

# The Transmitter



**Volume 17 | Issue 1**  
**March 01, 2018**

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## Therapeutic Canine Love



*Photo: Courtesy Cheryl Herperger, CBC PNA, Calgary, AB*

*Cheryl Herperger and her pet therapy dog, Charlie, visited the Rockyview Hospital with the PALS team in June 2017. They visited patients in 4 wards every Tuesday during that time. (Story on p. 5)*

## President's Report

*Jim MacVicar, CBC PNA Regional President, Devon, AB*

Many of us enjoyed the camaraderie at CBC PNA events over the last couple of months of 2017. I attended the pre-Christmas lunch at the University of Alberta Faculty Club in Edmonton along with the CBC Turkey Drive (supporting the Edmonton Food Bank). Through wine raffles and 50/50 draws at our Edmonton social events, we raised \$168.00 for the Turkey Drive. The Edmonton EAP (Employee Assistance Program) also hosted its annual December buffet at CBC and invited PNA members to attend. In Regina, the CBC 20 Year Association and Saskatchewan CBC PNA Chapter hosted their annual Christmas supper at the Royal Regina Golf Club. The Southern Alberta Chapter held its annual turkey dinner in late November.

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A significant national event for the CBC Pensioners National Association is coming up in May in Ottawa. **The Triennial Convention** is the Association's main governing assembly. That's where the major policy decisions are made or confirmed, where the Association's strategic direction for the following three years is set, and where the executive officers of the Association are elected. The Convention is attended by the national board of directors, supplemented by delegates from across the country whose numbers are determined by a formula based on regional membership counts. There were 289 active members in our region as of December 31, 2017 and that number will allow our region of Alberta, Saskatchewan and Northwest Territories to send two delegates to the Convention. They will be Hartland Jessome of Regina and Joanne McAdam of Calgary. Cheryl Herperger of Calgary will attend as an observer. As President of the region I will also attend. To ensure maximum travel cost efficiency, the Triennial Convention is always held in Ottawa.

There is also an important event happening in our region. All four Executive positions come up for **election this year**. PNA members are eligible to run for the following voting positions: President, Vice-President, Treasurer, and Secretary. There is also the non-voting position of Entertainment Director for the Edmonton Capital Region. These five positions form the Board of Directors of the CBC PNA region of Alberta, Saskatchewan and Northwest Territories.

I have completed my second consecutive three-year term as President and will not be standing for re-election. I will chair the Nomination Committee along with help from Immediate Past President Sylvia Kuziw.

Here are some good reasons to volunteer to be a member of the Board of Directors of our region:

1. You can use your knowledge and expertise to help CBC retirees on issues that are important to pensioners.
2. You can learn more about such matters as the CBC Pension Plan, the Supplementary Health Care Plan and the Surviving Spouses Fairness Coalition.
3. You can build your network of CBC contacts and have fun meeting former colleagues in person and not just through their email accounts.

You can read about the five positions on the Board of Directors elsewhere in this newsletter. If you would like more information about them, get in touch with me. As well, if you'd like to volunteer for a position or nominate another PNA member then call me at (780) 987-5933 or send an email to [pna.absknt@gmail.com](mailto:pna.absknt@gmail.com)

**The deadline for submitting nominations is Saturday, March 31.**

Jim MacVicar  
CBC Pensioners National Association (CBC PNA)  
President of the Alberta, Saskatchewan and Northwest Territories Region

Phone: [780-987-5933](tel:780-987-5933)  
Website: <http://www.cbcpensioners.ca/>

## Your CBC PNA - AB, SK and NWT Executive

### **Jim MacVicar – President**

Home: 780-987-5933  
Mobile: 780-231-5933  
Email: [pna.absknt@gmail.com](mailto:pna.absknt@gmail.com)

### **Bob Forrow – Vice-President**

Home: 780-437-5074  
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### **Cécile Magnan – Treasurer**

Home: 780-490-4526  
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### **Joanne Skidmore – Secretary**

Mobile: 306-581-4415  
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### **Royle Harris – Entertainment Director Metro Edmonton (non-voting position)**

Home: 780-463-7511

## Costa the Communicator

*Costa Maragos, CBC PNA, Regina, SK*

The greatest joy of retiring, following an exciting and fulfilling career at CBC, was the amazing array of life choices that were before me. What to do? Travel? Take up new hobbies? Work? Sand the deck?

