

National Capital Region Communiqué

The CBC Pensioners' National Association



A Note from the President

Hello everyone,

Well we have come to the end of another year of activity in the National Capital and Nunavut Region Pensioners Association. Most of the events you already know about from our previous newsletters so let me jump to this year's Annual General Meeting held on Oct. 16th at the RA Centre.

Our AGM was attended by 63 members where we elected 2 new members to our Board. Please welcome Susan Altman, and Edith Cody-Rice as Board Members. Ms. Cody-Rice has also joined our subcommittee working on our By-Laws amendments. We had a great guest speaker in Mr. Claude Filion who talked about what he called "Forever Wills". He was very entertaining and left us all with more knowledge about wills than we had before. A great lunch was laid out by the RA Centre and everyone had a good time. Please feel free to join us at next year's AGM.

The week following the AGM, I attended National Meetings of the PNA here in the Ottawa Gatineau region. We discussed the Memorandum of Agreement (MOA). The progress is slow but the National Board continues to work on this very important issue on your behalf. We also met with the people who coordinate our benefits and the outlook for the next year looks promising. At the National Board we heard how the Association in Quebec has grown by some 200 members and we are looking at how they achieved this as we will try to incorporate what they do into our own local Association.

This December 11th we will be holding our Christmas luncheon ... but you will hear more about this at a later date. So save the date of Dec 11 2019.

Kerry Adams, President

\$\$ Seniors' Discounts! \$\$

One of the great things about retirement is having the time to shop for deals. In addition to the benefits of shopping during times when others can't, senior discounts can be quite worthwhile. Many such discounts are available to those 65 years of age and older, and some with age eligibility as low as 50-55.

Here's a few senior discounts that you may or may not be aware of:

- **Retail:** Many retailers offer seniors' discounts. These are not always advertised so make it a point to ask when you shop. Some are location-based so may only be available at some retail locations. Bring your proof of age in case you are asked to verify.
- **Transportation:** Public transportation passes are typically much cheaper for age 65+ and some city transit lines offer free transit access at certain times for seniors (i.e. in Ottawa, OCTranspo is free for seniors on Wednesdays and Sundays).
- **Travel:** Planning to take a train trip? - Many ground transportation services (bus/rail) will offer seniors' discounts. Airline discounts tend to be more

rare. Hotel and Rental Car discounts can be had particularly during off-season periods.

- **Banking:** Ask your branch about low monthly fee chequing and savings accounts for seniors.
- **Entertainment:** Check out seniors' days at your local theatre—great prices (Tuesdays at Cineplex in Ottawa). Live shows will sometimes have reduced seniors pricing for specific showings.
- **Dining:** You've heard of the "early bird special"? It's true—many restaurants offer lower prices during non-peak hours.
- **Cell Plans:** Ask your cell phone provider about cell plans tailored to seniors.
- **School!:** Thinking of going back to school? Colleges / Universities have mature student programs you can look into. Some of these are complete fee waivers.
- **Fitness:** Many fitness centres offer seniors pricing. City of Ottawa for example offers seniors pricing on full membership pricing or on individual visits.



Pix From our AGM Earlier this Fall!



Upcoming Event!

2019 Christmas Luncheon!

Wednesday, December 11

Rideau Carleton Raceway Casino

See Invitation for Further Details





Paul Roy

Technology Corner Smart Appliances!!

If you've been out shopping for appliances lately, you've probably noticed a lot of "smart features" appearing with even the most basic appliance models. Typically these smart features are enabled by Bluetooth communication between the appliance and an app installed on your mobile phone, computer, or tablet. Here's a few interesting samples of features available with commonly used appliances and household items:



- **Washer / Dryer**— Start/Stop wash dry cycles from anywhere in your home and receive alerts when wash cycles begin or end.
- **Stove**— Control the temperature from anywhere of course, but more advanced stuff is appearing, like integration with digital recipes and providing ingredient measurements (weight) while you cook.
- **Refrigerator**— Some now have a touch screen interface that can display / edit grocery lists, see inside the fridge without opening it, and provide personalized "to do" lists for each family member. No more fridge magnets needed!
- **Dishwasher**— Voice Control, sensors that change the wash setting based on the amount of grime detected on dishes, and, the ability to have the washer respond to peak energy savings periods for maximum energy cost efficiency—very cool!
- **Blinds**— Automated up and down based on detected sunlight and/or time of day. Real James Bond type stuff!
- **Hose / Sprinkler**— Control your sprinklers remotely, or better yet, schedule their operation based on a predetermined schedule or weather status.
- **Lighting**— Geofencing technology enables your lighting to activate, deactivate or behave differently based on who is at home or not at home. Also, special lighting "scenes" can be activated as soon as someone arrives home or leaves.
- **Toilet**— Yep, you read it right! - we now have toilets with features like:
 - Automated touchless flushing.
 - Sensors that provide overflow protection.
 - Sensors that determine the size of flush needed.
 - Toilet Self cleaning features.
 - Automatic nightlight!

Remembered Friends



Former Unit manager, CBC Ottawa, **Norris William Whitfield** died suddenly on September 3, 2019 at the age of 81 years.

Norris is lovingly remembered by his wife of 60 years, Julia, and his children Cathy (Derrick), Lynn (Bob), Michael (Christine) and Karyn (Lorry). Norris was proud to be called Poppa by his five grandchildren Elizabeth, Matthew (Jennifer), Brian (Taryn), Gillian and Charlotte, as well as to be called Old Poppa by his great-granddaughters Lillian and Ruby. He is also survived by his sisters and brother and a wealth of extended family.

