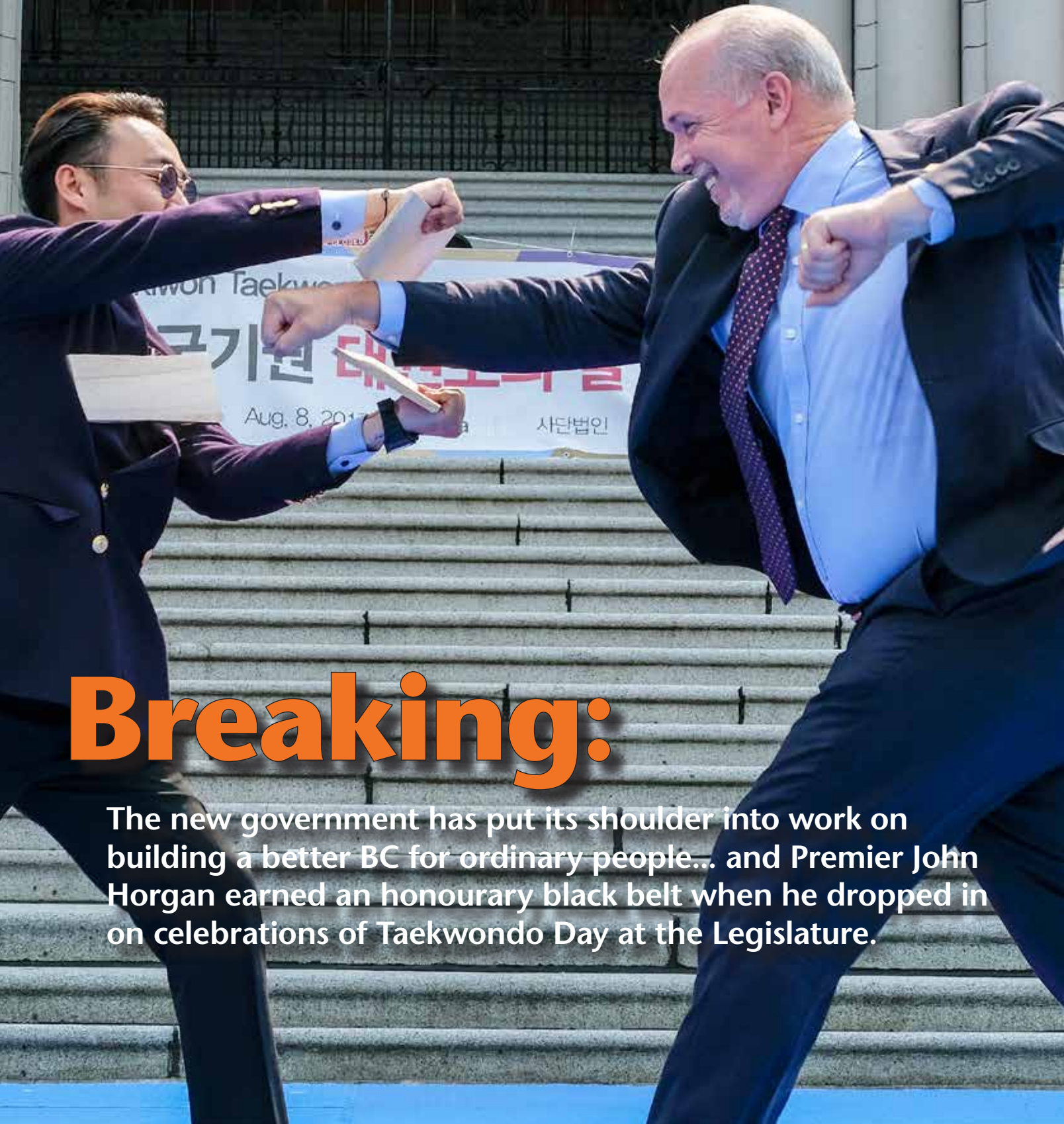


# Advocate

Official news magazine of the B.C. Federation of Retired Union Members (BC FORUM)

U Vol. 20 No. 3 Autumn 2017



## Breaking:

The new government has put its shoulder into work on building a better BC for ordinary people... and Premier John Horgan earned an honorary black belt when he dropped in on celebrations of Taekwondo Day at the Legislature.

