

Station Break / Pause-indicatif

CBC Pensioners Association
Maritime Region Newsletter

Association des retraité(e)s de la SRC
Bulletin régional des Maritimes

Spring / printemps 2019

PRESIDENT'S BULLETIN

RAPPORT DU PRÉSIDENT



Our December events were very well attended. Cape Breton, Prince Edward Island, and Moncton all held a Christmas dinner. PEI invited Secretary Geoff Turnbull and Board Member Doug Kirkaldy to join them for their dinner and to discuss regional issues.

On December 5th, Halifax hosted the regional Christmas dinner with about a hundred and fifty in attendance, fewer than in some past events.

Our local meetings are still very well attended. We have also seen a small uptake in new members. In 2018, 7 names were added to the membership list. A number of those were in New Brunswick.

On May first, the Region will hold the Annual General Meeting. We hope to have representatives from our Chapters. However, the meeting is open to all members. If you are in the area, please join us for the free lunch. Our Treasurer, David Carr, has organized a buffet that should satisfy everyone.

Elections will be held at the AGM. I have decided not to offer so there will be a new executive come May.

I would like to draw your attention to the people who put this newsletter together. The original people were just two, Mary Wilcox and Marie Thompson. They have put together a team of contributors from all three Maritime Provinces. I'd also like to single out the contribution of don Langis, the President of the Moncton Chapter, who does our translation.

I take this opportunity to thank all those I worked with while I was in the chair. Their help and support were most appreciated and always most timely. Let's keep growing the membership!

Nos activités ont été très populaires en décembre. Le Cap-Breton, l'Île-du-Prince-Edouard et Moncton ont tous organisé des dîners de Noël. L'Île avait invité le secrétaire Geoff Turnbull et le conseiller Doug Kirkaldy au leur pour également discuter de questions régionales.

Le dîner régional de Halifax a attiré environ 150 personnes, un chiffre légèrement inférieur à celui des années précédentes.

Nos réunions locales continuent d'attirer beaucoup de membres. Nous avons également vu leur nombre augmenter légèrement. En 2018, nous avons accueilli 7 nouveaux membres dont plusieurs venaient du Nouveau-Brunswick.

L'Assemblée Générale Annuelle régionale aura lieu le mercredi 1^{er} mai. Nous espérons que toutes les sections y participeront. Cette AGA est ouverte à tous les membres. Si vous êtes dans la région, venez-vous joindre à nous pour un lunch gratuit. Notre trésorier David Carr a prévu un buffet qui devrait plaire à tous. Des élections auront lieu à cette AGA. J'ai décidé de ne pas me présenter, ce qui signifie que nous aurons un nouveau bureau dès mai.

Je porte à votre attention les noms des responsables de ce bulletin. Au début, il n'y avait que Mary Wilcox et Marie Thompson. Elles ont recruté une équipe de collaborateurs venant des trois provinces Maritimes. Je désire également souligner la contribution de notre traducteur, Donald Langis, qui est également président de la section de Moncton.

Enfin, un grand merci à tous ceux et toutes celles avec qui j'ai eu l'occasion de travailler pendant ma présidence.

Leur aide et leur appui ont été très appréciés et toujours opportuns. Continuons à augmenter le membership!

Contents – UPDATE

President's Report – English
President's Report – French
Moncton Report – French
Moncton Report – English
Charlottetown Report
Sydney Report
Halifax Report

Treasurer's Report – English
Treasurer's Report – French
Feature – Marie Thompson
Feature – David Carr & Sue Dexter
Stay Connected – French
Stay Connected – English
Newsletter Crew

Special Notice Page 8

Special Report – Thank you, John and Tinker

It is spring and there is change in the air.

The biggest news this time of course is the winding down of John McKay's term as regional president. For many years he has faithfully led the association both regionally and as a respected voice on the national board. At last year's regional Annual General Meeting John agreed, despite some health concerns, to stay on for one more year to help us make an orderly transition.

On May 1st, at our 2019 AGM, John will step down and we will confirm a replacement to fill out his three-year term.

For the past 20 years John has been making a difference for retirees, in the beginning as a part of the pioneering team which helped establish the national association and then as the go-to guy for the Maritimes, always ready to help individual people and the regional chapters whenever an issue arose or help was needed.

Along with former regional leaders like Jack Brownell and Jack Ingram, John has fought to give pensioners an effective voice in our dealings with the CBC. That they succeeded many of you will be able to attest to personally. One of their signature wins brought us a share of a large pension surplus 19 years ago, and the hope of a share when and if the fund goes into a significant surplus position again.