I loved my job at CBC Regina and loved it to the very last second when I uttered “good night” for the last time as host of the 6 o’clock supper hour television news (March 28, 2013). My first post-CBC life choice was an easy one - to enjoy a glass of fine scotch mere minutes after removing my microphone.



**Photo:** Courtesy Costa Maragos, CBC PNA, Regina SK

*Costa Maragos on his final day hosting the 6 o’clock television news for CBC Saskatchewan, March 28, 2013*

For a few months after my goodbye (and that fine scotch), I missed the daily newsroom buzz and the dark humour that went with it. I learned the hard way that the humour that passes for belly-splitting funny in the newsroom is generally greeted with groans by people in the ‘real’ world.

As time went on, I eased up on the crass jokes as well as the tweets and the Facebook posting. After a very short period I stopped watching the supper hour news because I concluded it was time for a long break from that routine. Like many retired CBC folk, I slowly and nicely transitioned into a life of leisure.

I was fine with that for awhile. I travelled. I spent quality time with my family. I loved the mid-morning coffees at Starbucks and looked forward to my daily mid-afternoon wine sipping routine while preparing supper.

However after about 18 months of this I concluded that I was bored. I really needed some stimulus - something to get the brain going. So when I saw the job of Spokesperson and Community

Affairs Advisor open at the University of Regina I jumped at the opportunity. It seemed like just the right fit.

The University is a hub of activity. There’s almost always something happening on campus and as a former CBC journalist, there is no problem finding and telling those stories.

I tell the story about the U of R through its amazing research; student success; the positive impact the University has on the community; the endless supply of alumni success stories and the fascinating events that take place on campus including visiting lecturers on a variety of topics. Just like working in a newsroom, I learn something new each day. And I get to do it in a workplace that truly values a proper work/life balance.

I’ve transitioned from one of the best broadcasting jobs in Saskatchewan to the best communications job. There appears to be a high demand in the mainstream media for U of R stories which keeps me in touch with local newsrooms.

However, it was important to ask myself – why move to the ‘dark side’ – from journalism to communications? It can be a difficult adjustment for journalists who have a tendency to proudly see the world through critical eyes. That’s okay. We need strong journalism in our communities.

I was careful where I wanted to move to next in my career. I feel very comfortable representing the University of Regina because it’s a place of higher learning that positively contributes to the community. In making the transition, I always remind myself that I am now representing the University. That affects the approach one takes to storytelling.

I would encourage journalist retirees to take the plunge into the communications world. The critical analysis that comes with news reporting is hardly a priority when writing on behalf of an organization but your storytelling skills will be valued.



**Photo:** Courtesy Costa Maragos, CBC PNA, Regina SK  
*Costa Maragos, Spokesperson and Community Affairs Advisor, University of Regina*

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Be aware that the skills required to calmly work under tight deadlines should not be underestimated. Such skills appear to me to be in short supply on the communications side. Co-workers will marvel at your ability to work fast and at the same time produce quality. You'll meet new and interesting people and maintain some connection to the media. It also means the days of hard news reporting will be behind you but then isn't that the point of retiring?

Oh, as for those macabre jokes that got you laughs during your halcyon days in the newsroom? There's still a place for that humour, best saved over a beer or two at newsroom reunions.

## **ELECTION OF THE BOARD OF DIRECTORS 2018 - 2021**

*Alberta, Saskatchewan and Northwest Territories Region  
CBC Pensioners National Association*

The positions of President, Vice-President, Treasurer, Secretary and Entertainment Director for the Edmonton Capital Area are up for election.

1. The deadline for submitting nominations is **Saturday, March 31, 2018.**
2. Submit nominations to outgoing President Jim MacVicar. You may contact him either by email [pna.absknt@gmail.com](mailto:pna.absknt@gmail.com) or by telephone (780) 987-5933.
3. The Nomination Committee of outgoing President Jim MacVicar and Immediate Past President Sylvia Kuziw will report to the current Executive. The Executive will hold a conference call on Sunday, April 8, 2018 to discuss the report of the Nomination Committee and decide whether an election will be held.
4. If an election will be held the paper ballots will be mailed to members of the CBC PNA Region of Alberta, Saskatchewan and Northwest Territories by June 1, 2018. The ballots must be returned by June 30, 2018. The new Board of Directors will be announced to all members as soon as possible.
5. If an election will not be held, the new Board of Directors will be announced to all members as soon as possible.