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## Advocate

The Advocate is published by the B.C. Federation of Retired Union Members. BC FORUM – supported by WE Consulting and Benefits and affiliated with the B.C. Federation of Labour – is dedicated to representing the interests of members and their families, continuing into retirement the relationship they enjoyed with the union movement.

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## THE ADVOCATE

# In this edition

British Columbia has turned the page. After 16 years of cutbacks and neglect of ordinary people – and massive tax giveaways to the 1% – the new NDP government has made a brave beginning on redressing the balance.

Also in this edition:

- Celebrating older persons .....4
- Pacific Blue Cross lock out .....5
- Caregivers in distress .....7
- Reviewing Site C's impact on your BC Hydro bills .....9
- Fighting climate change .....11
- Due for renewal? Renew your BC FORUM membership today .....15

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# Standing up for ordinary people

By Diane Wood  
President, BC FORUM

A RECENT SURVEY found that almost half of Canadian workers are overwhelmed by the cost of living and would be in trouble if their paycheque were delayed by even one week.

The Canadian Payroll Association found that 47 percent of the employees they surveyed were living paycheque to paycheque, with no reserves for unexpected expenses.

Retirees were not surveyed, but I have no doubt the picture is much the same for us. Unavoidable costs keep mounting while income stagnates.

Many of our children and grandchildren are struggling in precarious, low-paying jobs while seniors stretch their own limited financial resources to lend them a hand.

Against this background, the actions being taken by our new provincial government are a welcome source of relief.

Already, Premier John Horgan has travelled to Ottawa and Washington to promote and defend our forest industry, now threatened by huge duties on exports to the US. The softwood lumber agreement expired under Christy Clark's watch, but she never found the time to make that effort.

The future of so many families and communities is directly tied to the health of our forest industry. Our government must continue to fight to defend their interests.

In their short time in office, the government has announced many more initiatives that make it clear their first priority is people, not wealthy corporate donors.

Since they took office in mid-July, the government has:

- Reaffirmed their commitment to increasing the minimum wage to \$15 an hour.
- Removed the tuition from adult basic education and English language training programs so people held back by lack of funds will have a new chance to get ahead.
- Waived post-secondary tuition for foster children, for whom the government is parent, and promised more steps to support these vulnerable children as they age out of care.
- Eliminated bridge tolls. This saves Port Mann commuters \$1,500 a year, removes a barrier to wider job searches, and puts all British Columbians on an equal footing in respect to how we pay for needed infrastructure.
- After a decade long freeze by the previous government, increased welfare and disability rates by \$100 a month.
- Committed to bringing forward a comprehensive poverty reduction plan to lift children and families out of poverty, an area where B.C. has long had the worst record in the country.
- Referred the Site C megaproject to the Public Utilities Commission to review its impact on the bills we pay as BC Hydro customers – again, something the previous government refused to do. (See our story on page 9.)
- Limited ICBC basic insurance premium increases to 6.4 percent. Some reports have suggested we could have been in for a 42 percent increase to cover rising costs and



Diane Wood

the \$1.2 billion the BC Liberals transferred from ICBC to general revenue.

- Announced that the BC Human Rights Commission will be re-established to fight discrimination and help ensure that all British Columbians are treated equally. (See our story on page 13.)

All of these actions and more were taken as the province worked with other governments and organizations to cope with a months long state of emergency, battling to save lives, homes and communities that were hit by the worst wildfire season on record.

All in all, it is a very promising beginning by a government that ordinary people are counting on to stand up for them.

# Pushing the BC government to recognize older persons

**Alberta is taking action to celebrate the day of older persons – and BC should do the same**

BC FORUM has asked the provincial government to officially recognize October 1, the United Nations' International Day of Older Persons.

Diane Wood, President, made the request in emails to Premier John Horgan and Anne Kang, Parliamentary Secretary for Seniors.

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The need to tap into the contributions of older persons is not only essential to older persons' well-being, but also imperative for sustainable development processes.

– United Nations

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"I think it would be an excellent decision if the BC Legislature considered doing this," wrote Wood.

She pointed out that the Alberta government plans to introduce legislation next spring to make the celebration of October 1 an annual event, and this year will issue a proclamation to mark the occasion.

Through the work of the Council of Senior Citizens' Organizations of BC (COSCO), of which BC FORUM is an affiliate, a number of BC municipalities already recognize the day.

This year's theme is "Stepping into the Future: Tapping the Talents, Contributions and Participation of Older Persons in Society."



