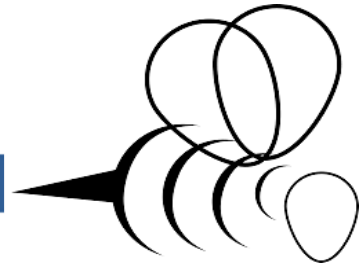




CBC-PNA DURHAM CHAPTER

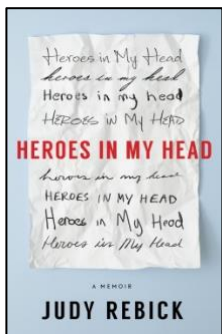


May ————— 2019



Many of you know **Judy Rebick** as a social and political activist, frequent guest on CBC radio and television, former co-host of *Face Off* & host of *Straight From The Hip*.

What you probably didn't know is that Judy lived for years with multiple personalities in her head. Now known as dissociative identity disorder, Judy has chronicled her years of living with depression and the 11 different voices, or alters, speaking to her. Her latest book, *Heroes in My Head*, is published by House of Anansi Press.



Judy will join us at our first *Coffee & Conversation* gathering to share her experiences and the challenges of navigating the mental health system.

We hope you'll join us. This is a free event.

NEW EVENT!

COFFEE & CONVERSATION with

JUDY REBICK

DATE: June 7th, 2019

1:30 PM - Mix & Mingle

2:00 PM - Author Talk & Q&A

2:30 – 3:30 PM – Refreshments & Chat

PLACE: Ajax Public Library, 55 Harwood Avenue South, Ajax, Ontario, L1S 2H8.

Coffee, tea and pastries will be available.

This is an accessible venue.

Please RSVP BY June 5th to CBC-PNA-Durham@outlook.com or call Barbara Saxberg at 905-404-1334 so that we know how much coffee/tea/pastries to order. Be sure to leave your contact information.

BONUS!

Bring a CBC retiree who isn't already a PNA member to any PNA event.

If they sign a membership application, you'll be eligible for a \$25.00 rebate!

COMING EVENTS

Summer BBQ in the Vines

We will hold the Annual Summer BBQ at Ocala Winery on August 28, 2019 from 12 noon to 3:00 PM. Cost is \$15.00 per person.



Reserve your spot at CBC-PNA-Durham@outlook.com or call Barbara Saxberg at 905-404-1334. Watch for more details in the July Newsletter. And check out the Facebook page for information! <https://tinyurl.com/y3z6hpok>



CBC PNA Trent Chapter Luncheon Cruise

Durham Chapter members are invited to cruise down the Ottonabee River to the Peterborough Lift Lock with the Trent Chapter of the PNA in mid-July. Exact date TBA. Lunch is included. Contact Trent Chapter President Barrie Burhoe at bburhoe@cogeco.ca for more details.

Remembrance Day Coffee & Conversation... with Author Ted Barris



Mark your calendars: Author and former CBC broadcaster Ted Barris will join us on November 8, 2019 to commemorate Remembrance Day.

Ted is an engaging speaker with a new book coming this Fall called, *Rush to Danger: Medics in the Line of Fire*. He tells the stories of medical personnel in combat, including his dad Alex Barris. Watch for details on this event coming in the Fall Newsletter.

PRESIDENT'S MESSAGE



Greetings and Happy Spring!

How lovely to see the earth coming alive again after a rather hard winter. I hope you're enjoying the sunshine and warmer temperatures.

I'm delighted to say that our Spring Luncheon was a big success with 34 members and guests in attendance. The new venue, Kedron Dells Golf Course, was well received as was the food. We were also able to offer door prizes entirely through donations and the work of members of our Executive.



Our guest speaker, **Dan McTeague** of gasbuddy.com, kept everyone's attention as he explained the mysteries of gas pricing and offered advice on how and when to get the best prices for topping up their tanks. And thanks to the generosity of those who attended, we were able to make a substantial food donation to a local food bank.