### **WHAT ARE THE DUTIES OF THE BOARD OF DIRECTORS?**

#### **President**

- principal director of the ASN Region, responsible for the implementation of its policies and the efficient conduct of its activities;
- represent the ASN Region on the Board of Directors of the CBC Pensioners National Association;
- make official statements on behalf of the ASN Region;
- preside over meetings of the ASN Board of Directors, as well as General Meetings and Special Meetings of the members;
- maintain order, direct the deliberations, ensure adherence to the bylaws and decide questions of procedure in the ASN Region;
- ex-officio member of all committees in the ASN Region;
- ensure that the duties and functions assigned to other members of the ASN Executive and the Board of Directors are carried out;
- may delegate some duties to other members of the ASN Board of Directors;
- as the need arises, may be assisted in the discharge of duties by members of the ASN Board of Directors;
- ensure the effective operation of all Chapters in the ASN Region;
- prior to the election of a new executive, invite the Immediate Past President to join the current President in forming the Nomination Committee;
- authorized to co-sign cheques and other financial documents on behalf of the ASN Region;
- make annual birthday calls to members within Northwest Territories and Saskatchewan.

#### **Vice-President**

- act for the President when the latter is absent or temporarily unable to perform the duties;
- assist the President in the performance of the duties;
- authorized to co-sign cheques and other financial documents on behalf of the ASN Region;
- The Vice-President should expect to become President of the ASN region after the President serves two consecutive terms in that role.

#### **Treasurer**

- record and report on the financial affairs of the ASN Region;
- maintain financial records in good order and in accordance with generally accepted accounting procedures;
- prepare and present a financial report for the year just ending, as well as a budgetary forecast for the following year, at the Annual General Meeting of the ASN Region;
- authorized to co-sign cheques and other financial documents on behalf of the ASN Region.

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### Secretary

- above average computer skills (Word, Excel, and Gmail);
- maintain and preserve the records of the ASN Region;
- ensure, along with the President, that meeting agendas for the Executive and notices for the Executive are prepared and circulated;
- take minutes at each Executive meeting;
- write the draft minutes of Executive meetings and circulate them among the Board members for corrections in a timely manner;
- circulate the final minutes of Executive meetings;
- maintain an attendance register at meetings of members of the ASN Region;
- create the quarterly regional newsletter *The Transmitter* and arrange for its distribution by paper mail and email to members and to the website of CBC PNA;
- maintain an attendance register at meetings of members of the ASN Region;
- authorized to co-sign cheques and other financial documents on behalf of the ASN Region.

### Entertainment Director – Edmonton Capital Region

- organize social events for the Edmonton Capital Region;
- make annual birthday calls to members within the Edmonton area;
- attend meetings of the Board of Directors, as well as General Meetings and Special Meetings of the members;
- this position is a non-voting member of the Board of Directors.

### DEADLINE for nominations is March 31, 2018

Put in your name for the election or nominate another PNA member from the Alberta, Saskatchewan, Northwest Territories region. Contact outgoing President Jim MacVicar either by email [pna.absknt@gmail.com](mailto:pna.absknt@gmail.com) or by telephone (780) 987-5933.

## Cheryl's Canine Companions

*Cheryl Herperger, CBC PNA, Calgary, AB*

When worlds collide it can be a very good thing. My incredible love of dogs and passion for people connected a few years ago and a rich chapter in my life was created.



**Photo:** Courtesy Cheryl Herperger, CBC PNA, Calgary, AB  
 Charlie volunteered at many City of Calgary events with his pack leader, Cheryl Herperger. Charlie and Bylaw Officer Dan were demonstrating where a lost dog goes in the animal services truck after the dog is picked up.

Dog people talk about their heart dog - the special dog that fills your heart with incredible love and much joy. My Golden Retriever Charlie was that dog for me. I just knew I had to share him with people he could help, people in need. He had this extraordinary way of making a difference. For many years, Charlie volunteered at my job at Animal & Bylaw Services for the City of Calgary (life after 25 years at CBC). He worked at community and educational events for seniors, youth, children and families. People commented about Charlie's loving nature and huge heart. Then I heard about the PALS (Pet Access League Society) program in Calgary. Charlie and I applied to be a certified volunteer pet therapy team. I wasn't worried about Charlie passing the tests but was a little doubtful about me getting through the interview!