The United Nations says the goal is to enable and expand the contributions of older people in their families, communities and societies at large.

The focus is on measures to support full and effective participation in old age, in accordance with old persons' basic rights, needs and preferences.

Between 2015 and 2030, the number of older persons worldwide is set to increase by 56 per cent — from 901 million to more than 1.4 billion.

By 2030, the number of people aged 60 and above will exceed that of young people aged 15 to 24.

"It is starkly evident that the need to tap into the often overlooked and under-appreciated contributions of older persons is not only essential to older persons' well-being, but also imperative for sustainable development processes," says the United Nations in its comments on the theme of this year's celebration of the contributions of older persons.

The UN highlights the need to:

- Act on issues that influence the readiness of older persons to participate including health care, regular income, legal protection and access to financial services.
- Facilitate contributions and participation in old age through technology, education and lifelong learning, access to information, and overcoming barriers that exclude or discriminate against older persons.

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# Health benefit provider tried to cut benefits for its retirees

**Labour and BC FORUM demanded PBC “remove any rollbacks to the benefits of current and retired employees”**

**B**C FORUM expressed strong solidarity with CUPE members who were on the picket line for more than four months in their dispute with Pacific Blue Cross (PBC). The health benefit provider had targeted retiree benefits in negotiations.

“BC FORUM supports your struggle and finds it unconscionable that Pacific Blue Cross has locked out its workers,” wrote President Diane Wood in a letter to Beth Miller, President of CUPE Local 1816.

She applauded CUPE for fighting against PBC’s attack on retiree benefits and its failure to negotiate a fair collective agreement.

“We know, on a first hand basis, that post-retirement benefits are vital for maintaining the health and dignity of retirees. We are surprised and saddened that an organization such as Pacific Blue Cross is trying to weaken retiree benefits,” said Wood.

Wood noted that historically Pacific Blue Cross has had strong ties to the labour movement – ties that are diminished by the lockout.

Wood also expressed “frustration and strong disappointment” in a letter addressed to the organization’s board of directors.

Negotiations on behalf of more than 600 CUPE members, without a contract since last year, began last fall but broke down over wages and retiree benefits. The workers began rotating strike action on May 2 and were locked out in July.

A new six year contract, ratified



More than 600 CUPE members were locked out by Pacific Blue Cross in July.

Sept. 10, includes wage increases, preserves retiree benefits, and establishes a joint union-management health and welfare trust.

“It’s been a long and difficult struggle,” said Miller, extending thanks to everyone who supported the workers during the dispute.

# Parliament approves private member's bill for a dementia plan

**The devil will be in the details as we monitor how the federal government implements a national strategy on dementia**

**A**FTER YEARS of advocacy by patient advocates, the labour movement, BC FORUM and many other groups, the House of Commons has passed a private member's bill to develop a national dementia strategy.

The bill was given royal assent on June 22, coincidentally the day after BC FORUM delegates adopted a strong resolution on the issue.

While the legislation makes Canada the 30th nation to develop a plan, much remains to be done to implement the initiative. Private member's bills cannot include financial commitments. This means the ball is now squarely in the federal government's court.

The scale of the problem is staggering. There are currently 747,000 Canadians living with cognitive impairment. This number is expected to double to 1.4 million by 2031.

It is estimated that the cost of dementia – combining health care and lost earnings – is now \$33 billion a year. A Senate report predicts this will increase dramatically to \$293 billion a year by 2040.

BC FORUM has noted that Canada is ill-prepared to deal with these staggering costs.

Delegates to this year's annual general meeting called for:

- Increased funding for research into all aspects of dementia.
- Initiatives to promote early



When dementia strikes a loved one, it places huge demands on family members and caregivers. Patients and caregivers often feel isolated and alone in their struggle.

- diagnosis and intervention.
- Strengthened integration of primary, home and community care.
- Enhanced skills training for workers who care for people with dementia patients.
- Recognition of the needs of family caregivers and improved support for them.

Real action to help the individuals and families struggling with dementia will require significant funding.

NDP MP Don Davies, whose party first proposed a national dementia strategy, hopes the federal

government will provide more money to care for those who have the illness, rather than siphoning money from other people who need services such as home care.

A national dementia strategy should be implemented with money from a separate envelope, he said.

As we have in the past, BC FORUM will continue to closely monitor federal and provincial action (or inaction) that affects older and retired workers and our families, including their treatment of people with dementia.

