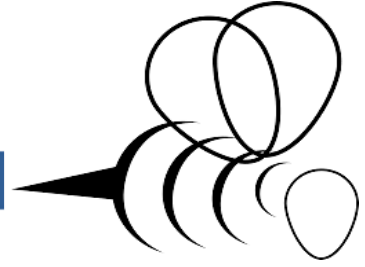




CBC-PNA DURHAM CHAPTER

Dinner



July ————— 2019



SUMMER IN THE VINES BBQ!

Once again, we are holding our annual Summer barbecue lunch at the Ocala Winery and planning a fine time of good food and conversation!

GUEST SPEAKER: Jennifer Gray McKelvie is a PhD geoscientist and a Toronto City Councillor. Jennifer is Toronto's representative for the upcoming COP40 (climate change summit). She will talk about proposed initiatives to address climate change and what it could mean in Durham.



ON THE BBQ MENU:

Hamburgers, veggie burgers, sausage on a bun, potato salad, bean salad, mixed green salad with choice of dressing, and Ocala's Signature Apple Pie with a scoop of ice cream or cheese. Tea & coffee will also be served.

Cost is \$15.00 per person.

Red or white house wine will be available for purchase at \$5.00 per 6 ounce glass.

DATE: August 28th, 2019 **TIME:** Noon – 3:00 PM

PLACE: Ocala Winery & Orchards, 971 High Point Rd, Port Perry, ON L9L 1B3

Please RSVP BY August 22nd to CBC-PNA-Durham@outlook.com

OR call Barbara Saxberg at 905-404-1334.

COMING EVENTS



Remembrance Day Coffee & Conversation with Author Ted Barris

Mark your calendars – Author and former CBC broadcaster Ted Barris will join us on 8 November 2019 in commemoration of Remembrance Day.

Ted is an engaging speaker with a new book coming this fall called, *Rush to Danger: Medics in the Line of Fire*. In it, Ted tells the stories of medical personnel in combat, including his dad Alex Barris who many of you will recall was a well-known CBC broadcaster himself.

Watch for details on this event coming in the Fall Newsletter.



PRESIDENT'S MESSAGE

Greetings! And Happy Canada Day!

I hope you're enjoying the summer so far. It seemed a long time coming this year. The past couple of months have been quieter for the Durham Chapter but that's not to say we haven't been busy making plans.

Unfortunately, we had to cancel our planned Coffee & Conversation event due to lack of interest. But thanks to your feedback, we have a better idea now of how to make these events work.

Coming up at the end of August, we hope to see many of you at the Summer Barbecue where we are returning to a favourite venue, the Ocala Winery. Our guest speaker is Jennifer Gray McKelvie, who also happens to be the daughter of Chapter Treasurer Glenn Gray!

On the financial front, the Durham Chapter is in good shape thanks to the ongoing support of the Ontario Region. That's allowing us to increase the number of newsletters to keep you informed not only of what's going on in Durham but also at other levels of the Pensioners National Association. I encourage you to share the newsletter with any CBC retirees you know who may not have joined the PNA yet. Increasing our membership continues to be an important goal for us if we want to maintain our voice and influence with the CBC.

Also in this issue, an update on the pension plan, a bit of health news, and an opportunity to see one of our members on stage this month! Happy reading!

Barbara Saxberg, Durham Chapter President



DURHAM CHAPTER NEWS

Review of MOA on Pension Surplus Begins

Representatives from the PNA, CBC's Unions and CBC management have begun meeting to review the Memorandum of Agreement on Pension Surplus Sharing. The MOA, as it is termed, was negotiated in 2009 to ensure a fair sharing of any surplus monies in the plan.

Under the MOA, any surplus (as defined by required calculations in assessing the performance of the plan) is shared equally, with the Corporation receiving half and the other half given to pensioners and employees.

The PNA is represented at the talks by Dan Oldfield (chair), Pierre Racicot and Marc Phillippe Laurin (who all took part in the original negotiation of the agreement) along with Dave Jeffrey (English VP of the PNA).

Although two days of talks were held in early June, there was little progress to report. The review is required under the terms of the MOA which calls for a review every ten years beginning in 2019. Although the review does not anticipate a re-negotiation of the agreement, the parties are free to seek amendments. There is some indication the CBC will be proposing some changes. The next meeting is tentatively scheduled for September 6th. We will keep you informed as the discussions progress.

New PNA Website on the way

The PNA is about to launch a re-designed website. A small committee has been hard at work, focused on making the website more appealing and user-friendly. An outside consultant has been hired to help with the work. This was a recommendation from last year's Convention.

Sections of the website that have in the past been closed to non-members will be opened up so that potential new members are better able to see the benefits of membership. The overall look of the website is more contemporary while paying close attention to ensuring it is accessible for aging eyes. A new slogan for the PNA has also been adopted: ***Preserving our Future, Sharing our Past.*** This will begin to appear on all PNA publications as a reminder that the PNA works for all CBC retirees to ensure their pension is kept strong, to advocate for pensioners' rights politically and to assist with health needs. The PNA also serves to keep retirees connected as a community, as a vehicle for sharing news, memories and friendship.