Charlie and I visited sick patients in hospitals, seniors in nursing homes and passengers at the airport who had a fear of flying or were frustrated with a delayed flight, and students at university who were stressed with final exams. We also met children at schools, patients in addiction centres and went to

my most favourite place to visit, the public library. Children needing help with their reading skills chose a book to read to Charlie. He would put a paw on the page to say "good job". It was an incredible privilege to witness these moments.

My heart bursts with pride and love to have been a partner in PALS with such an amazing dog. Charlie lost his battle with cancer this past summer. I not only lost my heart dog but a community of volunteers and most importantly, all the people in need of a visit and a smile.

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Soon after, though, I realized I believed so strongly in the program that my two other Golden Retrievers, Rusty and Bella, are now PALS pet therapy dogs. I'm grateful we're part of a 400 member team who brings tremendous joy and compassion to Calgarians. The smiles we bring and receive when we walk into a facility (they anxiously wait for us!) has indeed brought such richness and love into my life. If I could only find a way to make a living and do this work full time...a lottery win perhaps?!?!

## Cancer Survivor and Activist

*Anne Chase, CBC PNA, Regina, SK*



*Anne Chase, Cancer Survivor*

*Anne Chase is a member of the CBC PNA in Regina, SK. Her late husband, Doug Chase (d. 2004), worked for CBC for more than 30 years, beginning in Toronto and ending his career in Community/Public Relations in Regina.*

Twenty years ago I was diagnosed with ovarian cancer. I didn't know how poor the odds of survival were, which was probably a blessing. I was one of the lucky ones. I had surgery to remove the cancer and didn't need any follow-up treatment.

Ovarian cancer is the most lethal cancer affecting Canadian women. Fifty-six per cent of women diagnosed do not survive for five years. It's estimated nearly 3000 Canadian women will be diagnosed this year. The symptoms either do not show up until the cancer is too far gone, or they mimic what many women experience day-to-day and therefore are easily dismissed. There is no reliable screening test. Ovarian cancer is a silent killer and we advise women to "listen to the whispers."

The more I learned about ovarian cancer, the more I knew I had to get involved. I started a group for survivors and their families called Saskatchewan Ovarian Cancer Survivors or SOCS. We have grown to travelling the province raising awareness of this disease, and organizing major fundraisers such as an annual Walk of Hope each September in Regina and Saskatoon. My heart breaks each time we lose one of our ladies. Thankfully, new treatments are on the horizon as well as genetic testing and very promising research.

Over the years, I have presented to medical professionals, at churches and in workplaces, and for countless women's groups. We survivors have gained influence and made positive changes through working with government and other organizations on a Patient Advisory Council. One of our significant achievements was bringing a gynaecologist to work in Regina.

I was also the first representative of Saskatchewan on the Ovarian Cancer Canada Board of Directors and served three terms. Our Board endorsed a groundbreaking, award winning ad campaign called LadyBalls that got Canadians talking about ovarian cancer. My peers nominated me for a Regina YWCA Women of Distinction Award in 2015 in the Wellness, Recreation and Healthy Living category, as well as for the Saskatchewan Seniors Mechanism Volunteer Award for Advocacy in 2016. I was fortunate to win both.

I count myself blessed to be a survivor. In 2016 I was diagnosed with new cancers - lung and thyroid. Two surgeries and eight chemo treatments later, my resolve to fight cancer has been strengthened. I have developed lifelong friendships, including with surviving friends and families. Those personal connections are what I treasure the most. Had you asked me years ago if I would have ended up in my 70s travelling to places like Atlanta, the UK and Australia for international research conferences, I never would have believed you. It has been quite a journey for this Saskatchewan-transplanted girl from rural Ontario.



