

National Capital Region Communiqué

The CBC Pensioners' National Association



Dave Jeffrey

Note From the President

Dear NCR CBC Pensioners,

On behalf of your PNA NCR Board of Directors, we would like to wish everyone a Healthy and Happy 2018.

As we look back at 2017, it was a very busy and productive year for your Pensioners National Association (PNA). As you may have read in the recent issue of our National newsletter Contact, there are some major initiatives in which your PNA continues to be actively involved. They are:

- **Bill C-27** - Continuing to ensure that CBC Pensioner's voices are heard in protecting our Defined Benefit pensions now and into the future.
- **The Surviving Pension Fairness Coalition** - working with other National organizations to get the Pensions Benefits Standard Act changed so that your spouse who you married after retirement would be entitled to a survivor pension.
- **Continuing to work with the CBC** on ensuring that the Supplementary Health Care plan for pensioners is fair and affordable in the coming years for CBC Pensioners.

As we look forward to 2018, there is the upcoming Association's Triennial Convention to be held in Gatineau, May 2018. This convention will feature the Association's 2018 Annual General Meeting with a presentation of audited financial statements, the annual budget, appointment of auditors and as a regular and always popular feature, a presentation on the CBC Pension Fund by its CEO, Debra Alves. Also, because it's a convention year and the members of the executive are elected for three-year terms, the 2018 AGM will also be the time for the election of a president, a treasurer and two vice- presidents, representing Francophone and Anglophone constituencies. Notice of the AGM will be going out to all members at a later date, so stay tuned.

In this current edition of Communiqué, you will find an interesting article on Seed Programs Canada, a registered charity based on the idea that good quality vegetable seed, made available to groups that are dedicated to increasing food production, is a key step to relieving poverty and improving nutrition..

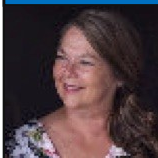
Your local NCR board is looking forward to representing you in 2018 and we hope to see many of you out to our local social get-togethers.

Regards

David Jeffrey



Sowing Seeds to Fight Hunger with Shelley Dunlop



Shelley Dunlop

After almost 38 years of working at CBC, I retired from Shared Services, supporting and analyzing developmental changes to the Human Resource, Compensation & Benefits Employee Portal website, I was able to spend more time with the charity my spouse Karl & I founded in December 2011.

Seed Programs Canada is a humanitarian organization supplying seeds and providing technical support for farming and gardening programs around the globe. Often in natural or man-made disasters the food production systems break down. Once the initial aid of food, water and medicine is received what happens next? It still leaves communities without a permanent food production infrastructure. Seed Programs Canada works to help communities with this second phase of development to restore and rebuild permanent food production.

The right seed for the region is important and Seed Programs Canada takes care to provide varieties that are non-GMO so communities can begin to save seed and continue the seed production cycle in their own communities and break dependency on outside agencies.

Funding the supply of seed is an excellent way to leverage the provision of food. It is inexpensive to supply and ship however a little goes a long way. 10 small seed packets can provide the yearly requirements of vegetables for a family plus a surplus to give away or sell at local markets. 35 packets of seed have the potential to grow over a tonne of food.

There are other benefits of quality seed supplies:

- Did you know that most of the third world vegetable production is done by women? Enhancing and encouraging vegetable production empowers women and helps them develop micro-enterprises for the benefit of their families and communities.
- Providing seed offers a significant teaching opportunity for schools, church groups and

orphanages. Resources are scarce and seed provides an opportunity to teach people and communities the importance of knowing how to grow their own food. With this knowledge comes self-respect, self-reliance, and a step towards a better life.

- Many communities have limited access to good nutritious food. Local efforts may be restricted to the production of only one or two staples and this lack of diversity leads to mal-nutrition. Vegetables like carrots, green beans, and cabbage provide vitamins and minerals that are often lacking in diets. A diverse diet leads to better health and improved development for children.

Seed is the key to food production in every region and providing quality seed provides the opportunity and hope for impoverished communities. Small business opportunities provide

a mechanism to buy tools, medicine and schooling, which may otherwise be out of reach for many.

Seed is donated by commercial seed growers and is provided in multi-language packets in bundles of 100. Donated

seed is tested in accordance with international standards and Seed Programs Canada facilitates documentation for shipments as needed by importing countries. Seed Programs Canada has sent seed packets to the following countries: Haiti, Honduras & South Africa.



