



The CBC Pensioners  
National Association

Preserving our Future, Sharing our Past

L'Association nationale  
des retraités de la SRC

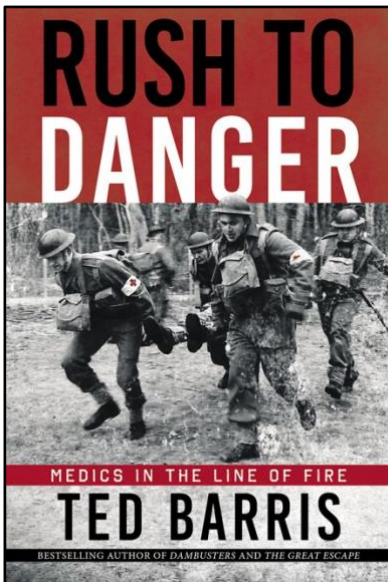
Assurer notre avenir, partager notre passé

**DURHAM CHAPTER**



**September**—————**2019**

## Coffee & Conversation... with Author & Historian Ted Barris



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*.

Ted once asked his father Alex Barris, “What did you do in the War?” What the WWII Army medic told his son is the thrust of Ted’s latest literary journey. He has drawn from his library of interviews and research of military medical personnel to tell stories of those who chose to go where wounded soldiers lay – to rush to danger. The book offers a powerful anecdotal account of how the science of saving lives in battle evolved, where breakthroughs occurred, who proved to be the heroes in these roles, and how such acts of courage played out in individual lives and in military history as a whole.

**There is no cost for this event. Coffee and pastries will be served.**

**DATE:** November 8<sup>th</sup>, 2019      **TIME:** 1:00 - 3:00 PM

**LOCATION:** Whitby Public Library, 405 Dundas St. W., Whitby, Ontario, L1N 6A1

**LIBRARY PHONE:** 905-668-6531

Please RSVP BY November 6th to [CBC-PNA-Durham@outlook.com](mailto:CBC-PNA-Durham@outlook.com)

or call Barbara Saxberg at 905-404-1334.

## COMING EVENTS

### Toronto Meet 'n Greet Pub Afternoon – with soon-to-be Retirees

Past and present CBC employees are meeting up on **October 17<sup>th</sup>** for a beverage. Meet former colleagues as well as current employees who are about to retire. The Toronto PNA group will be sharing information about the benefits of becoming a member.

**Location:** Grace O'Malley's, 14 Duncan St., Toronto

**Time:** 4:00 PM onwards

**RSVP** to [cbctorontoretirees@gmx.com](mailto:cbctorontoretirees@gmx.com)

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### CBC PNA Ontario Region Annual General Meeting

The Region's AGM is scheduled for **Wednesday October 30, 2019** at the **Hothouse Restaurant, 35 Church Street, Toronto at 11:00 a.m.** This meeting is open to all Ontario PNA members. There will be elections for Regional

President, Vice President, Secretary, Treasurer as well as three Toronto Directors.

The guest speaker will be Dan Oldfield. Dan, as many of you know, is a member of the Durham Chapter as well as a National Board Member, our representative on the CCSB, and chair of the PNA committee meeting with the CBC to review the Memorandum of Agreement regarding any pension surplus.



### Durham Chapter Holiday Luncheon!

**Mark your calendar for December 6<sup>th</sup>!**



It may seem strange to be thinking about the Holiday Season when summer isn't quite over. But like Santa's elves, your Executive is busy planning for our annual Festive Season Luncheon and Annual General Meeting. We're returning to Kedron Dells Golf Course in North Oshawa where we held our Spring luncheon. The menu will include a turkey dinner with all the fixings. Watch for more details in the November Newsletter.

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## PRESIDENT'S MESSAGE

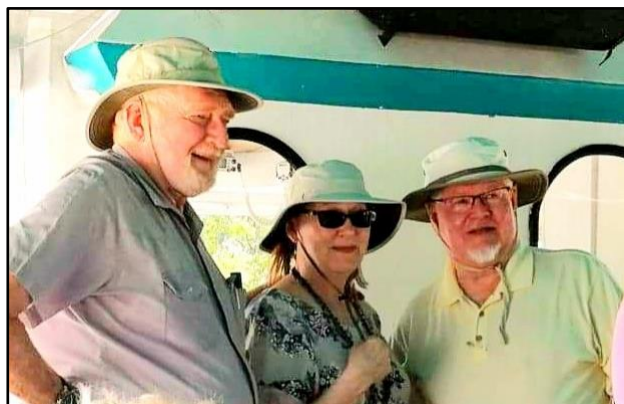


### Greetings! And Happy Labour Day!

It's been a busy summer for many of us what with travel, cottages, family and all the many things our members do especially when the weather is warm and it's good to be outside. Cool temps will be upon us and fall will soon be in the air.