*Related: Seniors' Advocate says caregivers are in distress, page 7*



# Caregivers in distress as public services fall short

A NEW report by Seniors Advocate Isobel Mackenzie confirms that caregiver distress is rising in B.C. while supports and services are not keeping pace with the growing need.

“We looked at data two years ago showing that B.C. has one of the highest rates of caregiver distress in Canada,” said Mackenzie. “We were hoping when we looked at the data in this area this year that we would see improvements, but unfortunately, this is not the case.”

The report, *Caregivers in Distress: A Growing Problem*, indicates that 31 percent of unpaid caregivers are experiencing symptoms of distress such as anger, depression or feelings of not being able to continue with their caregiving duties. The level of distress has increased 7 percent since 2015.

“This is a disturbing trend on its own when we think of the daily reality for all the sons, daughters, spouses, neighbours and friends who are dedicating hundreds of hours caring for loved ones,” said Mackenzie.

“However there is even more cause for concern when we look at additional data in this report that indicate the frailty and complexity of those we are caring for at home is actually increasing, and the supports and services that can make an immense difference to the lives of caregivers are not keeping pace.”

The report focuses on the caregivers of individuals receiving publicly subsidized home support, as this is the only segment of the caregiving community where data on detailed health care assessments are available.

“Having a break for even a few



hours can make a huge difference in the lives of caregivers who are feeling exhausted and overwhelmed,” said Mackenzie.

“For some caregivers, time alone to refocus and recharge is something very precious and we need to recognize that it can make the difference between feeling strong enough to carry on with caring commitments, or giving up entirely.”

Key findings of the report include:

- In 2015/16, 31 percent of clients had a primary caregiver in distress. This is a 7 percent increase from the 2015 report.
- Over this period, the actual number of primary caregivers in distress increased by over 1,000, an increase of 14 percent.
- The number of home support clients accessing Adult Day

Programs decreased by 5 percent and the number of days delivered to these clients decreased by 2 percent.

- The average hours of home support per day per client over 65 decreased by 5 percent, signaling less intensive service.

“Unpaid caregivers are a vital, often unrecognized yet critical piece in ensuring the stability of our health care system,” said Mackenzie, adding there are one million unpaid caregivers in the province whose paid value is estimated to be \$3.5 billion.

“The importance of maximizing supports can’t be underestimated when we consider costly alternatives such as residential care or hospital stays.”

The full report can be found online at [www.seniorsadvocatebc.ca](http://www.seniorsadvocatebc.ca)



The NDP cabinet is the first in B.C.'s history to achieve gender parity. The cabinet includes four ministers and two parliamentary secretaries who are 40 or younger, ten from visible minorities, and the first First Nations woman appointed to cabinet.

## Job #1: Get results for people

**A**S THE new provincial government was sworn in on July 18, Premier John Horgan emphasized the priorities are to get results for people and build a better B.C.

“Our government will offer families relief from high costs and fees, strengthen services like health care and education, and create good jobs and economic opportunity across B.C.,” said Horgan.

“We will put people at the heart of everything we do. And we’ll work hard to deliver on our commitments.”

### Speech from the throne

**T**HE FIRST indication of what that commitment will mean for British Columbians came in the speech from the throne, read by Lieutenant Governor Judith Guichon on Sept. 8.

Among other items, the speech said the government will work to:

- Build new hospitals and urgent care centres, increase access to family doctors and reduce surgical wait times.
- Reduce, then eliminate regressive Medical Services Plan premiums.
- Deliver a universal child-care program, beginning with more spaces and training for early childhood educators, and consultations with families and care providers.

- Fully implement class-size and composition requirements.
- Allocate more resources to fight the wildfire crisis which has burned 1.1 million hectares of land, and the opioid crisis which has claimed 876 lives in the first seven months of this year.
- Close fixed-term loopholes on leases to end unfair rent increases, and take steps to strengthen the Residential Tenancy Branch.
- Develop a comprehensive housing strategy to increase the stock of affordable housing and curb speculation.
- Restore the annual bus pass for people with disabilities on Jan. 1.
- Establish an Innovation Commission to promote investment in the technology sector.
- Make B.C. a leader in engineered wood products, and negotiate a fair deal on softwood lumber.
- Embrace the UN Declaration on the Rights of Indigenous Peoples, and address all of the calls to action issued by the Truth and Reconciliation Commission into residential schools.
- Reduce emissions and do everything we can to combat climate change, “the greatest challenge of

our generation.”

