

The Transmitter

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Photo: Courtesy of Marcel Bolen, CBC PNA, Regina, SK

Marcel Bolen and his wife Kathy returned to a favourite spot in Mexico this past winter.

President's Report

Bob Forrow, CBC PNA Regional President, Edmonton, AB

As President of the Region, I attended an annual general meeting and luncheon in Calgary at the Kerby Centre in April. Unfortunately, Ken McCreath, the President of the Southern Alberta Chapter, was in poor health and unable to attend. Longtime Vice-President Russell Down chaired the meeting and Joanne McAdam was elected as the new Vice-President. The PNA region supplied a \$10.00 subsidy towards the luncheon for the members and their partners. The following day I was invited by Helen Henderson, the Senior Director of Journalism and Programming of CBC Calgary, to introduce myself, visit and talk with senior staff. My visit was in the middle of the Alberta Provincial Election and there was a Provincial Leaders debate that evening, so I had rushed meetings with several employees.

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Photo: Bob Forrow, President of the Alberta, Saskatchewan and Northwest Territories Region

In May, I visited CBC Regina by invitation of Managing Editor David Hutton. The Regional Controller Bev Fairburn gave me a tour through the building and introduced me to employees. I spoke with several of them about pensions, the PNA and retirement. The next evening the PNA regional Vice-President Lutz Walsh introduced me to the Saskatchewan Chapter of the CBC PNA and to the CBC 20 Year Association at a lively gathering at Nicky's Café in Regina. It was a very fun evening enjoyed by all. There was talk of having a reunion to mark the 50th anniversary of the opening of CBC Moose Jaw. The PNA supplied a \$10.00 subsidy towards the supper for the members and their partners.

Two days later I visited CBC Saskatoon, again by invitation of Managing Editor David Hutton. I talked to staff concerning the CBC pension, the PNA and retirement. The next afternoon I attended a luncheon at MR MIKES Steakhouse and talked to CBC retirees about the PNA and the Supplementary Health Care Plan. Once again, the regional PNA supplied a \$10.00 subsidy towards the meal for the members and their partners.

I enjoyed attending a lunch on June 19 with PNA members in Edmonton. Also, I introduced myself to the management of CBC Edmonton on June 14 and talked to senior staff concerning EAP, retirement and joining the PNA.

Not only did I travel in Alberta and Saskatchewan this spring but I also went to Victoria, BC for the meeting of the national directors of the CBC PNA. Some of the highlights include approval of the newly revised by-laws and discussion of the surplus this year in the Supplementary Health Care Plan. PNA representatives from the Maritimes objected to the price of their premiums compared to other areas of Canada and the national executive agreed to look into the matter. The Consultative Committee on Staff Benefits talked about the Special Fund that pays for health care items that are not covered by existing health insurance plans. The directors talked again about whether to provide a pre-retirement seminar for current CBC employees and will form a small committee to study the feasibility of sponsoring seminars with CBC and its unions. We approved increased per diem rates in line with the CBC's rates as well as a new set of bylaws, and heard about the work to develop a new website.

The new PNA representative on the Employee Assistance Plan (EAP), Donald Langis, was introduced. There was an update on the pension benefits for post-retirement surviving spouses. The directors resolved to support maintaining a defined benefits pension plan for CBC. Discussions were to start in June on how to manage the surplus in the CBC Pension Plan. There was a proposal for the PNA to join forces with CARP (Canadian Association of Retired Persons) to have a louder voice advocating for a decrease in the amount of money retirees must take out of a RIFF.

If you would like to get in touch with me to discuss anything about the PNA, please call 780-437-5074 or 780-983-2838. You could also send a message to me at srforrow@telusplanet.net

Meet the new rep for EAP

The Employee Assistance Program is a gem and like all gems, it needs polishing every once in a while so that one can appreciate its beauty. That's what Julia Sargeaunt of Edmonton did during her mandate as the representative of the CBC Pensioners National Association on the Board of Directors for EAP.

Julia did excellent work but has decided that after long service, someone else should carry the torch. So at the May meeting of the PNA's Board of Directors, Donald Langis from New Brunswick was mandated to continue the good work.