This summer, we had the pleasure of joining the Trent Chapter of the PNA on their luncheon cruise down the Trent-Severn Waterway. About half the attendees came from Durham. Thanks for supporting our sister chapter! We were amused to see that the presidents of both Trent and Durham chapters along with Ontario Region VP were all wearing the same hat... a new club perhaps?

Our summer BBQ at the Ocala Winery was also well attended with 33 people showing up for burgers, beverages, and an excellent talk from our guest speaker, Toronto City Councillor Jennifer Gray McKelvie, whose tips for how retirees can contribute to going green can be found later in the newsletter. Jennifer was introduced by proud dad, Chapter Secretary-Treasurer Glenn Gray.



*Ont. Region VP John Dixon, yours truly, Trent Pres. Barrie Burhoe*



More photos can be seen on our Facebook page.

[https://www.facebook.com/CBCPNADurham/?modal=admin\\_todo\\_tour](https://www.facebook.com/CBCPNADurham/?modal=admin_todo_tour)

Your executive met immediately after the BBQ to discuss plans for the remainder of the year. We are looking forward to hearing from former CBC-er Ted Barris at a Coffee & Conversation gathering to mark Remembrance Day.

Hard to believe, we are also turning our thoughts to planning the Holiday Luncheon! Where does the time go? The luncheon will also be an AGM and we will be holding an election for the position of Secretary-Treasurer.

You may recall in our last issue we announced that the National Office would be launching a revamped CBC PNA website this summer. If you've been looking for it, you'll have noticed that

the new site is not up yet. It's now expected by the end of October, taking a bit longer than anticipated. So keep an eye out. We are now sporting the new PNA slogan on our Buzz banner.

Also in this issue, an update on the pension plan surplus sharing agreement, some background on changes to drug costs, the merits of meditation, and more... Happy Reading!

**Barbara Saxberg,  
Durham Chapter President**

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## **CBC PNA NEWS UPDATES**

### **Pension Surplus Review**

Representatives from the PNA, CBC's Unions and CBC management held their second meeting on September 6<sup>th</sup> to review the Memorandum of Agreement on Pension Surplus Sharing.

Under the terms of the MOA, a review must take place every ten years beginning this year. Although the review does not require a re-negotiation of the agreement, the parties can request amendments, subject to the agreement of all parties involved.

The CBC has begun to present its mandate to the unions and the Pensioners Association. The unions and the PNA have asked the CBC for detailed information in order to better understand the CBC's position. Once that information has been received, it will be reviewed by the Unions/PNA caucus and shared with the National Association Executive and Board of Directors.

We will keep you informed as the discussions progress.

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### **Good News on Drug Costs**

**By Dan Oldfield**

By the middle of next year, Canadians will begin to see a reduction in the cost of prescription drugs. The change in the way the country regulates drug costs is forecast to save Canadians more than \$13 billion over the next decade.

**Drug prices in Canada are set** by the Patented Medicines Prices Review Board which uses average prices from a basket of countries in order to set domestic prices.

Under the new rules, Canada will change the list of countries used by dropping the United States and Switzerland - where prices are highest.

The new rules will also let the agency consider the cost-effectiveness of new medicines and oblige drug makers to disclose some confidential discounts.

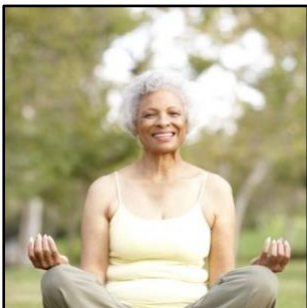
The change, which will save individual citizens and drug plans billions, is said to be the next step towards creating a national pharmacare system. But whether that actually happens, this is still good news for Canadians, particularly those on low and/or fixed incomes.

**As for PNA members and our health care plan**, lowering the cost of prescription drugs, which usually accounts for the largest expenditures of benefit plans, could potentially mean lower annual premiums or improvement in other necessary benefits.

However, it should be noted that the lobby group for the pharmaceutical industry has given notice it intends to challenge the government's move in the courts.

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## IN HEALTH NEWS...



### **How Powerful is Your Brain?**

**By Bette Laderoute Sampson**

An assistant professor of psychology at Harvard University and the lead researcher of a series of studies on meditation based at Massachusetts General Hospital, neuroscientist Sara Lazar arrived at her passionate pursuit of the effect of meditation on the human brain after the treatment she received for an injury while training for a Boston Marathon.

**A sceptic at first**, she nevertheless enrolled in a yoga class on advice from the doctor treating the impact on her body after over-training for the Boston event. She began to notice a calming effect that led her to search out scientific writings on mindfulness meditation, itself a significant aspect of yoga. The suggestion that meditation could have a direct impact on one's brain prompted Lazar to begin her own studies.

From the very first of a series of studies conducted partly at Massachusetts General Hospital, and with the help of Magnetic Resonance Imaging (MRI), Lazar and her team started looking at long-term meditators versus a control group.