**Photo:** Courtesy Anne Chase, CBC PNA, Regina SK  
Survivors of ovarian cancer, Walk of Hope, September 2014, Regina, SK



## Chapters Roundup

**Calgary:** Twenty-five people showed up for the Southern Alberta Chapter's 2nd annual Christmas dinner at the Kerby Centre in Calgary in November. The meal was great, everyone enjoyed themselves and we appreciated the table decorations supplied by Norma Hunchak and others. Our next lunch gathering was in January and we decided to hold the Annual General Meeting on Wednesday, April 4 starting at about 11:00 a.m. at the Kerby Centre. For more information about the SAC contact Ken McCreath at 403-949-2392 or [kenmccreath@rogers.com](mailto:kenmccreath@rogers.com)

**Edmonton:** Remember to mark your calendar for the second Tuesday of each month for the breakfast gathering of members of the CBC PNA in Edmonton. The breakfasts are held at Rosie's Restaurant, 99<sup>th</sup> Street and Argyll, starting at 8:30 a.m. The upcoming breakfasts are on March 13, April 10, May 8 and June 12. For more information contact Jim MacVicar at 780-987-5933 or at [pna.absknt@gmail.com](mailto:pna.absknt@gmail.com)

**Saskatoon:** Six members of the Saskatoon local of the Saskatchewan Chapter of the CBC PNA met in November at Earl's for an early Christmas lunch. Our next get-together will be on Friday, March 16 at 4 p.m. for drinks at Fionn McCool's, 355 - 2nd Avenue South. Saskatoon Vice-President Ellen Armstrong will send a note to all members inviting them to attend. For more information contact Ellen Armstrong at 306-880-4732 or at [cbcellen@hotmail.com](mailto:cbcellen@hotmail.com)

**Regina:** The annual general meeting of the Saskatchewan Chapter in November was very well attended. Seventeen members enjoyed a lunch at Classic Buffet subsidized by the Chapter. We decided to continue with the Come and Go Coffee on the first Wednesday morning of each month (with the exception of the summer) at Theo Bill's Restaurant. Last year's bowling night was a great success and we will hold the event again in the spring. Stay tuned for the date.



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

These are the past and present CBC employees (front to back, left to right) present for the photograph at the December 16, 2017 Christmas Party of the CBC 20 Year Association and CBC PNA in Regina, SK.

**Front row seated:** Daryl Metz, Jean Freeman, Lyn Goldman, Carol Gay Bell, Charlie Goldie, Bonnie Donison, Claire Lafayette  
**Second row:** Susan Graham, Maureen Ferraro, Mona Maisonneuve, Debbie Breeze, Corinne Pauliuk, Richard Slowski, Joanne Skidmore, Rod Wood, Monique Nenson, Donna Pasiechnik, Dean Gutheil  
**Third row:** Mireille Beaupré-Walsh, Sharon Gerein, Chris Niemczyk, Sheila Coles White, Art Martin, Mim Martin, Dave Wagg, Gerry Jones, Laurie Ulmer, Glen Lemchuk, Hartland Jessome, Neil Cochrane, Michel Allard  
**Fourth row:** Norm Sawchyn, Aldo Columpsi, Dave Furman, John Menzies, Henry Sobchyshyn, Claire Belanger-Parker, Jan Carter, Bill Hudema, Dale Johnson, Lutz Walsh, Terry White, Sean Angle, Jeff Nenson, Ed Seneshen, John Petrescue

In December, as usual, we partnered with the CBC 20 Year Association for the annual Christmas Dinner and Party. I want to thank Lutz Walsh and Mireille Beaupré-Walsh for organizing a wonderful evening. The CBC Saskatchewan Trivia contest was a huge success. More than 65 people attended and the Chapter subsidized the meals for all PNA members and their spouses. We even had a few former colleagues from out-of-town! It was fun visiting with Miriam and Art Martin from Chilliwack, BC and Maureen Ferraro from Kitchener, ON.

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Hope to see you at the monthly morning coffee. For more information on the Saskatchewan Chapter contact Hartland Jessome, President at 306-520-2859 or [hartlandj@sasktel.net](mailto:hartlandj@sasktel.net)

Nous avons tenu notre assemblée générale annuelle en novembre et je dois dire que plusieurs d'entre vous y ont assisté. Les membres participants ont pu bénéficier d'un lunch subventionné à la suite de l'AGA qui s'est déroulé au Classic Buffet. Tout indique que nous allons répéter l'expérience l'an prochain. Au cours de l'AGA, les membres participants ont décidé de maintenir les café-rencontres mensuels sauf pendant les mois d'été. La soirée de quille, tenue avec grand succès l'an dernier, aura lieu encore en 2018.