This means we have also to be grateful to his wife Tinker for putting up with our demands on his time and for supporting him through the ups and downs of his long tenure.

John was a pioneer also as a current affairs producer in the Halifax television operation, where he helped create the early documentary and interview program Perspective.

John's kindness, perseverance and gentle authority have stood us well for many years, and we will miss him. Not too much, we hope, as we are counting on having him around as a past president and counsellor for a long time to come.

Un témoignage spécial – Un gros merci à John et Tinker

C'est le printemps et il y a du changement dans l'air.

Cette fois, la plus importante nouvelle est la fin du mandat de notre président régional, John McKay.

Pendant plusieurs années, il a dirigé fidèlement l'association à la fois dans la région et en tant qu'une voix respectée au conseil d'administration. À la dernière Assemblée Générale Annuelle régionale, John avait convenu, malgré ses problèmes de santé, de demeurer en poste pendant une autre année afin de permettre une transition en douceur.

À la l'AGA du 1^{er} mai 2019, John quittera son poste et nous choisirons le remplaçant qui complétera son mandat de trois ans.

Pendant les 20 dernières années, John a obtenu le respect des retraités : au début, en faisant partie de l'équipe qui a contribué à la création de l'association nationale et par la suite, en devenant l'homme de confiance dans les Maritimes, toujours prêt à venir en aide aux retraités et aux sections locales aux prises avec des problèmes ou ayant besoin d'aide.

En compagnie d'anciens leaders régionaux tels Jack Brownell et Jack Ingram, John a lutté pour donner aux retraités une voix efficace dans nos rapports avec la SRC. Plusieurs d'entre nous en attesteront personnellement. Une de leurs plus grandes réussites est sans contredit le fait d'avoir gagné la lutte pour obtenir notre part du surplus de la caisse de retraite, il y a 19 ans de cela, et encore d'obtenir notre part de cette caisse si jamais elle enregistre un autre surplus d'importance.

Il faut également être reconnaissant envers son épouse, Tinker, qui a toléré nos exigences sur son temps et de l'avoir appuyé pendant les hauts et les bas de son long mandat.

John a également été pionnier comme réalisateur aux affaires publiques au centre de production de la télévision à Halifax où il a contribué à la mise sur pied de l'émission de documentaires et d'entrevues « Perspective ».

La gentillesse, la persévérance et la douce autorité de John nous ont bien servis pendant de nombreuses années, et il nous manquera. Pas trop, nous le souhaitons, puisque nous comptons sur sa présence comme président sortant et conseiller pendant longtemps.

Nouvelles de Moncton le dimanche 31 mars 2019

« Dormir et dormir suffisamment est aussi important que de bien manger et faire de l'exercice. » C'est le message que Carole Lamothe, thérapeute respiratoire au *Centre hospitalier universitaire Dr-Georges-L.-Dumont*, nous a laissé au cours de notre déjeuner-causerie de mars. Selon elle, « le simple manque de sommeil peut augmenter de 2 à 3 fois le risque de maladie... » De plus, des études démontrent qu'au moins 20% de la population souffre d'apnée du sommeil, un des 84 troubles du sommeil. On peut souffrir d'apnée du sommeil sans le savoir. Les symptômes ressemblent à ceux de la dépression : ronflement, arrêts respiratoires, sensation d'étouffement, fréquent besoin d'uriner la nuit et sueurs nocturnes. Si nous pensons en souffrir, notre invité nous conseille d'en discuter avec notre médecin.

Dans d'autres nouvelles, un de nos membres, Georges Goguen, a reçu l'*Ordre du Canada* le 14 mars. Graphiste à Radio-Canada Acadie, il a mis sur pied la Galerie d'art de Radio-Canada à Moncton dont il s'est occupé pendant une quarantaine d'années.

Le quotidien *Acadie Nouvelle* rapporte dans son édition du 15 mars la suppression de 9 postes au centre de production de Moncton. Selon le représentant syndical Michel Nogue, la direction explique cette décision au fait que « le monde des communications évolue rapidement et que, pour s'adapter à cette nouvelle réalité, Radio-Canada a besoin d'autres genres d'effectifs ». La direction s'est abstenue de tout commentaire.

Notre prochain déjeuner-causerie aura lieu le mercredi 24 avril au restaurant Swiss Chalet à Dieppe. Enfin, nous vous communiquerons les dates des deux dernières activités de la présente année, soit l'Assemblée générale annuelle (AGA) et le souper au homard, dès que possible.

