Bradford of Midway Seniors Branch #117. We also have Theresa Buchner, a new workshop Facilitator joining KCOSA as a delegate.

Craig reported that KCOSA is now booking the Health & Wellness workshops in the Interior / Kootenay Boundary to take some of the burden off Sheila Pither. After the recent pre-

sender training in Vancouver to introduce the improved and expanded workshops, we now have five facilitators in Kootenay/Boundary including two new presenters in the Kootenays. Theresa Buchner of Trail is now ready to go and will assist with presenting the Sleep workshop on October 25 in Trail. Beverly Wagner of Cranbrook is the second facilitator.

I have approached Columbia Basin Trust around funding for KCOSA and will be ready to apply for funding under community initiatives by next fall.

KCOSA continues to network with people in the Kootenays and has been dealing with issues such as Health & Education, Transportation (Senior Transit in the rural areas), Advocacy and Communication, and the Mature Driver Assessment process.

Advocacy is the mainstay of KCOSA. It involves taking issues brought to KCOSA that are general in nature to the local seniors community and to our members to develop a plan of action. Communication focuses on visiting, talking and listening to our area seniors, and facilitating a path of communications between the various seniors organizations, and the agencies they require.

Overall, we feel that we are moving forward at a steady pace.

Our current executive is:

President: Craig Gray

Vice-President: Griff Welsh

Secretary: Wilbur Wostradowski

Treasurer: Jan Wostradowski

Ombudsperson: Judy Gray

Directors: Ralph White, Yvonne Tedesco, Marilyn Pollard and Charles Ward.

You can help celebrate the contributions of working people in building a better B.C.

By Ken Novakowski, Chair
BC Labour Heritage Centre

THEIR LEGACY IS OUR INSPIRATION. That vision is at the heart of the work being done by dozens of volunteers through the BC Labour Heritage Centre.

As retired workers, you are women and men who spent most of your life working in a wide range of jobs. Through your work and in many cases your involvement in your union, you helped to build this province into what it has become today. That is your legacy. It is your legacy that the BC Labour Heritage Centre promotes and celebrates so it can inspire subsequent generations of working people and trade unionists. I ask you to support our work.

Today's workers need to under-

stand that many of the benefits and rights they enjoy in their workplace and society came about through hard work, struggle, and often sacrifice by those who went before them. We are working to tell this important story in many different ways.

We have initiated a wide range of projects including the production of plaques, videos, books, curriculum, walking tours, oral history, speakers and more, all focussed on highlighting the role of working people and their unions in building BC.

The BCLHC is a charity and exists because of the financial support of its sponsoring unions: USW, UFCW 1518, CUPE BC, BCGEU, BC Bargaining Council of the Building Trade Unions, BC Federation of Labour, Move UP, and LiUNA 1611.

However, most of the work of the Centre is done by volunteers who serve in one of our eleven project working groups. I have personally met with a number of union retiree organizations and continue to solicit volunteers from the ranks of the retired to help us with our work.

It is fun and rewarding, and the time commitment is not significant.

If you are interested in helping us in any way, contact us and we can talk about the possibilities. We would love to have you help us carry forward your legacy and that of those who came before you.

I urge you to contact us at info@labourheritagecentre.ca or 604 419-0400.

You can also visit our website at labourheritagecentre.ca.

Membership Application

Please mail to the address below

- I wish to join COSCO as an Associate Member. I enclose my \$25 membership fee.
- I wish to make a donation to COSCO. Please find enclosed a cheque for \$_____.

Name: _____
(PLEASE PRINT)

Address: _____

Postal Code: _____ Phone: _____ Fax: _____

E-mail: _____

Date: _____ Signature: _____

Please make cheques payable to COSCO.

Mail your application to Ernie Bayer, Membership Secretary, 6079 - 184 A Street, Surrey, BC V3S 7P7.

Seniors groups and organizations wishing more information about joining COSCO should write the address above or phone Ernie Bayer at 604 576-9734 to request a membership package.