En décembre, nous avons participé, en partenariat avec l'Association des 20 ans, au souper annuel de Noël. Je veux, encore une fois, remercier Lutz Walsh et Mireille Beaupré-Walsh pour l'organisation de cette soirée merveilleuse. Le questionnaire général de CBC Saskatchewan a été un franc succès. Plus de 65 personnes étaient sur place. Le repas des membres de l'Association et de leurs conjoints a été subventionné par l'Association locale. Il y a même eu des visiteurs venant de Chilliwack, C.-b. et de Kitchener, Ontario. Merci à Miriam et Art Martin, et à Maureen Ferraro pour avoir fait le grand déplacement pour assister à la soirée.



*Photo: Dan Moynihan, CBC PNA, Regina SK*

**Front row seated:** Tom Fink, Ernie Steinhubl, Charlie Schell, Richard Slowski  
**Second row:** Neil Cochrane, Garry Seib, Hartland Jessome, Lisette Marchildon, Sandi Ruhr, Bonnie Austring-Winter  
**Third row:** Marcel Bolen, Lutz Walsh, Lionel Bonneville, Ron Zegil, Guy Michaud, Aldo Columpsi

Pour le moment, la soirée de quille est le seul événement planifié par l'Association des retraité/es, section Saskatchewan. Elle aura probablement lieu au printemps prochain. Nous envisageons un second événement pour l'automne mais plus de détails à ce sujet une fois que l'été sera terminé.

C'est tout pour le moment. J'espère vous voir au prochain café-rencontre.

Hartland Jessome

Président de la section Saskatchewan de l'Association nationale des retraité/es de la SRC.

## 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.

**Pierre Archambault** (December 21, 2017) CBC Montreal Mobile Maintenance Technician

**Tommy Banks** (January 26, 2018) CBC performer, pianist, conductor, arranger, composer, Senator representing Alberta

**Janet Belanger** (December 24, 2017) Senior Secretary, Office of the Assistant Vice President, Planning and Corporate Affairs, Ottawa

**Mel Bishop** (October 16, 2017) CBC Technician in Lacombe, AB and Toronto, ON; BC Television Industry Pioneer

**Roman Bittman** (November 7, 2017) CBC Toronto TV Producer

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**Donald Brown** (October 7, 2017) CBC Vancouver Musician and Performer

**John Calver** (October 30, 2017) CBC National Radio & TV Reporter, Executive Producer of Radio for CBC Saskatchewan

**Olivier Caron** (January 8, 2018) CBC Ottawa Producer

**Dallas Chapple** (December 14, 2017) CBC Vancouver/Ottawa employee, wife of CBC Producer Len Chapple

**Carl A. Charlson, Jr** (November 16, 2017) CBC Toronto TV, Documentary Film Producer, Writer and Director

**Dave Christian** (August 24, 2017) CBC Vancouver Stage Hand

**Philip Daniel** (January 22, 2018) CBC Radio Journalist St. John's, NL

**John Davidson** (December 11, 2017) CBC Ottawa Technical Producer

**Monica Davidson** (October 24, 2017) CBC Vancouver, Secretary to the BC Regional Engineer

**John Davies** (December 30, 2017) CBC Calgary, Camera Operator, Lighting Director

**Ruth Ellenzweig** (January 16, 2018) Producer with CBC International in Montreal, Toronto and Hamilton through the 1940's and 1950's

**Hugh Extavour** (October 18, 2017) CBC Toronto Broadcast Technician

**John Gillam** (December 14, 2017) CBC Winnipeg Radio Technician

**Nancy Fraser Griffiths** (October 2017) CBC Vancouver Pioneer Female Television Producer

**Walter Gurd** (January 18, 2018) Pianist and Music Arranger for CBC TV on *Juliette* and *The Billy O'Connor Show*

**Brian Hosking** (January 18, 2018) CBC Toronto Cameraman

**Peter Kaczmarek** (January 20, 2018) CBC Winnipeg Set Designer/Artist

**John Kass** (January 12, 2018) CBC Toronto

**Margaret Killingbeck** (December 30, 2017) CBC Toronto Film Procurement

**Doug Kirby** (December 15, 2017) CBC Halifax, Archivist & Broadcast Library Coordinator

**Frances Kohn** (January 2018) CBC Ottawa

**Nijole Kuzmickas** (March 15, 2017) CBC TV Vancouver Producer of *Switchback*, Developer/Producer of *Doctor, Doctor* and *Legalwise*