Donald brings with him his skills as a teacher at the high school level for several years after which he opted for journalism. He holds two master's degrees and a certificate from the Poynter Institute for Media Studies in St. Petersburg, Florida. He began as a reporter with the French provincial newspaper *L'Évangéline* where he became Managing Editor before moving on to *Radio-Canada Acadie* where he eventually served several years as News Director for the French network in the Atlantic provinces. Where else except in the Atlantic Provinces can you find a production centre responsible for four, yes four, provincial elections? Donald brings to his new position his experience with the local EAP committee, in news and in management. He is presently serving his third mandate as President of the Moncton Chapter of the PNA.

For more information on the CBC/Radio-Canada's Employee Assistance Plan, see pages 6 and 7 of this issue of *The Transmitter*.

Tokyo Radiation Decision

After retiring from CBC Edmonton, John Hanlon joined NHK World-TV in Tokyo, Japan. In a previous issue of The Transmitter John described his experiences during Japan's massive earthquake on March 11, 2011. Below is his account of coping with the nuclear power plant disaster that followed.



Photo: Courtesy of CBC's Amber Hildebrandt

John Hanlon at NHK in Tokyo during the earthquake crisis of March 2011

A scary thing about exposure to radiation is not actually being able to see it. The first radiation reached Tokyo soon after the earthquake sent a 43-foot high tsunami crashing into a nuclear power plant about two hours away from Tokyo. Immediately the fireworks began, as explosions and meltdowns sent radiation spewing into the air. For anyone nearby, the most serious risks were cancer or leukemia. So my wife and I had to make a crucial decision: whether to stay in Tokyo, or flee.

The trouble was events were happening so fast we could hardly think. Radiation levels in Tokyo shot up—enough for scores of non-Japanese residents to rush to safer locations such as Osaka, Hong Kong and even Canada. My anxiety spiked with each news story about more setbacks at the nuclear plant and the evacuation of thousands of nearby residents. Adding to the turmoil were the quake's aftershocks that shook our apartment and workplace almost every day.

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My wife told me she would stay in Tokyo. She's Japanese, and though it might be hard for us westerners to understand, no Japanese, my wife included, would ever abandon fellow countrymen at a time like this. I tried to talk her out of it, but she was unwavering. So I stayed too.

We remained mostly indoors—only leaving home to travel to work or shop for food. Grocery stores sometimes ran out of bottled water, and in the crisis' early days some food shelves were bare. My work provided no distraction as I was always writing and narrating updates about the evolving crisis. I couldn't stop checking an online site that reported on radiation levels, and always they were higher than normal. The stress was wearing us down. When would this crisis end? And how would it end?

Well, not as suddenly and dramatically as it began. Like an ebbing tide, the danger gradually faded after about three weeks. There had been no reports of cancer; those who fled Tokyo returned; and life returned to normal. But I relearned the often overlooked and brutal lesson that life is random. Even though we think we can impose order on our lives, *stuff happens*. It springs upon you by surprise, and often it is pitiless. We never know if things will end tragically, or whether we'll pull through. After Japan's triple catastrophe—earthquake, tsunami and nuclear disaster—more than 15 thousand people perished; and millions of others pulled through.



Photo: Courtesy of CBC's Amber Hildebrandt

Japanese people left prayer plaques at Tokyo's Meiji Shrine

It wasn't earthquakes and nuclear disasters that brought an end to my twenty-year stint in Japan. In 2015 I reached the ripe old age of 70 and felt it was time to retire. After traveling in Southeast Asia and Europe, my wife and I returned to Edmonton, city of perpetual winter, or so it seems. So far, neither my wife nor I have symptoms of cancer. Touch wood.

Gem in the Yucatan

Marcel Bolen, CBC PNA, Regina, SK

Friend and former colleague Mitch Allard had been talking about Puerto Morelos for years. Mitch knew the then owners of the Alma Libre Bookstore, Rob and Joanne. He had gone to SAIT (Broadcasting) in Calgary with them in the 80's. After some convincing from Mitch, we decided to see what all the hype was about. My wife Kathy and I spent 10 days there in the winter of 2014 and fell in love with the place. So in the winter of 2018 we spent three weeks there and this past winter, four weeks.