Moncton – Spring – 2019 Sunday, March 31st, 2019

“Sleeping and having enough sleep is as important as eating well and exercising.” That was the message from Carole Lamothe, respiratory therapist at the *Dr. Georges-L.-Dumont University Hospital Centre* at our March luncheon. She explained that the lack of sleep can increase the risks of illnesses. Studies show that at least 20% of the population suffer from sleep apnea, one of 84 sleep disorders. We may suffer from sleep apnea and not be aware of it. The symptoms resemble those of a depression: snoring, breathing stops, choking sensation, frequent need to urinate at night, and night sweats. Our guest suggested discussing this with our doctor.

In other news, one of our members, Georges Goguen, was decorated with the *Order of Canada* on March 14th. Graphic artist at Radio-Canada Acadie, Georges opened an art gallery in the Moncton production center and managed it for some 40 years.

The French daily, *Acadie Nouvelle*, reported in its March 15th edition that 9 positions were being abolished at the Moncton production centre. According to the union representative Michel Nogue, management explained that the world of communication is changing rapidly and, to adapt to this new reality, Radio-Canada needs other types of staff. Management hasn't reacted publicly.

Our next luncheon will take place at the Swiss Chalet in Dieppe on Wednesday, April 24th. Finally, the dates for the Annual General Meeting and the lobster supper will be confirmed as soon as possible.

Charlottetown

PEI REPORT

Kathy Large

PEI Chapter to hold BBQ in June

CBC National Pensioners Association, PEI Chapter will be inviting all members and chapter friends to a late spring BBQ in the Charlottetown area sometime in June before the busy days of summer hit the Island. Last year, this new event was highly successful in bringing everyone together for a chat on the porch at the Brackley Community Centre, and to enjoy the delicious BBQ cooking of volunteer chef Steve Stapleton plus dessert contributed by many cooks. After such a long, cold winter on the Island, we need to celebrate a change in the seasons! Please watch for more details by email.

Your PEI executive will be meeting again in early May. Let us know if you need help with any issues or have any questions. And please do contact us if you want more information about our social plans or have an idea how to improve the BBQ event. Contact Kathy Large by email or phone – largekathy22@gmail.com or 902-394-4966.

Sydney

CAPE BRETON REPORT

Bill Doyle

Most CBC retirees in Cape Breton endured the winter here on the island instead of heading for the sunny south, with little other than snowfall and shoveling to disturb our tranquility. We have no summer events planned.

We anticipate signing up a new member this spring to shore up the minimum number required to maintain our status as the smallest chapter of the CBCPNA.

We continue to try and entice Denise Wilson, Senior Managing Director CBC Atlantic, or her representative, to explain why people in Cape Breton still can't hear CBC Music programming week days between 6:00 a.m. and on 9:00 a.m.

Our Annual General Meeting takes place on Thursday, May 16, at the Royal Canadian Legion at Westmount. It starts at 2:00 p.m.

Short notes: we have lost several members in the past few months, and we have also welcomed several new members, mostly in Moncton and Halifax.

Our AGM on May 1st will feature a FREE LUNCH. We are bringing it back to entice you to come and take part. There will be some interesting (we hope) discussions about setting priorities, re-imagining our regular meeting format, and voting for the secretary, treasurer and (one) director positions, as well as confirming a president.

The National AGM is taking place in Victoria on May 13 through 15, and we will be represented there. Two of the biggest issues on the table are pension surplus sharing and increasing membership. The two issues are interlinked – we have to have strong membership to speak up for all retirees.

We need your support for all of this and more, so please plan to attend if you can. Moncton and Sydney chapters are sending delegates, and Charlottetown hopes to as well. Every member in the region is entitled to be there, to speak and vote, so if you can make the trip from out of town for this important event, please do come.

IMPORTANT – NOTICE TO ALL MEMBERS UN AVIS IMPORTANT À TOUS LES MEMBRES

Do you really want a paper copy of this newsletter? Do you read it or do you read the electronic copy you get by e-mail? Printing the paper copies is expensive and postage adds to that cost. Our mailing costs have gone up substantially.

Our Association wants to reduce expenses to make sure we can continue operating.

So, if you don't need the paper copy, **PLEASE let us know**. Please contact the Ottawa office at:

P.O. Box 8570, Ottawa, Ontario K1G 3H9

Toll free 1-877-361-9242

or e-mail either Dianne St-Germain: dst.germain@on.aibn.com or

Suzie Bougie: cbcpensioners@on.aibn.com

Do it **NOW** to make sure you do your part to cut our costs. Thank you very much

Vous désirez toujours recevoir une copie papier de ce bulletin? Est-ce que vous la lisez ou est-ce la version que vous recevez par courriel? L'impression de copies papier coûte cher, tout comme les frais postaux. Ceux-ci ont considérablement augmenté.