**Sara LaLumiere** (December 14, 2017) CBC Ottawa TV Technician

**Frank Lloyd** (November 14, 2017) CBC/SRC Ottawa Senior Radio Technician

**Rita Lloyd** (October 11, 2017) Wife of Gordon Lloyd, retired Manager of Local Services for CBC Ottawa

**John MacLeod** (October 7, 2017) CBC Winnipeg and Calgary, Agricultural Resources Commentator and Producer

**Ed Macpherson** (November 15, 2017) CBC Toronto VTR Operator/Editor, NABET Executive

**Don McDonald** (November 28, 2017) CBC Winnipeg TV Technician

**Gary Morgan** (November 26, 2017) CBC Regina and Vancouver TV & Radio Audio Engineer, Musician

**Sean Mulcahy** (December 31, 2017) CBC Television Panelist and CBC Radio Host and Actor, Theatre Director

**Bert Perera** (November 25, 2017) CBC Ottawa Electronic Maintenance Technician

**Tom Prentice** (November 23, 2017) CBC Toronto Radio Audio Technician

**Jean-Bernard Rainville** (mid-January 2018) CBOFT Ottawa Announcer

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**James Reid** (November 14, 2017) CBC Toronto & Vancouver Radio Recording Engineer

**Vince Reid** (December 6, 2017) CBC Toronto Purchasing Agent

**Peter Reynolds** (October 18, 2017) CBC Toronto Broadcast Journalist, Creator of *The Disability Network* and *Silent News* for CBC

**David Shannon** (February 2, 2018) CBC Toronto Radio Journalist/Producer

**Mark Simpson** (October 16, 2017) CBC Calgary Radio Technician

**Inge Stankiewicz** (November 8, 2017) Widow of Alex Stankiewicz, CBC Edmonton Film Cameraman

**Roman Stoyko** (December 19, 2017) CBC Winnipeg Producer of *Hymn Sing*, Costume and Set Design and Puppeteering

**Hal Sullivan** (November 6, 2017) CBC Windsor Radio Reporter

**Robert Thorson** (January 6, 2018) CBC Rankin Inlet, Nunavut Radio and Television Maintenance Technician

**Greg Upton** (November 18, 2017) CBC Vancouver Supervisor of Design Operations

**George Vipond** (November 2, 2017) CBC Vancouver Supervising Technician, Quality Control Officer with TV Technical Services

**Ellen Rae Whitehouse** (November 29, 2017) Widow of Ray Whitehouse, CBC Toronto Producer, CBC Vancouver TV Program Director

**Gunther Zelmer** (December 24, 2017) CBC Vancouver Lighting Director

## Going Home on Vacation

*Gerry Jones, CBC PNA, Regina, SK*

For my wife Barbara Byers and me you could say visiting Cuba is “a bit like going home on vacation.” This past Christmas was our eighteenth visit to the beaches of Varadero. We took our first trip to Cuba for a week beach-respite from a bone-chilling prairie winter. We enjoyed it so much we kept going back, splitting time between Havana and Varadero, and touring the island.

When in Havana we stayed at the infamous Hotel Nacional de Cuba, a playground in the pre-Cuban revolution days for the rich, the famous and the American mafia crime bosses. The hotel grandeur faded after Fidel Castro closed its casino in 1960, almost two years after he won the revolution. The Nacional, a national monument, sits on a hill overlooking the harbour seawall and Old Havana and has recaptured its grandeur.