**The results showed** that those with a strong meditation background actually had more gray matter in many areas of the brain. Remarkably, the studies seemed to prove that those of us capable of meditating, who take the time to basically zone out a specific amount of time a day, have more gray matter than the rest of us who do not meditate.

Test results showed that meditators' brains had increased capacity for learning, memory, decision-making, and perception, plus more complex activities. "We also found evidence that meditation may slow down the age-related atrophy of certain areas of the brain," adds Lazar.

**Closer to home**, Toronto physician Dr. Jackie Gardner-Nix developed a mindfulness-based chronic pain management (MBCPM) program based on Jon Kabat-Zinn's decades-old stress-reduction program. Gardner-Nix is a Chronic Pain Consulting Physician, Department of Anaesthesia, Pain Clinic, St Michael's Hospital, and an Associate Professor in the Department of Anaesthesia, University of Toronto. She is also on staff at Northumberland Hills Hospital in Cobourg.

**Pain management**, itself a fledgling branch of common variety health care, has attracted some physicians to the discipline. Many have included mindfulness in their treatment arsenals. Gardner-Nix has successfully treated patients through her MBCPM program, published a book on the subject, "The Mindfulness Solution to Pain: A Step by Step Guide for Working with Chronic Pain", and created a series of presentations to spread her mindfulness concept for both health care providers and chronic pain sufferers.

Other studies indicate you can see positive changes with 15-20 minutes of daily meditation. Even a little bit every day is good, according to Lazar.

Incidentally, you don't have to sit on the floor to meditate. Seated on a chair works just fine as does walking meditation.

**For more information on how to meditate, here's some help:**

<https://www.sunhealthcommunities.org/resource-center/articles/meditation-senior-brain-health-7-beginners-tips/>

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## FROM GREY TO GREEN

### How Retirees Can Contribute to a Greener World

From a talk to the Durham Chapter by Toronto City Councillor Jennifer Gray McKelvie

It's becoming increasingly clear that everyone, including seniors, has a role to play in addressing the climate crisis.

Recent news surrounding the high levels of Lake Ontario, melting of Greenland ice sheets and fires in Amazonia are sending us a signal - it's time to act.

That doesn't have to mean giving up your car just yet, especially for anyone with mobility issues. But there are several steps you can take to contribute to a greener world.

- 1. Look at your investments:** Where is your money? Can you invest it in a green economy? What is the legacy you are leaving your children?
- 2. Retrofit your home:** What rebates and programs are available to you in your municipality?
- 3. Support next generation leaders:** How can you support young climate champions? Can you inspire them with stories of your advocacy about issues that mattered to you?
- 4. Talk about climate change:** Can you push back against populism? Can you talk to your friends about why action on climate change is important?
- 5. Vote!** Do you know the climate change policies of the federal parties? Who is prepared to make the large-scale investments in infrastructure and public transit needed to combat climate change?
- 6. Garden and get outdoors:** Can you spend more time in the garden? Do you choose trees and native plants?
- 7. Spend your time wisely:** Have you considered volunteering for a local environmental initiative? Have you read about the impact of citizen science?
- 8. Spend your money wisely:** Research the footprint of your major purchases. Can you buy local? Will you love this purchase for days, weeks or years?

We all experience climate change differently depending on our age, location and our social economic status. So it makes sense that we all need to combat climate change in our own way. It's no longer an issue that will only affect the next generation.

## **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.

[www.cbcpensioners.ca](http://www.cbcpensioners.ca)



## **ACCESSING THE SPECIAL ASSISTANCE FUND**

If you are submitting a claim to the Special Assistance Fund, you must make sure your claim and all supporting documentation is in the hands of the national office of the PNA at least three weeks in advance of the next meeting of the Consultative Committee on Staff Benefits. This is the committee responsible for approving claims. It meets quarterly, at the beginning of March, June, September and December.

The application form is available at

<https://www.cbcpensioners.ca/administration/ckeditor/ckfinder/userfiles/files/SAF%20Request%20Form-2018.pdf>

## **BONUS FOR SIGNING UP NEW MEMBERS**

If you are responsible for a non-member CBC retiree joining the PNA, you are entitled to \$25.00 from the National Office of the PNA!

Make sure when the new member completes the application form that they include your name and mailing information as the recruiter. The enrollment form is available at

<https://www.cbcpensioners.ca/administration/ckeditor/ckfinder/userfiles/files/Enrolment%20Forms%20-%20Retiree%20-%20EN%20-%20Dec%202016.pdf>



## 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:

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](mailto:CBC-PNA-Durham@outlook.com).



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***Please share this newsletter with any CBC retirees or spouses who are not yet members. Encourage them to join the PNA. It's important that we continue to expand our membership in order to maintain our seat at the table with the CBC.***