

LETTERS TO THE EDITOR

Canadian Veterans National Day of Protest

The Editor

The following is an open letter to Michaëlle Jean, Governor General of Canada and Commander-in-Chief of the Canadian Forces.

Your Excellency,

As one of the organizing members of the Canadian Veterans National Day Of Protest on 06 November 2010 at 11 AM, I am requesting your support once again for our cause.

As the Commander-in-Chief of the Canadian Forces and the Queen's representative in Canada, your support would give our veterans the boost that they need to convey their displeasure with the New Veterans Charter and other acts of neglect by the Government of Canada.

Our government continually states that they Support Our Troops. Yet, they have implemented the NVC without realizing the magnitude of problems it would cause YOUR injured Soldiers, injured Veterans, and injured RCMP Veterans.

I'm sure you understand our plight. With the refusal to retain the current Department of Veterans Affairs Ombudsman, Colonel Pat Stogran, it is obvious that our government does not want to hear the truth from the Front Lines, but prefer to stand in front of Canadians and offer "Penny Solutions" to "Dollar Problems".

Recently, we saw new evidence of what can happen under such a bureaucracy when a former soldier and now veter-

an, Sean Bruyey, had his medical file and psychiatric information made public knowledge to staff at VAC and even used in Briefing Notes by the Minister of Veterans Affairs in an effort to discredit Mr. Bruyey and his fight against the NVC.

When you put all of these things together, it is a very familiar situation for Canadian soldiers: We have been sent around the world to defend those very rights in the name of democracy and to instill proper behavior in rogue governments! Now we are faced with the same being forced on those very soldiers in the name of Fiscal Restraint.

This is not meant to be an unruly protest against our sovereignty, nor an action that would be considered traitorous. It is a rally, a show of support for our Soldiers, Veterans, and RCMP Veterans.

The Royal Canadian Legion is the main organization in Canada that deals with veterans. The licence plate that they sell states "We Support Our Troops" underlined by LEGION. However, when the Executive Committee at the national level were asked for their support, they said they would not support our CVNDOP. Perhaps if they could see the Commander-In-Chief getting onboard, it would allow them to see this rally as a needed cause to fix what has been wrong for years, especially over the past four years under the Conservative government.

We have support from several of the Member's of Parliament that I've spoken with to date. I believe it will show all Canadians that the Office of the Governor General is still relevant and remains steadfast in defending the Rights of the Canadian Constitution, the people of Canada, and our veterans.

I await your reply and thank you in advance.

Robin Brentnall
Gambo, NL
Organizer CVNDOP

Nova Scotia Equalization Fairness paramount

The Editor

First, we give you an overview/background to the following letter, directed to your "grassroots" reader/ratepayers and sharing data presently being denied them.

Last year, Nova Scotia Equalization Fairness (NSEF), an unpaid, volunteer committee was formed to share information and dialogue with the public about the unjust distribution of Federal Equalization grant \$s within NS. We went the political route, sending 700 fact sheets and brochures out to the mayors, councilors and administrative executives of the 55 provincial municipalities so they might take up the fight against this democratic breakdown. But the cause was not taken up by these officials! In fact, the most CBRM councilors could manage was to fob it off to unelected Union of NS Municipalities-just as Premier Dexter did-despite the fact that the UNSM had 5 years previously told the (then) government to investigate and desist from continuing a broken system of Equalization distribution in the province. All this is now set against a backdrop of recent MLA pension & expense excess which has us, again, questioning the state of principled, ethical and honest governance in the public affairs of Nova Scotia.

We ask you to help us examine the issue, "speak truth to power", challenge our findings, advance the public debate on Equalization 'fairness' and please visit to our website. Contact us for greater detail.