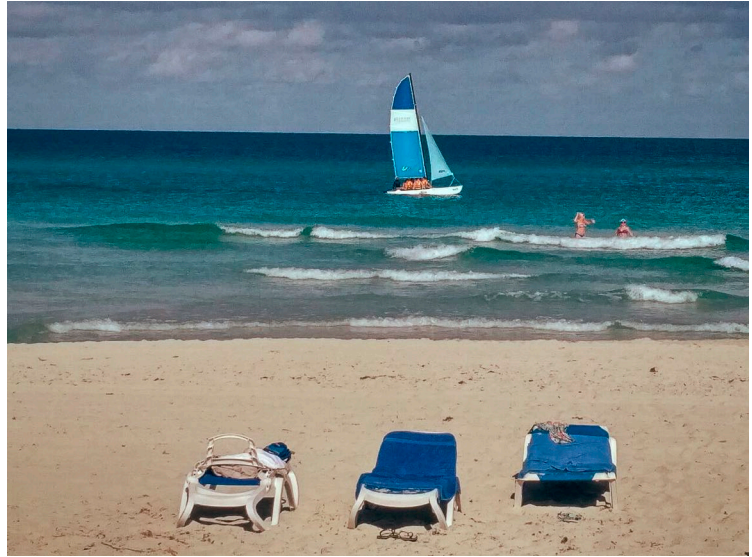
**Photo:** Courtesy Gerry Jones, CBC PNA, Regina SK  
Gerry Jones and Barb Byers enjoying a meal with friends in Varadero, Cuba, December 2017

The Barceló Solymar on the edge of Varadero has become our Cuban home-away-from-home for the past sixteen years. We’ve become good friends with people who work there and they share their lives, their homes and their families with us during our visits. They’ve shared dinners and BBQs in their homes and back gardens with us. We drank mojitos and Cuban beer on the roof top deck at a friend’s house. We’ve shared lobster dinners at restaurants in their communities. We’ve frolicked with Cuban friends in the waves at a beach on a hot Cuban winter day.

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Over the years we've witnessed how their lives have changed since our first visit in 2001 when electric power outages were frequent and the norm, but are not anymore. With changes made by Raul Castro who took over as President from his older brother Fidel in 2008 ordinary Cubans were allowed to travel more and set up businesses like taxis, restaurants, hair salons and repair shops. They were allowed to check in at hotel resorts which had been reserved for tourists. We shared their excitement and concerns when United States President Barack Obama and Cuban President Raul Castro announced a process to normalize relations between Cuban and the United States. And their disappointment when the process was stalled by President Donald Trump.

Many of our Cuban friends are eager for change that will help improve their lives, like the end of the American embargo against Cuba. They want to keep the good things that came with the revolution like health care and education and they're open to embracing new ways of doing things when it works for them.



*Photo: Courtesy Gerry Jones, CBC PNA, Regina SK  
Varadero, Cuba – Favourite beach of Gerry Jones and Barb Byers*

We hope to share many more New Year's toasts with our Cuban friends and many more hot sunny days frolicking in the blue waters off our favourite beach in Varadero.



## EAP calling!

Dear fellow pensioners,

Now that we are retirees and free of production deadlines and morning rush hour, all our problems are over. ☺ However, as we know, the rest of life is still there: the relationships, the money decisions, the health hiccups. Stress and strife might even make us need to be pointed in the right direction for legal help. That's where the EAP (Employee Assistance Plan) comes in.

The Employee Assistance Plan is free, confidential and available to CBC retirees AND their spouses 24-7 at two central telephone numbers:

1-866-838-2025 for English

1-866-839-7897 for French

If you are feeling stressed, looking for advice or need to talk through a problem, call one of those two numbers. After your initial contact you will be referred to a specialized counsellor. You will be set up with face-to-face or telephone counselling or even e-counselling. Depending on your needs, EAP will provide up to five hours of free counselling.

How can you help EAP? Please remind your fellow pensioners about this free, confidential service and encourage them to use it.

Thank you,

Julia Sargeant ([juliasargeant@shaw.ca](mailto:juliasargeant@shaw.ca))

CBC PNA Representative on the EAP National Board of Directors



## Calgary: Farewell to Nearly Six Decades on Westmount Blvd.



*Photo: Courtesy CBC Calgary*

Current and former CBC Calgary and Radio-Canada employees gather out front of the Westmount Blvd location for a farewell photo on October 17, 2017. CBC moved four kilometres west to a new building at 1000 Veterans Place N.W.

## Edmonton: Annual CBC Christmas Turkey Drive



*Members of the Edmonton chapter of the CBC PNA took part in CBC Edmonton's Turkey Drive to raise funds for the Edmonton Food Bank.*

*From left to right:*

*Cécile Magnan, CBC PNA, Edmonton, AB; Bob Forrow, CBC PNA, Edmonton, AB;*

*Jim MacVicar, CBC PNA, Devon, AB; Lisette Vienne, Société Radio-Canada, Edmonton, AB*