Seed Programs Canada is a Canadian Charitable Organization Reg. # 839858107RR0001

For more information please contact: Shelley Dunlop @ esdunlop54@gmail.com or Karl Fiander @ klflander@gmail.com or 613-406-6100 Website:

www.seedprogramsCanada.org or our Facebook page: <https://www.facebook.com/SeedProgramsCanada/>



Paul Roy

Technology Corner Home Automation and Security!



Home automation products are hot these days whether you get them directly from a retail store, or through a home security service provider. Prices are dropping as these technologies become more common place. Here's some interesting options:

Security: In addition to the traditional door / window alarms we can now get video monitoring, two-way communications, and wearable panic buttons.

On / Off: Remote control items within your home. From lights to appliances to window shades and heating / cooling. All from your smart phone, tablet, or via voice control.

Sensors: Strategically placed water sensors can send you alerts when trouble starts - ideal for early detection of a wet basement. Sensors can trigger various automation like lighting on / off schedules or even when the shades will open / close.

Outdoor Stuff: Remotely turn on / off your sprinklers or outdoor lights - cool! Smart door locks allow you to unlock doors with a code or with your smart phone remotely.

Robotics: Robotic vacuums, robotic lawn mowers, robotic gutter cleaners ... lots of friendly robots ready to work—24/7!

Technologies: So what makes these products tick?

- **WIFI / Internet:** Most new home automation products are WIFI enabled to allow them to be integrated via the internet.

- **Home automation hubs:** These specialized hubs manage home automation devices and relay instructions to/from your smart phone or tablet.
- **Scheduling and Geo-Fencing:** to manage device action scheduling and location based services to initiate automations based on your location (i.e. change your thermostat temperature as you arrive home).

That's just the tip of the iceberg—new products and services are coming out regularly. Sit back homeowners, let the robots do the work!!



Kerry Adams



Yvonne Lavallée

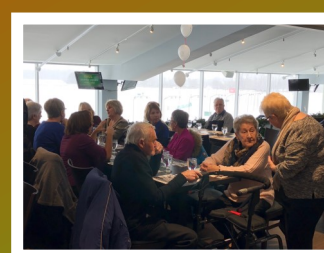


Patricia St-Germain

- Spring Fling!, April 11 @ KS on the Keys.
- Summerfest!, June 21st @ Colnade Carling.
- Pensioners Golf in August-Place and time TBD.
- September Social-Place and time TBD.
- Annual General Meeting-Nov 7.

Upcoming Events !!

Christmas Luncheon and Annual Meeting Pix!

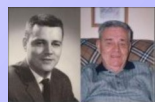


Remembered Friends



BÉLANGER, JANET (Née Riznek) Passed away suddenly and peacefully at home on December 24, 2017 at the age of 66. Daughter of the late William Riznek and the late Georgette Ladouceur. Loving mother of Natalie (Marcel) and Mark (Geneviève). Cherished grandmother of Isabelle, Liam, Gabrielle, Tristan and Jakob. She also leaves her sisters Carol Pereira (Augusto) and Joan Riznek, as well as the father of her children Michael Bélanger, many nephews, nieces and especially her friends at Radio-Canada.

BESNER, ANDRÉ Technician for the television service of Radio-Canada in Ottawa passed away on October 23rd 2017.



CARON, OLIVIER (Babe) 1930 – 2018. former producer at CBOFT Ottawa Olivier died on

January 8, 2018 at the age of 87 He was the husband of Fernande Sabourin and the son of Oscar Caron and Regina Patenaude. He leaves his children in mourning: Alayn (Micheline), François (Claudie) and Nathalie (Jean); his grandchildren: Maxime, Francis, Tammy, Lara, Louis-Philippe, Christina and Ariane; his sisters: Claire Jean-Louis and Alyette (Yves) and several brothers-in-law, sisters-in-law, nephews, nieces, cousins, relatives and friends.