Also, in April, we held our first ever Wine & Cheese gathering for Spouses and Life Partners of PNA members. 3 Steps Up Café & Bistro hosted 14 people who were able to mix and mingle, and hear about helpful resources all spouses and partners of retirees can access, thanks to our National Representative on the CBC pension and benefits sub-committee **Dan Oldfield**. Let us know if you'd like us to hold more events of this nature.

In June, we're looking forward to our first **Coffee & Conversation** gathering with guest speaker **Judy Rebick**. And in August, we will hold the annual **Summer BBQ** at Ocala Winery. Watch for more details on that in the July newsletter.



DURHAM CHAPTER NEWS

Finally, the Durham Chapter would like to express our sincere thanks to **Bob Ross** who is stepping down from his position on the Executive as Secretary-Treasurer. Bob has done an excellent job keeping our finances in good order and we're sorry to see him go. We wish him and his wife Debbie all the best and hope to see them both at future PNA gatherings. We welcome **Glenn Gray** as our interim Secretary-Treasurer.

Also in this issue, the PNA National Board met this month to discuss future plans, the CBC is temporarily opening the Supplementary Health Care Plan for those who did not join upon retirement, and our pension plan agreement on surplus sharing is now under review. All that and more. Happy reading!

Barbara Saxberg,
Durham Chapter President

MEET YOUR NEW SECRETARY-TREASURER



Glenn Gray retired four years ago after 20 years of service with the CBC and 17 years as a staff representative with the Canadian Media Guild. His last position with the CBC was as Materials

Coordinator with CBC International Sales' program operation sales. Glenn was a volunteer in CUPE for most of his time with the CBC and was the chief negotiator for the first collective agreement for the former CUPE group after it merged with the CMG. Glenn was involved in various committees and was chief negotiator for employees at Thomson Reuters and in 2009 he was the chief negotiator for bargaining with the CBC.

Glenn resides in Ajax, has two married daughters and four grandchildren. He has a passion for music and is a guitarist/singer/songwriter.

Deadline for CBC SHCP Applications Fast Approaching

CBC Pensioners who don't have CBC retiree supplementary health care benefits have just a couple of weeks left to apply for those benefits.

The CBC, in consultation with the Pensioners National Association, has agreed to open the plan to allow those who may have originally declined coverage to apply for enrollment. The re-opening of the plan is an unusual occurrence. Applications must be received by the end of this month.

Supplementary benefits include prescription drugs, hospital stays and medical expenses, ambulance and paramedical services.

The new Health Care Plan coverage is being offered at an affordable and more sustainable premium. Monthly rates in Ontario range from \$104 a month for a single person over 65 years of age to \$312 for family coverage for a retiree less than 65 years of age.

Eligible retirees should have received a detailed information package in the mail. If you haven't received the package and think you should have one, please contact the PNA's national office in Ottawa at 1-877-361-9242.

CBC Pension Plan Update

The CBC Pension Plan is in great shape according to Duncan Burrill, the new Managing Director/CEO. Assets of the plan are valued at more than \$7-

billion dollars. There are currently more than 19,000 members of the plan, about 10,000 are retirees.

The latest figures show the plan is in a surplus position. In other words, its assets exceed its liabilities. This assessment is used to determine the overall health of the plan. The so-called “solvency” calculations are also critical in determining whether the surplus is big enough to make a refund of contributions to plan members.

Many will recall receiving a return of contributions back in 2000. A deal reached in 2009 between the CBC, the PNA and the unions establishes a formula for determining the rules for a distribution of excess surplus when the plan’s value exceeds its liabilities by more than 105%. And while the “going concern” value (actual value of the assets) is close to 150%, another assessment called the “solvency” calculation which is used to determine the value of the plan in the event of a wind-up sets the value at just more than 101%. Why do these numbers matter?

Besides measuring the overall health of the plan, the deal between the CBC, the PNA and the unions for surplus sharing is up for review this year and meetings to begin that process are scheduled for early June. We will keep you informed.

PNA National Board Meeting & AGM in Victoria

At the PNA’s convention in Ottawa last year, delegates, with the help of outside facilitation, created a three-year strategic plan containing four main elements – Communication, Recruitment, Governance and Advocacy.