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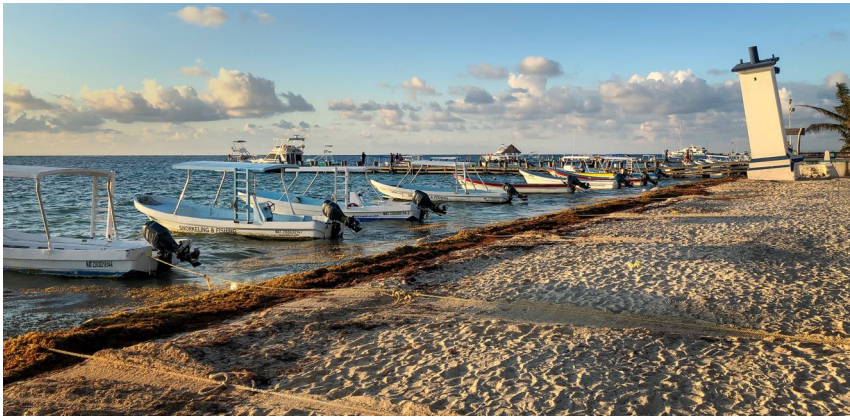


Photo: Courtesy of Marcel Bolen, CBC PNA, Regina, SK

Puerto Morelos, once a sleepy fishing village, is situated about 20 minutes south of Cancun, Mexico. It is a town of about 9000 inhabitants. Due to its proximity to a protected mangrove, there are no resorts near the town though there are many boutique hotels as well as condominiums for accommodation. We've

rented a condo for the duration of our visits as we like the idea of being able to cook our own meals and to be able to have family and friends come stay with us during our stay there.



Photo: Marcel Bolen, CBC PNA, Regina, SK

There is a new grocery store conveniently located right in town. We find the cost of groceries in Puerto Morelos considerably less expensive than here in Regina. We love to frequent the local fish market where you can purchase fresh fish that's come in off the boats. There is a market where you can buy a large selection of locally grown fruits and vegetables. If you're craving fresh baking, watch for the white car driving around town selling fresh bread and pastries out of its hatchback. If cooking isn't your thing, the town boasts dozens of excellent restaurants and bars.

There is some great snorkelling immediately off of the beautiful white sand beaches but for the ultimate experience, the Great Mesoamerican Reef is just 600 metres offshore. For a modest \$20 US you can go out on one of the many snorkel boats for a couple of hours.

On January 29th, we were fortunate to have a visit from retirees Mitch Allard, Hartland Jessome and his wife Linda as well as CBC Edmonton reporter Josée St.-Onge. It was wonderful to catch up with all of them. During our visits to Puerto Morelos we've had the pleasure of encountering many Reginans as well as Canadians from Brandon to Thunder Bay to Ottawa and many from La Belle Province. A lot of eastern Canadians love that part of Mexico because of the relatively short flight times, and it's also very popular with Americans. Some are experiencing Puerto Morelos for the first time while others are on their 6th visit there and some are staying as long as 4 months.



Photo: Marcel Bolen, CBC PNA, Regina, SK

Left to right: Kathy Bolen, Hartland Jessome, Josée St.-Onge, Linda Jessome, Marcel Bolen, Mitch Allard



Dear CBC pensioner,

Do you know that the CBC/Radio-Canada's Employee Assistance Program (EAP) is available to all pensioners and their spouse or partner?

The services are free, confidential and available 24-7 by phone, at **1-866-838-2025 (English)** or **1-866-839-7897 (French)**.

While the EAP continues to offer counselling services relating to psychological issues, trauma, or addiction, the program has evolved to offer advice and coaching for nutrition, marital and family relations, as well as financial advice and legal consultation.

When you call our national provider, Homewood Health, they will arrange for your choice of a face-to-face, phone or email consultation. If the situation can be addressed with short-term counselling, the EAP covers the costs. For a longer resolution, you may be referred to a specialist whose services are sometimes covered under your provincial or extended health benefits.

For your convenience, we have enclosed a reference card with the program and contact information, as well as a secure credit card holder branded with the EAP numbers.

The CBC Pensioners National Association (PNA) is the official voice of the CBC pensioners and, as such, appoints one of its members to represent all CBC/Radio-Canada pensioners' interests on the EAP National Board.

Additional information on the EAP can be found on the PNA website (www.cbcpensioners.ca). EAP information is also available through the EAP microsite on the iO portal (io.cbrc.ca/eap).

With very best wishes,

Julia Sargeant
Retiree representative
EAP National Board



Madame, Monsieur,

Saviez-vous que les retraités et leurs conjoints ont également accès aux services offerts dans le cadre du Programme d'aide aux employés (PAE) de CBC/Radio-Canada?

Les services offerts par le PAE sont gratuits, confidentiels et accessibles par téléphone 24 heures sur 24,

7 jours sur 7, au **1 866 839-7897 (en français)** ou au **1 866 838-2025 (en anglais)**.