Notre Association cherche à réduire ses coûts pour assurer son avenir. Si vous ne lisez pas la copie papier, **SVP laissez-nous savoir** en communiquant avec le bureau d'Ottawa à :

C. P. 8570, Ottawa, Ontario K1G 3H9

Ligne sans frais: 1-877-361-9242

ou par courriel à Dianne St-Germain: dst.germain@on.aibn.com ou

Suzie Bougie: cbcpensioners@on.aibn.com

Faites-le dès maintenant pour vous assurer de faire votre part pour réduire nos coûts.

Un grand merci.



For me it all started with the dead little boy on the beach. You remember that picture. He was wearing a bright red shirt – a shirt like many sold at Costco or Winners. My heart stopped when I saw that shot. He and his mother drowned when disaster struck their tiny raft on its way from Turkey to Greece. They were part of the vast movement of Syrians fleeing to find peace and safety as their country burned.

I became part of a movement too. I joined a group of friends and strangers prepared to raise money to sponsor refugees to settle in Nova Scotia.

In the winter of 2015-16, with all the media attention on the European refugee crisis, our group – Open Harbour Refugee Association – raised almost 17000 dollars in two months! Our money, matched by the federal government, would provide income for a family of four for a year. We weren't alone. Remember the warehouses full of donations that winter. All from people who wanted to help. In February 2016 we greeted an exhausted family of four – Syrian Kurds with two little girls.

The high point of sponsorship is always the welcome party at the airport. The worst is over for the refugees. Some have seen war and lost family members; some have lived in camps and tiny rooms. Now they know they are safe. The sponsorship group has furnished an apartment. It's waiting for them after their long journey from Turkey or Lebanon or Jordan.

That's when the hard part begins for the volunteers. If we are lucky the newcomers speak a little bit of English. But if they don't we have to rely on volunteer translators, smart phone apps and Google Translate. I introduced the family to the nearest grocery store by bus. First, I had to learn about Dartmouth bus routes. Unknown territory for me! We drove them around to get ID cards, open bank accounts and to start the long list of appointments for health care and language classes.

Since that first airport arrival, there've been two more for our group. We sponsored one man from Eritrea and then another family of four from Syria. One family has had a baby, their first-born Canadian. Most are still learning English, some are employed and some are at college! Our fundraising efforts range from bake sales, to trivia nights to making cold-calls to funders.

At times volunteers burn out. The big rush to join up is over. But the number of refugees around the world just keeps getting bigger. There's a lot at stake. Who knows what the future holds for the people we've welcomed to Nova Scotia. Some may think I'm naïve but I hope for great things for them and for our province.

My Arrival at CBC By David Carr

Photography has always been an important part of my life. So, in November 1956 on being discharged from the Armed Forces, I took the Sackville Street elevator to the second floor of CBC Halifax to visit Press and Information (the forerunner of Human Resources, which is now called People and Culture) and apply for a job as a Film Cameraman. Nope, I was told, the only position I could apply for in film was a Film Assistant. After filling out a long application in scratchy pen and ink (ball points had yet to arrive at the Mother Corp), I was told there were no Film Assistant positions available but my form would be kept on file.

On chatting about this with my good friend David Stevens (now the late) from our Navy days, then working as a Master Control Tech, he took me for an evening visit to Bell Road, where on the third floor I met Bill McKenzie, a Film Editor working a late shift. When I mentioned that there are (apparently) no positions available, Bill replied not true, there are two Film Assistant positions on the notice board right now. As a result, he said he would give my name to the Film Director (with what I discovered later included a strong recommendation.)

A few days later, I had a call from Press and Information to set up an interview with the Film Director. So, arriving at the appointed hour with a haircut and in my best bib and tucker, I was interviewed by George Hames and told that, subject to approval by the Director of Television, I had the job. Later, another phone call told me that I was approved and given a date and time to arrive for the start of my employment with the Canadian Broadcasting Corporation.

Thusly, on Monday, 10 December, 1956, a bright and sunny day, I entered the CBC Building at 1840 Bell Road. I did not fully realize at that time that this is what I would be doing (figuratively) for the next 40 years.

Bill became a life-long friend and, of course, still is.

Something New by Sue Dexter

Something new came into my life recently. I am surprised by how much I like it. I have begun volunteering at the Daisy. Anyone living on the South Shore doesn't need to have the Daisy explained. It is one of the most popular and well-known thrift stores in the area, up there with Frenchy's and the Salvation Army. It is an auxiliary of the local hospital meaning that most of the money it raises goes to the hospital.