Norris grew up on a farm and from an early age understood the value of family and working hard, which were the cornerstones of his life. After college, he went into broadcast news and was a sportscaster on CKGN Television in North Bay where he and Julia married and had their four children. He went on to work for the local CBC station in Ottawa in the news department, eventually becoming the News and Resources Manager, where he was a valued colleague for over 25 years. Music was an integral part of Norris's life and he infused the family home with the sounds of Gordon Lightfoot and other folk and country singers of the '60s and '70s. For the family, many a night was spent singing songs with Norris playing his twelve-string guitar. A weather-watcher, a list-maker, and a lover of language, Norris lived a modest, simple life full of devotion to his family.



WENDY NUTTER November 10, 1946 - October 23, 2019.

Peacefully in hospital after a brief illness. Only daughter of the late Barbara and Roland Nutter, Wendy was born in Hebden Bridge, West Yorkshire, England. A long-time employee of the Canadian Broadcasting Corporation in Ottawa, Wendy also worked at the Canadian Nurses' Association and was a founding member of the Ottawa Women's Network.

A true friend to many and an honorary aunt to their children, she will be sadly missed and fondly remembered. In accordance with her wishes, her ashes will be buried with her parents in Hebden Bridge next Spring.

In lieu of flowers, please consider a donation to the Hospice at May Court or the Ottawa Chapter of the Canadian Celiac Association.

"So when I've done my roaming, and when my step grows slow; when heart and mind assure me that the time has come to go, then let me rest in Yorkshire, for it's there I want to lie 'neath sun and wind and heather... and a gleaming Yorkshire sky."

Remembered Friends (continued)



Jean Mary Bruce (Smith), a onetime CBC Ottawa Radio Producer and widow of Gordon Bruce also a CBC employee died peacefully at the Ottawa General

Hospital with her children by her side on Monday, October 7th, 2019, at age 83 after a long battle with Alzheimer's Disease. Predeceased by husband Gordon, Jean will be fondly remembered by children Ellen and Matthew (Effie), grandson Thomas, brother Peter (Sally), nieces Kim and Julie (Mike), great nephews Josh and Nolan. Born in Stroud, Gloucestershire in 1936, Jean moved to Canada for graduate studies at Queen's University. After beginning her career as a radio producer for the CBC, she forged a rich career in the cultural arts sector as a researcher, historian, curator and author that included positions at the National Museums of Canada, National Gallery and Museum of Civilization (now Museum of History). Jean was the author of three books on Canadian history, *The Last Best West*, *After the War* and *Back the Attack!* Jean contributed throughout her life to the development of national, local and British heritage projects, helped to establish educational programmes designed to encourage children to explore their own family histories, and proudly promoted women's stories and interests.



Jean-Claude Tanguay, IT director CBC HO ,Ottawa, died Saturday September 14, 2019, age 74. Beloved husband of Mary Moore and father

of Mathew Tanguay (Cindy) and Nicholas (Angie), grandfather of Sidney.



Traffic department, CBC Ottawa
Jeannine DUFFY (née Ayotte) Jeannine passed away in her sleep on October 2, 2019 in Ottawa,

Ontario, aged 82. She was predeceased by her husband and love of her life, James Duffy. Beloved mother of Jean Denis, and Mitch Denis (Lynda) and proud grandmother of Chris Denis (Molly) and Shauna Denis.

Cherished sister of Ron Ayotte (Marquise), Jeannine loved her family and her family included everyone related to her by birth or through marriage. Her family also included the close friends she made during her 32 years working at CBC. She loved keeping in

touch with many of them post retirement, via the Birthday Club. Jeannine loved life and loved to celebrate the big and small moments in people's lives.

In her later years, Jeannine was diagnosed with Progressive Supranuclear Palsy, but this disease did not define her life. For those who may choose to honour Jeannine with a memorial donation, please consider donating to the University of Ottawa Brain and Mind Research Institute. <https://www.uottawa.ca/brain/about-institute/donate>



PHAROAH, William, peacefully, on Friday, July 19, 2019, at age 81. Beloved husband of Lina (née Caron). Loving father of the late Dennis, Deborah

(Howard Williams) and Jon (Stephanie) Pharoah. Cherished grandfather of eight grandchildren. Will be greatly missed by sister Lynn, nieces, and many friends.



Louise-Eva Hébert-Rahemtulla April 10, 1958 - August 18, 2019 Louise passed away peacefully on Sunday, August 18, 2019. Louise

had a passion for fashion, art, design, good food, and music. She was known for her endless love and kindness to others, her compassionate spirit, and her "joie de vivre". Louise is survived by her husband Iqbal, her parents Carmen and Gerald, her sister Carole, her two brothers Donald and Marc, her two daughters Amélie-Carine and Alyssa-Chanel, her grandson Mateo, as well as all of her nieces, nephews, and many friends.



Former Technical supervisor, CBC/Radio-Canada, Ottawa,
Raymond Trottier died on July 19, 2019, at the age of 90. He was the

husband of Thérèse Charbonneau for more than 66 years. In addition to his wife, he is survived by his children: Sylvain (Danielle Lacoste), Julie (Carol Laurin), Marc (Rosette Faghali), Micheline (Réjean Villeneuve); his grandchildren: Katia, Adelaide, Maude, Elise, Nicolas, Jean-Philippe, Charles, Emilien and Simon; his great-grandchildren: Penelope, Laetitia, Ludovic, Hugo, Nathan and Tobias. He also leaves his brothers and sisters: Pauline, Denise, Lise, Paul (Doris), André, François (Jocelyne) as well as his sister-in-law Hélène and several nephews, nieces, and friends.