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Même si le PAE continue à offrir des services de counseling pour des problèmes psychologiques, des traumatismes ou des dépendances, le programme a évolué et offre maintenant des conseils et du coaching en matière de nutrition, de relations conjugales et familiales, ainsi que des services de conseils financiers et juridiques.

Lorsque vous appellerez notre fournisseur de services de PAE, Homewood Santé, on vous proposera une consultation en personne, par téléphone ou par courriel. Si la situation peut être réglée à court terme, le PAE assumera les coûts. Si elle nécessite plus de temps, on pourra vous orienter vers un spécialiste dont les services sont parfois couverts par votre assurance maladie provinciale ou votre régime d'assurance maladie complémentaire.

À toutes fins utiles, vous trouverez ci-joint une carte de référence avec de l'information sur le programme et les coordonnées du PAE, ainsi qu'un porte-cartes sécurisé portant les numéros de téléphone du PAE.

L'Association nationale des retraités de la SRC (ANR) est la voix officielle des retraités de Radio-Canada et, à ce titre, un de ses membres est désigné afin de représenter les intérêts de l'ensemble des retraités de CBC/Radio-Canada au sein du Conseil national du PAE.

Pour en savoir davantage sur le PAE, consultez le site web de l'ANR (www.retraitemsrc.ca) ou le microsite du PAE dans le portail iO (io.cbrc.ca/pae).

Veuillez agréer, Madame, Monsieur, l'assurance de mes meilleurs sentiments.

Julia Sargeant
Représentante des retraités
Conseil national du PAE

Chapters Roundup

Calgary: The Annual General Meeting was held on April 3 at our usual spot the Kerby Centre (1133-7th Avenue SW) in Calgary. President Ken McCreath was not able to attend the meeting due to illness so Vice-President Russ Down conducted the meeting. Both the President, Ken McCreath, and the Secretary-Treasurer Eleanor Suddaby, have served in their roles for several years and will continue in those positions. Long-serving Vice-President Russ Down retired and Joanne McAdam was elected the new Vice-President. Many thanks, Russ, for your work as V-P over many years. We were pleased to welcome the Regional PNA President Bob Forrow from Edmonton. Thanks, Bob, for providing each member with \$10 to put toward their meal. Our group also met at the Kerby Centre for lunch on June 12. For more information on the Southern Alberta Chapter call Ken McCreath at 403-949-2392 or send an email to kenmcreath@rogers.com



Photo: Courtesy Hartland Jessome, CBC PNA, Regina, SK

Joanne McAdam, Vice-president, CBC PNA, Calgary, AB

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Edmonton: Regional President Bob Forrow visited CBC Edmonton on June 14 to talk to employees who may be thinking about retiring in the next few years. He shared information about the PNA and other matters related to retirement. PNA members in Edmonton continue to meet for breakfast on the second Tuesday of each month at International House of Pancakes (IHOP 3921 Calgary Trail NW) in Edmonton. Mark these dates on your calendar: July 9, August 13, September 10, October 8 November 12 and December 10.



Left to right: Bob McQuay, Dave Smiley, Jim MacVicar, Bob Forrow and David Dawkins



Left side of table: Nancy MacVicar (the Valentine of the evening in her red jacket), Jim MacVicar, Julia Sargeant, Tony Nelson. Across the table: Margaret O'Brien, Sylvia Forrow, Bob Forrow, Royle Harris

Valentine's Day was another occasion to get together. We extended the celebration by having our dinner a week later.



Left to right: Bob McQuay, Sylvia Kuziw, Bob Forrow, Jim Gerlock, Dave Smiley, Bruce Cowan, Dave Dawkins, Julia Sargeant

In March, more people came out to the breakfast.

We also enjoyed a Spring Luncheon on June 19 at the Faculty Club at the University of Alberta.. For more information on PNA events in Edmonton contact Bob Forrow at 780-437-5074 or 780-983-2838 or srforrow@telusplanet.net.