I have always enjoyed shopping at thrift stores. The Salvation Army or Sally Ann has a warm spot in my heart from my days at the art college. A great friend of mine, a gentle eccentric called Wick, introduced me to the wonderful bargains in old fur coats for sale there. Five dollars and the warmest coat I ever owned, great for walking home late on a freezing winter night.

Frenchy's was a later favourite. Friends would organize trips to Frenchy's and Guy's along the southwest shore. When I lived in Dartmouth, there were two Salvation Army stores that became my preferred browsing spots. But I had never heard of the Daisy until I shifted home base to Bridgewater and even then, I didn't visit much.

My interest in bargains and treasures seemed finished. Who needs more stuff, more linen shirts? I'm getting too old for the search, I grumbled to myself.

Then I found myself at the Daisy, literally via the backdoor. A friend who knew my thrift store history told me the Daisy needed volunteers. Not expecting much (I wasn't into volunteering), I called and was told to go to the backdoor at the Daisy to meet Jean. Jean is the leader. I have since discovered she is the arbiter of everything Daisy.

Luckily for me, she looked me over and decided to give me a try. I was introduced around and put to work right away. Since then I go to the Daisy twice a week, for four hours on Saturday when I help out on the cash register and again on Mondays. That's when the store is closed and a small army of women come in and reorganizes the displays. The mannequins are dressed in new outfits. The walls and shelves become pages out of a home design magazine. This transformation is the result of the genius and work of a group of women using only thrift store donations. It is an amazing process and it is the main reason I love working at the Daisy.



POUR JOINDRE NOTRE RÉGION PAR COURRIER, COURRIEL ET INTERNET

Courrier: Assoc. Retraités SRC (Maritimes), 413 - 50 Barkton Lane, Halifax, NÉ B3M 4H8
Courriel: cbcpam@gmail.com ou Suzie Bougie: cbcpensioners@on.aibn.com
Site Internet : Maritimes: <http://www.chebucto.ns.ca/culture/cbcpensioners/>
Lien Internet (photos et bulletins) – Maritimes: lien dans le site
<http://www.chebucto.ns.ca/culture/cbcpensioners/>
Great West Life (GWL): www.greatwestlife.com Composer le: 1 877 340-9082
Centre d'administration des pensions (CAP) Composer le : 1 888 604 9258

STAY CONNECTED

Keep your Association informed:

If you move, change your phone number or e-mail address, please make sure you notify both the National office and the Regional office of your new contact information, especially your e-mail address so we can keep in touch with you by newsletters.

Dites-le à votre association:

Si vous déménagez, changez de numéro de téléphone ou d'adresse courriel, assurez-vous d'en informer les bureaux national et régional. Votre adresse courriel nous permet de rester en contact avec vous à l'aide de notre bulletin.

national: cbcpensioners@on.aibn.com

613-724-3003

1-877-361-9242

régional: cbcpam@gmail.com

HOW TO CONNECT WITH OUR REGION BY MAIL, E-MAIL, AND INTERNET

Postal: CBC Pensioners' Assoc. (Maritimes), 413 - 50 Barkton Lane, Halifax, NS B3M 4H8
E-Mail: cbcpam@gmail.com or Suzie Bougie: cbcpensioners@on.aibn.com
Internet: Maritimes-photos and newsletters: <http://www.chebucto.ns.ca/culture/cbcpensioners/>
Internet (photos) – Maritimes: link from <http://www.chebucto.ns.ca/culture/cbcpensioners/>
Great West Life (GWL): www.greatwestlife.com Telephone: 1 877 340-9082
Pensioners Administration Center (PAC) Telephone: 1 888 604 9258



Your CBCPAM Newsletter crew / Votre équipe de rédaction

Claire Brownell	David Carr	Bill Doyle	Jackie Fitzmorris	don Langis
David McClafferty	John McKay	Ian Petrie	Geoff Turnbull	Mary Wilcox

This is the CBCPAM regional newsletter #15.
We welcome comments, suggestions for future items,
and contributions. Please contact:

Editors: donald Langis donald.langis@gmail.com
Mary Wilcox marywilcox@eastlink.ca

Postal: CBC Pensioners' Assoc. (Maritimes),
413-50 Barkton Lane, Halifax, NS B3M 4H8

Voici le bulletin régional des Maritimes, #15.
Nous aimerions recevoir vos commentaires, vos
suggestions d'articles futurs et vos contributions.

Editors: donald Langis donald.langis@gmail.com
Mary Wilcox marywilcox@eastlink.ca

Adresse postale: Assoc. des retraités SRC(Maritimes)
413-50 Barkton Lane, Halifax, NÉ B3M 4H8