In Health News

Food Poisoning and Older Adults

With the warmer weather upon us and many people eating outdoors, the risk of food-borne illness increases.

According to Health Canada, food poisoning can have serious longer-term problems for older adults.



As we age, our immune systems aren't always as effective as we would like in protecting us from food poisoning. Chronic diseases, such as diabetes and kidney disease, can make it even more difficult to fight off infections.

Certain types of food can also pose greater risk for older adults because of how they are produced and stored.

What do I need to know when shopping for food?

- buy cold or frozen food at the end of your shopping trip
- check the “best before” date on your food
- check fruits and vegetables to avoid buying items that are bruised or damaged
- avoid spreading bacteria from raw food to ready-to-eat food by:
 - putting raw food in individual plastic bags (which can be found in the produce section and at some meat counters)
 - keeping your raw meat, poultry, fish and seafood away from other food in your grocery cart
 - labelling and using the same bag or bin for raw meat, poultry, fish and seafood
- refrigerate or freeze raw meat, poultry, fish and seafood as soon as you get home from the grocery store; perishable food should not be left out for more than:
 - 1 hour during summer outdoor activities
 - 2 hours at room temperature
- wash your reusable grocery bags often, especially if you are carrying raw meat, poultry, fish and seafood

There's an excellent chart of foods to be wary of to help you make good food choices, as well as more information about safe food practices at <https://www.canada.ca/en/health-canada/services/food-safety-vulnerable-populations/food-safety-adults-ages-60-over.html>

IN ENTERTAINMENT NEWS

DIRECTOR AT LARGE TRENDS THE BOARDS

If you're in the Newmarket area this month and you are interested in seeing some original Canadian plays, check out the Newmarket National Ten Minute Play Festival. It runs from July 22-28 and will showcase 24 original Canadian works from playwrights across the country.



One of Durham Chapter's Directors at Large, Dan Karpenchuk, is featured in three of those plays. Dan appears in *Valse Sentimental*, *Not Going Nowhere*, and *The Last House*. This is the festival's third season and includes a variety of additional "Main Street" attractions such as Festilicious menus in local restaurants, art galleries, street markets,

historical walking tours, and other festivities at Riverwalk Commons.

Dan in a scene from last year's festival.

For more information on the National Ten Minute Play Festival including location, times, and ticket prices, go to www.nationalplayfestival.ca.



OAS Clawback as Tax Installment

While you may be retired from CBC, a lot of pensioners receive income from other sources such as investments, RIFFs or a job. Sometimes that additional income creates a situation where Old Age Security (OAS) benefits are reduced. Those benefits are clawed back for people with an income above \$77,580. Fifteen percent of every dollar above that amount is clawed back in what is called an "OAS recovery tax". But while you may have lost that amount from your OAS benefit, all is not lost. The recovery tax is treated like an income tax installment. In other words, the amount deducted can be used to reduce your income tax payable the following year.

For more information, check out www.taxtips.ca/seniors/oas-clawback.htm.

PNA SPOUSAL MEMBERSHIP

Individuals who receive pension survivor benefits are eligible to become members of the PNA and access all PNA member benefits including the Special Assistance Fund, loyalty programs, discounts and social activities.

They are also eligible to hold office in the PNA and serve on committees.

We hope you will join us.

SPECIAL ASSISTANCE FUND

The Special Assistance Fund (SAF) helps CBC retirees, their spouses and dependents with health care expenses not covered by OHIP or the PSHCP. It also offsets the cost of hearing aids and mobility devices. There are some restrictions.

Contact the CBC PNA staff in Ottawa for eligibility requirements and help in applying. More information and application forms are on the PNA website.

www.cbcpensioners.ca

YOUR DURHAM CHAPTER EXECUTIVE

President – Barbara Saxberg – bsaxberg@outlook.com

Vice-President – Bruce Rogers

Secretary-Treasurer – Glenn Gray

Directors at Large:

- Maureen Brosnahan
- Dan Karpenchuk
- Bette Laderoute Sampson
- Mac Skelton

Newsletter Editor – Bette Laderoute Sampson



CONTACT US:

Would you like to comment on this or anything else in the BUZZ? We welcome letters to the editor.

Perhaps you have a story to tell – something from your days at CBC or something interesting you're doing now?

Maybe you know of a CBC retiree with a skill to share? Or a retiree we should profile? We're also interested in any photos from your working days you might like to share.

We welcome your contributions and story suggestions.

Drop us a line at CBC-PNA-Durham@outlook.com.

For the National Office of the PNA:

Mailing Address: P.O. Box 8570, Ottawa, Ontario K1G 3H9

Telephone: 613-724-3003

Toll free in Canada and the United States: 1-877-361-9242

Fax.: 613-724-5951

Webmaster: contact@on.aibn.com