Saskatoon: On Tuesday, May 7th members of the CBC Pensioners Association in Saskatoon had lunch with Bob Forrow from Edmonton. He is the President of the Alberta, Saskatchewan and Northwest Territories region of the PNA. It was a great meeting with discussions about our pension and how well it is doing. We also talked about the pension surplus and that there will be talks between the CBC and the Pensioners National Association about the surplus and what to do with it. For more information about the PNA in Saskatoon contact Saskatoon Vice-President Ellen Armstrong at 306-880-4732 or cbcdellen@hotmail.com

Left to right: Bob Forrow, Ellen Armstrong, Gary Crippen, Vi Atwell, Ron Gareau, Armande Haugen, Nick Denesyk

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Regina:

Bonjour tout le monde. Ça a été un hiver plutôt calme en ce qui a trait aux activités de l'ANR. Les cafés-rencontres, le premier mercredi du mois, continuent d'être populaires auprès des membres. Depuis le mois de janvier 2019, la section Saskatchewan de l'Association a accueilli deux nouveaux membres. Le « Spring Fling » a eu lieu le 4 mai. Encore une fois cette année, il y aura une relâche des cafés-rencontres pendant les mois d'été (juin, juillet et août). J'espère que vous passerez un bel été et qu'on se reverra l'automne prochain. À la prochaine! Hartland Jessome 306-520-2859 hartlandj@sasktel.net



Photo: Courtesy / Courtoisie Hartland Jessome, CBC PNA, Regina, SK

Lutz Walsh, the PNA Regional Vice-President and President of the CBC 20 Year Association in Regina, welcomes members of both groups to the annual Spring Fling dinner.

Lutz Walsh, le vice-président régional de l'ANR et président du CBC 20-Year Association, souhaite la bienvenue au membres des deux groupes lors du Spring Fling annuel à Regina.



Photo: Courtesy of Hartland Jessome, CBC PNA, Regina, SK

Hello Folks. It's been fairly quiet as far as PNA activities this winter. The come and go coffee gatherings every first Wednesday of the month continue to be well attended. Since January of 2019, we've had two new members join the Saskatchewan Chapter of the CBC PNA. The Chapter partnered with the CBC 20 Year Association and organized the Spring Fling dinner on May 4th (insert Star Wars Pun here) in Regina at Nicky's Cafe. Thank you to Regional President Bob Forrow for driving to our dinner from Edmonton and giving a \$10 subsidy to each member and their partner for the

meal. Our monthly come-and-go coffee will be on hiatus for the summer months (June, July and August). I hope everybody has a good summer we shall see you in the fall. And for those who used to work at CBC IN MOOSE JAW, SK – you'll be hearing about a reunion planned for Saturday, September 14, 2019 to mark the 50th anniversary of the beginning of an owned and operated CBC TV station in Saskatchewan. For more information about the Saskatchewan Chapter contact Hartland Jessome at 306-520-2859 or send an email to hartlandj@sasktel.net

In Memoriam: We Remember

This is the information we've received about CBC colleagues and PNA members who have died since the publication of the last newsletter.

Roma Asselin (February 18, 2019) Retired Corporate Real Estate Agent, CBC Engineering, Ottawa

Arthur Barrett (May 9, 2019) CBC Newfoundland and Labrador, retired as Regional Manager of Admin Services; Charter member of the CBC NL PNA

Pamela Berton (March 17, 2019) CBC Toronto Researcher with *Ombudsman* (1970s)

Jean Brazeau (February 15, 2019) CBC Ottawa Operations Centre Supervisor

Tom Crighton (May 2019) CBC Edmonton movie and concert reviewer

Angus Dalrymple (May 10, 2019) CBC Toronto News Editor for almost five decades

Henri Deslauriers (March 8, 2019) CBC Radio-Canada (Ottawa) Audio Technician

Daryl Douglas (March 23, 2019) CBC Toronto ENG/Production editor

Sandra Faire (February 27, 2019), CBC Toronto Producer for several shows including *Rita and Friends*, *Anne Murray's Family Christmas*, producer with CTV and The Comedy Network

Bruce Fletcher (May 6, 2019) CBC Vancouver TV Lighting Technician

Maurice Foisy (May 10, 2019) CBC Sydney and Halifax Host (1950s) and Vancouver (CBUT) Host in the 1960s.

Patrick Ford (January 31, 2019) CBC TV Sports Unit Manager Toronto. Also known as Coach Cuddles Ford on the CBC show *Yes You Can*.