- Reform campaign finance laws to eliminate corporate and union donations, limit the amount that individuals can contribute, and ban contributions from people who don’t live in B.C.
- Move the fixed date of B.C. elections to the fall (when the final fiscal year end reports are available for voters to consider). The next election will be in the fall of 2021.
- Schedule a referendum on a system of proportional representation where every vote counts to be held no later than November 2018.
- Strengthen lobbying restrictions, especially in regards to former holders of public office.

The speech also referred to steps already taken to increase income assistance and disability rates, remove tolls on bridges, and eliminate tuition fees for adult basic education, English as a second language courses, and post-secondary tuition for children in government care.

“The road ahead won’t be easy,” said Guichon. “It will take time for the better choices this government is making to take hold – transforming people’s lives, revitalizing our communities, and bringing all of us together.”





Photo: DeSmog Canada, Flickr

## Review will assess impact on your Hydro bill

**T**HE PROVINCIAL government has asked the B.C. Utilities Commission (BCUC) to review the economics of the Site C megaproject.

“The previous government refused to allow our independent energy watchdog to examine the project to determine if it was in the public interest,” said Michelle Mungall, minister of energy, mines and petroleum resources.

“That was wrong. We’re sending this project to the BCUC to ensure we make the right decision for B.C. families.”

The BCUC will confirm whether BC Hydro is on target to complete the \$8.8 billion megaproject on budget by 2024, and advise on the implications for ratepayers of proceeding, suspending, or terminating the project. A final report is due Nov. 1.

The Site C dam would flood 83

kilometres of the Peace River valley.

Sierra Club BC said the review is good news: “We don’t need Site C power. It’s hideously expensive and inevitable cost overruns would be paid for by B.C. ratepayers. More environmentally and economically viable alternatives are available today.”

### UN calls for a halt

**M**EANWHILE, A United Nations panel says construction of the dam should be halted pending a full review of how it would affect Indigenous Peoples and their land.

The UN Committee on the Elimination of Racial Discrimination says construction began “despite vigorous opposition of Indigenous Peoples affected by this project, which will result in irreversible damage due to flooding of their lands, leading to elimination of plant medicines, wildlife, sacred lands and gravesites.”

### Site C “uneconomic”

In April, a report from the University of BC said the Site C project had become uneconomic.

The UBC researchers said with dropping prices for alternative power sources, Site C isn’t the most cost-efficient option, and power would have to be exported at far below the cost.

Using BC Hydro’s forecast demand for electricity, the analysis found cumulative losses would be nearly \$2.7 billion by 2036.

“The business case for Site C is far weaker now than when the project was launched, to the point that the project is now uneconomic,” said UBC’s Karen Bakker, co-author of the report.

“The good news is that we are not past the point of no return.”

The report said suspending the project would save Hydro customers up to \$870 million.

## DEFENDING OUR COAST



# Could Burrard Inlet survive a seven-fold increase in tankers?

**T**HE NDP has announced “initial action” to protect B.C.’s coast from the massive increase in oil tanker traffic that would result from the proposed expansion of the Kinder Morgan pipeline.

George Heyman, minister of environment and climate change strategy, and David Eby, attorney general, outlined legal and other steps the government will take immediately.

“Our government has made it clear that a seven-fold increase in heavy oil tankers in the Vancouver harbour is not in B.C.’s best interests,” said Heyman.

“Not for our economy, our environment, or thousands of existing jobs. We will use all available tools to protect our coastal waters

and our province’s future.”

The government has secured Thomas Berger, QC, OC, OBC as external counsel to government in the legal action related to Trans Mountain Expansion Pipeline.

“We are committed to fighting for B.C.’s interests and it is government’s desire to seek intervenor status in legal challenges to federal approval of the pipeline expansion and increased oil tanker traffic off B.C.’s coast,” said Eby.

“Mr. Berger will provide legal advice to government on the options for participation in legal challenges, and those hearings are scheduled to begin in federal court later this fall.”

The province will also fulfil its duty of meaningful consultation

with Indigenous people. Until these consultations are completed in a way that meets the province’s legal obligations, work on the project on public lands cannot proceed.

“Going forward we will be reviewing policies to outline how our government expects to further meet our commitments to First Nations as well as to all British Columbians with regard to defending our air, land and water,” said Heyman. “This policy review will clarify government policy for decision-makers as they evaluate future permits and work plans.”