DAVIDSON, JOHN technical director CBOT Peacefully on December 11, 2017 with family by his side. Survived by his loving wife Gloria. Cherished father of Paul (Loretta), Louise (Serge), Suzanne (Jerry), Michelle (Bruce) and Lorraine. Beloved Grandpa- John of Jasmine, Amelia and Corbin

JOHNSON, DANIELLE FOUCART Researcher at CBOFT, in Ottawa, passed away in Montreal on December 9th 2017, at the age of 59. Beloved wife of Michael Udell Johnson. Apart from her husband, she leaves in mourning parents and friends



LALUMIERE, SARAH MOWBRAY, video editor at CBOT... Surrounded by her family, our amazing Sarah passed away on Thursday, December

14, 2017, just short of her 61st birthday. Treasured and adored wife, best friend and partner for over 40 years of Gerry; loving and proud mother of Alison (Adam) and Carly (Pascal); delighted "Sammy" of Poppy. Daughter of the late Peter and Valerie (Farewell) Johnston, stepdaughter of Rosanne Hughes, Sarah was much loved and will be greatly missed by big sister Celia (Doug) and brothers Geoffrey (Lisey) and Stuart (Mary). A brilliantly intuitive chef, avid camper, clever devotee of crossword puzzles and fan of espionage novels, Sarah spent her early years in Ottawa, London, England and Tanzania before embarking on a long career with CBC, enjoying particularly her years editing *On The Road Again*. Sarah loved nature and animals, especially horses and the many loving pets she had over the years.

LORD, FRANK senior radio technician CBO/ CBOF June 6, 1934 - November 14, 2017 In the company of family and friends, at a time and place of his choosing, Frank passed away peacefully at his Ottawa home. Born in Hamilton, Ontario on June 6, 1934, Frank was predeceased by wife, Dena (2016); daughter Leslie Rosemary (1958); father Frank and mother Mary; sister Patricia Foye (Tom); step-brothers Bill (Jane), and Ernest (Lois). A proud veteran, Frank served in the RCAF from 1953-1963. He then spent 29 years with CBC Radio, including 14 years as Technical Director with "The House". He was an active member of the Royal Canadian Legion for 63 years and one of the founding members of the Mayflower Pub. Frank loved sports and was a lifelong fan of both the St. Louis Cardinals and Hamilton Tiger Cats.



MCDONALD, FRANK Andrew (CBC - retired) passed away on August 30, 2017.

Frank was with CBC Ottawa for 30 years in the Sales Policy and Planning Department. Wednesday, August 30, 2017, Frank McDonald, in his 81st year, son of the late Frank and Violet (Keyes) McDonald. Loving brother of Barbara Nolan. Predeceased by his siblings; Rita, Fay "Mac", Joyce and Darcy. Fondly remembered by many nieces and nephews. Frank will be sadly missed by his snowbird family in Florida.



MCSTRAVICK, DONALD JAMES Peacefully on Tuesday, February 6, 2018, surrounded by his family, at the age of 79. Beloved and cherished husband to Carolyn. Devoted and loving father to Sandra (Francois), John (Sylvia), Judy (Bruce), Peter (Melissa) and Steven (Nicole). Proud grandfather to Amanda, Catherine, Simon, Riley, Cole, Blake, Avery, Chip, Read, Sullivan, Sarah, Amy and Beth. Dear brother to Glen (Diane) and Jim (Maria). Predeceased by parents Florence and James McStravick. He will be missed by his extended family and friends. Donald, a Chartered Accountant, worked at CBC/Radio-Canada for over 30 years.



MECH, GREG passed away at Ottawa, Ontario on Saturday, August 12, 2017 at the age of 58. Beloved husband of Sharon and loving father of Dylan. Cherished son of Walter and Oksana; dear brother of Chrysanthia (Irenée) and Derek. Proud uncle of Jonathan. Gregory worked at Canadian Broadcasting Corporation Ottawa, for over 30 years as an Information Technology Project Manager. He was most passionate about horses. He would often go see them race live at the Rideau Carleton Raceway with his wife and son. He was a member of the Barrhaven Tennis Club where he regularly competed in tournaments. He also ran races in the Ottawa area for different charities.



RAINVILLE, JEAN-BERNARD janvier, 2018. One of the more colourful pioneers of Radio-Canada over the course of more than 30 years, he started work at CBOFT in the fifties, just one year after the opening of the station. His shows included *Le Club du Samedi*, *Croquons le Verbe* and *Sur des Roulettes*. He was a sports announcer for Radio-Canada and then joined the newspaper *Le Droit* as a sports writer.