Paul Fraser QC (March 29, 2019) Former CBC News Reader and member of the CBC Board of Directors

Pat Graham (April 28, 2019) Retired Production Assistant, Radio Northern Service, CBC Ottawa

Robert (Bob) Hackborn (May 13, 2019) CBC Toronto scenic artist and art director/production designer on numerous television shows

Terry Hargreaves (April 5, 2019) CBC's First Parliamentary Bureau Chief (Ottawa)

Betty Phillips Haworth (February 22, 2019) Former CBC Vancouver Singer/Actress and Widow of Writer/Actor Peter Haworth

Margaret Ann Jeffery (March 1, 2019) spouse of Bill Jeffrey, retired lighting director, CBC Edmonton

Herbert Lajeunesse (March 14, 2019) CBC Head Office, Ottawa, retired Buyer, Local Services
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Jacques Roger Laplante (April 1, 2019) CBC Radio Saint John, NB audio-technician

Gilbert Louthood (May 14, 2019) CBC Ottawa M.I.S. Department

Peter MacNeil (February 20, 2019) Retired Technical Producer/Technical Director, CBC Halifax/Maritimes

Inez May Matthews (March 4, 2019) CBC Radio *Concert Hall* Singer early 1940s

Bill Mayes (March 4, 2019) CBC Saskatoon TV Maintenance Technician

Ross McCaw (December 2, 2018) CBC Toronto Senior MCR Technician, TV Technical Services

Orlo McClintock (May 3, 2019) CBC Edmonton VTR Editor and Supervising Technician of VTR, Delay, Master Control, and the Videotape Library

Toni Myers (February 18, 2019) Former CBC Toronto Assistant Editor and Independent Documentary Producer/Director/Editor

Charles "Bud" Neate (May 14, 2019) Early Career with CBC Halifax and Retired from CBC Ottawa as Senior Film Editor-in-Charge

Moiria Nixon (March 23, 2019) widow of Herb Nixon, CBC journalist in Winnipeg and Regina, and mother of Bob Nixon, retired CBC journalist in Toronto, Iqaluit, Winnipeg, Regina and Vancouver

Charlie Panigoniak (March 5, 2019) CBC Radio host in Rankin Inlet, Nunavut and a singer/songwriter and entertainer.

Lorenna Dionne Plimer (February 19, 2019) CBC Ottawa French National News Producer

Elaine Sidwell (March 26, 2019) widow of Fergus Sidwell, CBC Manager in Calgary, Moose Jaw and Regina; mother of Gregg Sidwell, retired CBC Video Journalist

David Smith (March 1, 2019) CBC Toronto ENG editor with *The National* and CBC Sports

Ursula Pauline (nee Hills) Thomas (February 11, 2019) CBC Solo Pianist and Accompanist and "Paulie" on CBC School Broadcasts

Zela Vermeulen (April 30, 2019) CBC Winnipeg Film Procurement Officer and a Director of Programming

Wayne Campbell Willoughby (March 5, 2019) CBC Toronto Program Archives

Georgina Zadak (April 6, 2019) CBC Vancouver Script Assistant (late 1970s/Early 1980s)

Ann Zaza (January 13, 2019) CBC Toronto Writer, Producer, Editor



Photo: Courtesy of Marcel Bolen, CBC PNA, Regina, SK

Sunset in Puerto Morelos, Mexico

The Transmitter and YOU

Thanks to everyone who responded to our survey about our regional newsletter. We appreciated you taking the time to send an email or make a phone call to let us know what matters to you about *The Transmitter*, the newsletter for the Alberta, Saskatchewan and Northwest Territories region of the CBC Pensioners National Association.

You told us that you read the newsletter to find out what is going on with former colleagues and to keep up with the news about PNA members, whether it be about their activities with the PNA and their personal adventures with travel or volunteering their skills in their communities. As one respondent said, he has been inspired to live an active life because of reading about how members are travelling or volunteering. As well, you use *The Transmitter* as a source of information about pensions and the business of the Pensioners National Association. You also learn about the deaths of former colleagues and it gives you pause to reflect on their lives.

Most of you read the newsletter online but some of you prefer to read a paper copy. We will continue publishing paper copies for those members.

Now we need to hear from YOU

You've said you like reading about what your former colleagues are doing. Well, they like to read about you, too! So write a short article and send us some photos.

Let us know how you contribute to your community as a volunteer, or tell us a story from an interesting trip you've taken recently, or share information about a project that has captured your time and attention. And if you have some jokes or cartoons to share, send them as well.

Email your 300 – 500 word stories to Joanne Skidmore joanne.skidmore09@gmail.com

Email your photos (horizontal format; large) to Monique Nenson mnenson@gmail.com

The Transmitter is your newsletter. Thanks for taking an interest in it.