

National Capital Region Communiqué

The CBC Pensioners' National Association

Work in Retirement!!

For most new retirees, a new work role would be the last thing that comes to mind. Travel, hobbies, family, friends, and quiet time are usually a top priority after a long and busy career at CBC. For some though, work can come back into the picture at some point in retirement. Reasons could include enhancing overall social contact, keeping mind and body sharp, extra cash, or just to have some fun and/or explore an interest.

Contrary to what one might think, there is demand for older retired workers. Some of the benefits to employers of hiring retirees include:

- More flexible to work varied hours.
- Extensive past work experience.
- Proven reliability.
- Enhanced ability to mentor / teach less experienced co-workers.
- Less focused on future career ambitions which can allow for more consistency within a given role.

So what's out there for retirees? Well, the sky is the limit considering the wealth of experience and knowledge CBC retirees possess. Work in retirement can be found in many different forms:

- **Volunteering** can offer the opportunity to work at something that you really love and on a schedule that works for you. Websites like "VolunteerOttawa" can help you search for volunteer opportunities that suit you.
- **Part-Time hourly work** can be perfect for retirees who want a job that's less career oriented and is confined to a set number of hours each week.
- **Contracts/Term**—Placement firms (i.e. Randstad) can help you find term work that allows you to work part of the year and be free to enjoy other things in the rest of the year.
- **Starting a Small Business**—Maybe those cookies you make that everyone loves can be the basis for a home based business! And being your own boss has its advantages.

Some practical considerations that you may want to think about before embarking into work in retirement are:

- **Taxes:** Your additional work income may lift you into a higher tax bracket so be aware of how additional income will be treated from a tax perspective. Often, it's just a matter of asking the employer to deduct additional tax at source.
- **Old Age Security Pension Claw back:** If you receive OAS and go back to work, check to see if the additional work income might trigger some OAS benefit claw back in your specific situation.
- **RRSPs:** You can contribute a percentage of work income to RRSPs even if you are retired. Also, many employers will match RRSP contributions even for part time workers.
- **Insurance:** Most employees, and even many volunteer organizations provide insurance of various types (accident, travel etc). It's good to get the detail on these and how they relate to your existing insurances in retirement.
- **Medical Benefits:** Many employers provide great medical benefits even for part time workers. These benefits can include dental coverage and eyeglasses which are not covered by CBC's supplemental health plan. Work plans can also operate in tandem with retiree benefit plans to maximize overall coverage.
- **Non-Medical Benefits:** Fitness memberships, product discounts, education support, are only a few of the non-medical benefits many employers provide. Even some volunteer organizations provide such benefits (i.e. volunteers at Centrepointhe Theatre in Ottawa receive theatre show related discounts).

Along with any type of work can come some pressure or stress. Just like in your career at CBC, it's important to pace yourself, and keep a positive outlook. All jobs come with their ups and downs, though being a retiree in the job market does provide a unique opportunity to have a great time working at something you like, on a schedule that still allows for your retirement lifestyle.



Photos From our Christmas Luncheon



Social Events!

Sugar Shack!

Wednesday, April 10 @ 12:30pm

Vanier Museopark,

[300 des Peres-Blancs Avenue](#)

See Invitation for Details

Lunch @ KS on the Keys!

Thursday, June 6

[1029 Dazé St. Ottawa](#)

A special lunch and learn with guest speakers, Dan Oldfield, Alain Pineau and Dave Jeffrey. who will be presenting information on Benefits, Pension and PNA business.

Open to members and non-members

See Invitation for Further Details

Association New Member Referral Incentives

We are always looking to increase membership. If you know a CBC retiree who is not yet an association member please encourage her/him to join.

When you refer a non-member who then joins the association, you'll receive a cash incentive!!

Contact your National Capital Region Pension Association Rep for details.



Paul Roy

Technology Corner How to Find Stuff!!

Sometimes it's difficult to find what you are looking for on the internet. Your search results may not be precise enough, or too precise. Here's 7 Google search tips to help get you the results you're looking for.