The province will continue to explore other tools to hold Kinder Morgan’s project plans to the high standards of environmental protection and Indigenous consultation that British Columbians expect.



# Together, we can fight carbon pollution and climate change

By George Heyman  
Minister of Environment and  
Climate Change Strategy

**B**RITISH COLUMBIANS want their government to act as leaders in dealing with climate change. As I start in my new role as British Columbia's Minister of Environment and Climate Strategy I'm focussed on introducing meaningful climate action goals to protect our environment, while we create new opportunities through a modern, sustainable economy.

Achieving these goals will require contributions from all British Columbians including older and retired workers, many of you whom I know from my time as an elected officer in the BCGEU and the broader labour movement.

I am inviting you to join in and contribute your ideas and actions as we identify ways to reduce our carbon footprints, for the benefit of every British Columbian.

While I ask for your help to do what you can, you can rest assured knowing your B.C. government will certainly be doing our part.

We are committed to taking real action to reduce our emissions. This is why we're going to renew the Climate Leadership Team, so we can get our province on track to meet real climate goals.

Our new team will include a broad range of members from First Nations, labour, industry, environmentalists, academics, and local government. Their advice will be instrumental in shaping our comprehensive climate-action strategy going forward and meeting both short and long term targets.

When it comes to reducing our



Environment Minister George Heyman visited the BC FORUM booth at Labour Day celebrations in Surrey and discussed current issues with President Diane Wood.

climate footprint it's often the little things that count. Some of those steps are simple and start right at home. They include small changes to be more energy efficient and help reduce harmful carbon pollution, which actually enhance our quality of life.

To incent people to adopt more climate friendly actions our government will gradually phase in the federally-mandated carbon price, beginning next April. But we also need to make sure the increased carbon price isn't an added burden for families, who are already struggling to get ahead. We intend to help British Columbians have the means to make the changes we know are necessary. That's why we will take steps to protect trade-exposed industries and jobs which might be disadvantaged by the tax, while retaining the incentive to reduce emissions.

And that's why we will create a

new climate action rebate cheque for low and middle income families. This cheque will go to many B.C. households, with a majority receiving a greater net benefit from this rebate than they currently pay in carbon taxes.

The higher price on carbon will help to put the province on a path towards meeting B.C.'s legislated 2050 greenhouse gas emission reduction target of 80 per cent below 2007 levels, and a new legislated 2030 reduction target of 40 per cent.

I'm asking for your support for the actions we're taking to fight carbon pollution, so together we can build a modern, diverse economy that creates good family supporting jobs and a better future for our kids and grandkids.

I'm sure we can all agree that those are reasons enough to make some simple changes!

# How many pills do you take?

## Taking too many may put you at risk

By David Porteous

**S**ENIORS ARE vulnerable to problems associated with polypharmacy (taking more than one medication at the same time.)

When is the last time you reviewed your medications with your doctor? A medication review with your doctor helps to assess any risks of prescribed drugs.

Medications are prescribed for good reasons, but over time some drugs may not be helpful and may cause harm.

That's why "polypharmacy" is recognized as a serious threat to quality of life and healthy aging.



David Porteous

What can you do about it?

Ask your doctor if you still need all the medications you are taking,

and if not would deprescribing be a safe approach.

Also ask if deprescribing could help improve your health and longevity.

Research tells us that stopping one or more unnecessary medications can lead to health benefits and may even increase your chance of living longer.

In Canada, the goals of the Canadian Deprescribing Network are to reduce prescriptions of inappropriate medications by 50% by 2020 and to promote safer drug therapies.

*David J.A. Porteous, EPC, UFCW 1518 is President of Working Enterprises Consulting & Benefits Services Ltd. He is a charter member of the Canadian Initiative for Elder Planning Studies and holds an Elder Planning Councilor Designation.*

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**HUMAN RIGHTS**

# A step towards equality

**B**RITISH COLUMBIA will re-establish a human rights commission to fight inequality and discrimination, Premier John Horgan has announced.

“Every person deserves to be treated with dignity and respect. By re-establishing a human rights commission, we will create a more inclusive and just society, where we work together to eliminate inequality and prevent discrimination on the basis of race, religion, sexual orientation, gender identity and gender expression,” said Horgan.

British Columbia is the only province in Canada without a human rights commission. The previous commission was dismantled in 2002. Only a complaint-driven tribunal remains.