Last year \$1.571 billion in Federal Equalization grants were remitted to our provincial officials and they took the great bulk of these \$s into general revenue so as to balance the provinces books. This has been the pattern of all provincial government

administrations since the 1982 Constitution earmarked these sums" to provide levels of public service at reasonably comparable levels of taxation. At first blush, this scheme seems OK, but presently, 42 Municipal communities in the outlying areas of the province (read Yarmouth, Digby, Amherst, Pictou, Inverness, Sydney, Shelburne, etc.) receive only 1 in 7 dollars meant to finance their local initiatives. The "hub & spoke" economic model, wherein HRM is lavished while the peripheral areas suffer, is a discredited remnant of the Regan-era supply-side argument and results in the far-flung regions existing on the "crumbs" that fall from the Halifax Region's table.

Conversely, NSEF believes that Metro will continue to prosper when a just and fair realigned Equalization system replaces the present undemocratic model - thus allowing outlying areas to contribute to the provincial economy using a "win-win" scenario. The beggar-thy-neighbour setup in place now pits Metro against the regions and is both counter-intuitive and counter-productive. What could Queens do with its extra \$5 million due it annually? Could CBRM afford its federally-mandated, half-billion dollar sewage system if its \$100+ million annual shortfall was correctly allocated under Fair equalization?

A small province like ours will never prosper if a misguided, status-quo, political class continues to misalign the allocation of Ottawa monies and the taxation/services ratios now in place.

Visit us at www.NSEF.ca or e-mail nsef.ca@gmail.com.

NSEF Executive Committee,
Sydney, Nova Scotia

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The Restaurant at the Chanterelle Country Inn

*Savour a cuisine created from locally
and organically grown ingredients*

Join us for a Traditional 3-Course Slow Food Organic Turkey Thanksgiving Dinner

**Sunday, October 10th ~ from 4 to 7 pm
\$39.00 per person**

Reservations required - please call 929-2263

CELEBRATE CO-OP WEEK! Join the "Co-op Bake-Off"



Week of October 11th to 16th

So Fire Up Your Ovens!

**Because Gift Certificates will be
Awarded for 1st, 2nd & 3rd Place
Finishes in Your Favourite Cake**
(e.g. cheese cake, black forest, chocolate, etc.)

PRIZES TO BE AWARDED...

1st - \$100 • 2nd - \$75 • 3rd - \$50

Baking to be judged at 2 pm Thursday, October 14th

CO-OP
SUPPORT YOUR CO-OP

295-2384

Congratulations HEAL Ambassador



Joel Morris, Eskasoni

"I'm not ready to die yet" were Joel's thoughts when he had a stroke earlier this year at age 40. When he was lying in the hospital he decided then and there "This is it. There is no tomorrow, I have to start taking care of myself. I want to live." At 310 pounds, he knew he had to make changes to his lifestyle and he did. He says it was tough at first.

With the help of a dietitian and his Mom, he started eating healthy. "Portion control was a big thing for me. I started to eat fresh food, less canned and packaged, cut down on the salt and sugary food". He also says eating meals regularly made a big difference. To date he has lost 72 lbs and will keep going. He now takes one diabetes pill instead of six.

He keeps active with horseshoes, bowling, walks every day and has since bought a kayak. "First time in my life I bought something without a motor"

HEAL Cape Breton is pleased to announce Joel Morris as a HEAL CB Ambassador. **Joel, you are an inspiration.** We can follow Joel's example and improve our health by eating healthy - include 5-10 fruits & vegetables daily and control/limit portion size. Also, get moving - 30 to 60 minutes of moderate physical activity most days of the week.

A new HEAL CB Ambassador will be chosen every month. If you would like to nominate someone as a HEAL role model in your community, please send your nomination letter to:

HEAL Cape Breton (Healthy Eating Active Living)
HealthPark
45 Weatherbee Road, Suite 306,
Sydney, NS B1M 0A1
Or Email: healcapebreton@gmail.com

HEAL
CAPE BRETON
HEALTHY EATING ACTIVE LIVING

HEAL Cape Breton is an organization dedicated to promoting health eating and active living in Cape Breton.