- 1. Quotes**— To search for an exact phrase, enclose it in quotes. For example: searching: **"snow shoes"** will eliminate "snow" only and "shoe" only results.
- 2. Hyphen**— To exclude a term from your search results, put a hyphen in front. For example: searching: **mustang -car** will eliminate "car" related results from the search with focus more toward "horse" related results.
- 3. OR**— Put an "OR" between search terms to return results for one or the other—i.e. searching for **'football OR baseball'** would return results for either baseball or football.
- 4. AND**— Putting **AND** between two terms will return results that contain both items. So searching: **"football AND baseball"** would return results that include both baseball and football.
- 5. Tabs**— Click the "+" symbol to open another search page. Having multiple search pages open can help you find your stuff more effectively.
- 6. The "Site"** term lets you search for content within one particular website. Searching for: **LRT Site:cbc.ca** will search for "LRT" within the cbc.ca website only.
- 7. Use an asterisk** as a wildcard character. For example searching **"largest * in the world"** will return information on all the biggest stuff in the world.



FRAYNE, HELEN IRENE (nee Sawatzky)

Died surrounded by loving family on Monday December 3, 2018 at 91. Born April 21, 1927 in Viscount, Sask. Helen

Frayne was a fiercely independent pioneer in radio and journalism, launching her career at the tender age of 17. Helen would become a veteran freelancer, working for stations in Saskatoon, San Francisco, Toronto, and Ottawa, where she was best known for her work for CBO (Radio Morning and Radio Noon) as well as national documentaries for CBC. Her many career experiences include teaching in a one-room schoolhouse in Saskatchewan, working for Butterick Fashion in NYC, designing a fitness training program for the Canadian Air Force (honorary "flight lieutenant") and performing voiceovers for Crawley Films. She was also responsible for the dissemination of CBO Radio's most mailed (by snail) recipe, her "mother-in-law brownies." Helen loved water and nature, thus lived in Calabogie after her husband Bob died. She was an accomplished storyteller, sharing her family history over the years.

Remembered Friends



LEDUC, DANNY

On Friday, February 8, 2019, Daniel (Danny) Laurent Leduc, son of the late

Lucille and Philippe Leduc, passed away suddenly at the age of 66. Danny was a cameraman for CBC national news in Ottawa. He was the beloved husband of Debbie, the loving father of Melissa (Neil) and Celine (Marc), the cherished grandfather of Weston, and the dear brother of Jean-Pierre (Mary-Jane), Gérald (Marilyn), Alain, Jacques (Danielle) and Paul (Kathleen). Danny will be deeply missed by his nieces, nephews, extended family, friends, neighbours and colleagues.



TOUCHETTE WALSH, JEANNETTE

It is with great sadness that we announce the peaceful passing of Jeanette Touchette Walsh Retired CBC employee She passed away on

December 16, 2018, the age of 95. She leaves behind her nephews and nieces: Denise, Muriel, Steve, Sandra, Lynda, many great-nephews and great-nieces. She was predeceased by her parents Magloire Touchette and Georgiana Raymond, her brothers, sisters and her nephew Michael. The funeral service was held on Sunday, January 6, 2019.



PETER MEGGS, 93, left us on December 2nd in Montreal, following a brief illness. He began his broadcasting career in Kirkland Lake, Ontario, in 1948 and joined CBC in Toronto

the following year. During the growth of radio and TV networks in the 1950s he was named Director of the Ottawa Area. He left CBC in 1961 to study theology at Bishop's University in Lennoxville, Québec. In 1963 he was ordained as a deacon and appointed Assistant Rector of St. Matthew's Church, Ottawa, where he was ordained a priest in March, 1964. Later that year he was transferred to Anglican Church headquarters in Toronto as Director of Communications. Peter maintained his connection with the CBC by hosting the network radio series Concern, a program focusing on the relationship between faith and current affairs. He returned to CBC staff in the early '70s, was named national director of English Radio and, together with producer Doug Ward, co-authored the major report that led to what became the "radio revolution". In 1976 he returned to Ottawa to serve as Vice-President of Audience Relations at CBC head office. Following a pre-retirement stint as Director of English Services at Ottawa Area, Peter retired in 1985 and spent the next five years as a freelance, writing and hosting network radio's Open House (the forerunner of today's Tapestry) which, like Concern, dealt with the role of faith in everyday life.

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Remembered Friends

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BRAZEAU, Jean 1956 - 2019 It is with great sadness that we inform you of the sudden death of Jean Brazeau on February 15, 2019, at the age of 62, at his cottage. He was the son of the late

André Brazeau and the late Jeanne Traversy. He is survived by his beloved wife Suzie (née Pambrun), his beloved daughters Karine (François Larabie) and Lysanne (Kurran Devolin), his sisters Louise (Richard Villeneuve), Madeleine and Anne (Louis Chartrand), his brothers Daniel (Suzanne Bornais), Raymond and Jacques (Lise St-Onge), as well as many brothers-in-law, sisters-in-law, nephews, nieces and friends.