“Building a better B.C. that is vibrant and full of opportunity starts with making sure everyone feels welcome to be a part of that future. Not only must we address discrimination when and where it happens, we must also educate, reach out, and take proactive steps to address systemic inequalities,” said Attorney General David Eby.

“I have asked Parliamentary Secretary Ravi Kahlon to lead the public consultation process and I look forward to receiving his recommendations.”

The consultation process will include both online and face-to-face meetings with British Columbians, stakeholders and human rights experts, and will seek to learn what a renewed human rights commission could look like. Consultation is to continue through the autumn months, with legislation expected to follow in 2018.

The labour movement praised the announcement.

“The BC Federation of Labour believes strongly that human rights are workers’ rights, and that systemic discrimination of marginalized workers needs to be addressed at the

highest level,” said Irene Lanzinger, President of the BC Federation of Labour. “The BC Human Rights Commission can help to address this discrimination.”

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## IN BRIEF



Ken Georgetti, who played a key role in the formation of BC FORUM, was presented a life membership in the organization in July. Pictured with Georgetti (left to right) are Miriam Olney and Diane Wood, re-elected as Secretary and President at the same meeting, Dan Bradford, Treasurer, and Sam Wiese, newly elected as Second Vice President.



Vancouver and district regional representative Sandy Bauer represented BC FORUM at the the Working People Stand Up Against Racism rally held in August.



**Celebrating Labour Day:** Regional Representative Mogens Jorgensen reported a good turnout despite smoky conditions in Kamloops; Regional Representative Pamela Willingshofer and Director Gord Savard hosted the BC FORUM booth at the Fraser Valley Labour Day event; President Diane Wood and First Vice President Bill Sylvester attended the celebrations in Surrey.







“We’ve made some immediate investments while we work toward our first full budget in February,” said Finance Minister Carole James as she introduced a budget update Sept. 11.

# People first in budget update

**L**ESS THAN eight weeks after forming government, we have taken the first steps to invest in the people of B.C. with this budget update,” says Finance Minister Carole James.

“We’re putting people first by improving the services they need and making life more affordable while supporting a strong, sustainable economy that provides good jobs throughout our province,” she said.

Diane Wood, President of BC FORUM, particularly welcomed new funding that will help children and the most vulnerable.

“Strong public services are needed to give opportunities to everyone,” said Wood.

Irene Lanzinger, President of the B.C. Federation of Labour, said that after 16 years of underfunding and neglect, the budget takes the first steps to address the affordability crisis and support working families.

“It’s a big job to fix the mess created by the B.C. Liberals, and this budget is a good start,” she said.

Lanzinger added that a three year commitment of \$15 billion in capital funding to build schools,

health facilities, housing and transit will create good paying construction jobs and build much needed infrastructure.

In steps to improve the fairness of the tax system, the budget increased personal income tax on earnings above \$150,000 from 14.7 percent to 16.8 percent. It increased the general corporate income tax rate from 11 percent to 12 percent. It also lowered the small business rate to 2 percent from 2.5 percent.

Other highlights include:

- A \$681 million increase over three years to improve classroom supports for children.
- Elimination of MSP premiums over four years, starting with a 50 percent cut in January.
- A new investment of \$189 million to improve home and residential care for seniors under a federal – provincial agreement.
- \$240 million to help evacuees, businesses and communities hit by wildfires, to reduce future wildfire risks, and to begin reforestation and restoration of wildlife habitat.

## Information for retired workers

- Protect yourself against scam artists with info from the Canadian Centre for Elder Law. Google “Be a Savvy Senior Fraud Protection.”
- The People’s Law School has summarized benefits available to BC seniors. Search the web for “When I’m 64: Benefits for Seniors” to download or order a free copy.
- The Council of Senior Citizens’ Organizations of B.C. (COSCO) offers free workshops to seniors groups. Visit [www.coscobc.org](http://www.coscobc.org) for a complete list of topics.
- The Deprescribing Network – [deprescribing.org](http://deprescribing.org) – offers information about safely reducing medications that may no longer be needed.

## New address? New e-mail address?

Please send your new address and e-mail address to BC FORUM. You can mail in the form on page 15, or you can reach us by telephone or e-mail: 1.800.896.5678 (toll free), 604.688.4565, [bforum@bcfed.ca](mailto:bforum@bcfed.ca)



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