At the Executive meeting this year, the members took the opportunity to revisit the plan and to

assess progress. A lot has been done over the past 12 months and efforts will continue this year.

Improving Communication

On the communication front, considerable effort is being made to revamp the Association’s webpage. The goal is to make the site more accessible, more interesting and more valuable, not only to members but also to others who are thinking of joining. The official launch of the new website is expected in July.

The efforts in improving how and to whom the PNA communicates play an important role in the recruitment of new members. The PNA is the official voice of retirees at the CBC but only maintains that status as long as it represents more than half the number of total retirees. Attracting new members is critical to the effectiveness of the Association. The executive is also reaching out to the CBC and its Unions to help with the finding and informing of retirees who have not signed up.

PNA by the Numbers

The membership of the Pensioners National Association spans the country. Our 5000-plus members can be found from Newfoundland to the Yukon and from Halifax to Victoria. In 2000, there were about 7500 CBC retirees. Today there are more than 9000. The majority live in either Quebec or Ontario.

These numbers have significance for the PNA as the voice of retirees. While the Association already represents a substantial portion of retirees, the goal is to have all retirees as members so that the PNA can provide the advocacy and services to the widest possible group.

The work of the PNA is challenging and, as they say, many hands make light work. If you are a member,

we encourage you to reach out to those you know who are not. If you are not a member, please consider joining up. The annual fees are modest and the benefits great.

PNA Governance

On the governance front, a new set of bylaws was approved by PNA members at the most recent AGM. The organization has also been developing succession plans to ensure stability in the future.



In Health News... Supplements & Dementia

The U.S. Food and Drug Administration recently cracked down on companies flogging dietary supplements to help prevent forms of dementia, sending warning letters to 17 companies selling some 60 supplements. The FDA estimates that 80 percent of older adults rely on these types of supplements, without medical guidance. Some of the supplements claim to work like Alzheimer's drugs but naturally and without side effects.

No evidence

So far, most of the big pharmaceutical trials and medical research have demonstrated that vitamins, various anti-oxidants and other concoctions have no preventive effect on treating or slowing dementia. Dr. Steven DeKosky is a neurologist with the McKnight Brain Institute at the University of Florida. He led a 7-year study of ginkgo biloba extract to see if it reduced dementia. It didn't. But ginkgo biloba is still on many store shelves. Dr. DeKosky also warns that some of the supplements

claiming to help can be toxic in some circumstances.

What can help

There are things you can do though to reduce your risk of dementia. After examining several large clinical trials, the National Academies of Sciences, Engineering and Medicine endorsed three interventions, although even these aren't conclusive. They recommend:

- Increasing physical activity
- Blood pressure management for people with hypertension, especially in mid-life
- Cognitive training

Cognitive training refers to staying mentally active, or learning something new and challenging that stimulates your brain, not online brain games.

And that's not all that can help.

The Lancet Commission on Dementia Prevention adds to the list more social engagement and quitting smoking, as well as managing obesity, diabetes, hearing loss, and depression.

The Commission estimates these steps could prevent or delay a third of dementia cases. Good sleep hygiene is also recommended.

So no magic bullets. But all positive steps towards lowering the risk of cognitive decline as we age without spending money on unproven supplements.

It's important to remember, though, that no one should stop taking a medication or recommended supplement without talking first with their doctor.



FREE UNIVERSITY TUITION FOR SENIORS

If you've ever thought of going back to school, it's not too late. And now you can do it for free.

Several universities in Ontario offer free tuition to seniors for basic under-graduate programs.



This higher learning freebie comes with a few conditions. You must be at least 65 at McMaster, York U. and U. of Guelph. And the tuition value may be

considered a taxable benefit.

You still need to fill out an application and pay any student fees and course materials. Usually, you need to have graduated high school or an equivalent to qualify. It's a great deal since tuition generally costs \$6000 - \$7500 annually.

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 SHCP. 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.

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.

CONTACT US:

Want to comment on this or anything else in the BUZZ?

Have a story to tell or photos to share?

Know of a CBC retiree with a skill to share? Or a retiree we should profile?

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



YOUR EXECUTIVE

President – Barbara Saxberg

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