DIONNE PLIMER, LORENA 1936 - 2019

It is with sadness that we announce the passing of Lorena Dione Plimer, on February 19, 2019, at the age of 82. She was the daughter of the late Roméo Dionne and the late Colombe Lafleur. She leaves behind her son Daniel Gélneau (Josée LaSalle), her five grandchildren: Bertrand, Katryne, Krystelle, Véronique, and Josiane. She is survived by her two sisters, Suzanne (Gérard Bourré) and Nancy (Pat Lackey). She will be missed by her nieces, nephews, cousins and friends. She was predeceased by her brother Laurent and her sister Estelle.



PANIGONIAK, CHARLIE

March 1946- March 2019 Born in Chesterfield Inlet, N.W.T, Charlie was a legendary and uplifting Inuk singer-songwriter who lived for many years in Rankin Inlet and Iqaluit where he also worked as an announcer for CBC North Radio. Fighting Parkinson's disease for a long time, he moved to Ottawa but returned to Nunavut just before he died. He is survived by his wife Lorna and daughter Charlene Panigoniak. One of

the first people to write and perform in Inuktitut, in 2016 he won the Nunavut Commissioner's Performing Arts Award. Remembering Panigoniak, Nunavut Premier Joe Savikataaq issued a statement. "Charlie's legacy across Nunavut is one of great joy, good humour and inspiring others,". Panigoniak appeared at music festivals both north and south, on CBC Radio, APTN, Inuit Broadcasting Corporation and at a number of televised CBC True North Concerts. He was a featured performer at Inuit Tapiriit Kanatami's 30th anniversary in 2001 and at the Nunavut Day celebrations in 1999. Charlie recorded three albums with CBC Northern Service. His album My Seasons was released in Switzerland in 1982. Panigoniak was named to the Order of Nunavut in 2012. The distinguished award honours people who have made an outstanding contribution to the cultural, social or economic well-being of the territory. Panigoniak's funeral was held at the Roman Catholic Church in Rankin Inlet. Instead of flowers, he requested people bring guitar picks.

DESLAURIERS, HENRI (Chico),



soundman CBOFT on March 8, 2019, at the age of 69. He was the son of the late Lionel DesLauriers

and the late Marguerite Dagenais. He will be sadly missed by his children: Véronique Patry DesLauriers (Harold Quevillon) and Antoine Patry DesLauriers (Mylène Philippe-Gagnon); his grandchildren: Marilou, Lilirose and Léandre. He also leaves his brothers: Michel, Lionel and Marc (Micheline); his sisters: Paulette, (Jean-Charles), Marguerite (Mike) and Anne (Tony) as well as many brothers-in-law, sisters-in-law, nephews, nieces, cousins, parents and friends. He was predeceased by his sister Louise and his brother Paul.



LAJEUNESSE, Herbert Phillip 1939- 2019

Passed away peacefully at home in his 80th year. His loving wife Colleen (nee Latimer) died on March 14, 2018. Son of the late Herbert Harry and late Phyllis Jean (nee Emerson) Lajeunesse. Dear brother of David James and his wife Yvonne. Uncle of Michael and Mark, wife Jessica. GreatUncle of Brody and Jaxon. He was retired from CBC.



ASSELIN, Roma It is with great sadness that we announce the passing of Mr. Roma Asselin on February 18, 2019, at the age of 86.

Son of the late Horace Asselin and the late Aurore Martineau. He leaves in sorrow his beloved wife Jacqueline Léveillé, his brother Maurice, his brother-in-law Lorne Drouin, his sister-in-law Lucille Léveillé as well as many nephews, nieces. He was also predeceased by his brothers Raymond and Onésime and his sisters Horacetta, Marguerite, Gloria, Jeanne D'Arc, Jeannette and Charlotte as well many inlaws. Mr. Asselin was retired from The Canadian Broadcasting Corporation for which he was a Civil servant for 38 years.



EAP PAE

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EMPLOYEE ASSISTANCE PROGRAM
A joint program of CBC/Radio-Canada Human Resources and Management

The Employee Assistance Program (EAP) offers confidential counselling services for CBC/Radio-Canada employees, their families and pensioners. No matter what the issue, you can contact the EAP for professional assistance 24 hours a day, 7 days a week.