

Station Break / Pause-indicatif

CBC Pensioners Association
Maritime Region Newsletter

Association des retraité(e)s de la SRC
Bulletin régional des Maritimes

Spring / printemps 2018

PRESIDENT'S BULLETIN

RAPPORT DU PRÉSIDENT



On the lookout for Spring's warm weather ... since the last newsletter, Christmas and the winter snows have come and gone. All of the Chapters hosted an annual Christmas dinner. All reports indicate that the gatherings were very well attended. The Regional Secretary and I were

invited to the PEI dinner in December. We made it there and back without any snow problems. Changes in the PEI executive are outlined in the Charlottetown report. We would like to thank Ian Petrie for his work keeping the PEI chapter together all these years.

It would seem that everyone is working to the same end: "keeping in touch with our old comrades and friends"!

Our Association is comprised of over five thousand and eighty members from Coast to Coast to Coast representing over half of all CBC retirees. But we want every retiree to become members so if you know a former CBC employee or anyone who receives a CBC Pension and has not joined please invite them to a meeting or dinner. Maybe they will consider taking out a membership?

May 2nd is the date for the Region's Annual General Meeting. There will be a number of board positions to fill. If you can, please try to attend and cast your vote. If you're interested in joining the board, let Geoff Turnbull (g.turnbull@ns.sympatico.ca) or Doug Kirkaldy (dougekirkaldy@gmail.com) know. Geoff and Doug are the nominating committee. There will also be nominations accepted from the floor.

Les journées printanières plus chaudes se font toujours attendre... Depuis le dernier bulletin, Noël et les neiges hivernales sont venus et repartis. Selon nos informations, il y a eu une bonne participation aux dîners annuels de Noël dans toutes les sections. Le secrétaire régional et moi-même, nous étions invités à celui de l'Île-du-Prince-Édouard. Nous avons fait l'aller-retour sans rencontrer de mauvais temps. Le rapport de Charlottetown fait état de changements au sein de leur bureau de direction. Nous remercions Ian Petrie pour son travail assidu afin d'assurer la survie de la section insulaire pendant toutes ces années.

Il semble que tous visent le même objectif : « maintenir des liens avec nos anciens collègues et amis »!

Notre association compte plus de 5,080 membres répartis d'un bout à l'autre du pays, soit plus de la moitié des retraités. Nous aimerions qu'ils en fassent tous partie. Si vous connaissez un ancien employé ou quelqu'un qui reçoit une pension de la SRC et qui ne fait pas partie de l'association, de grâce invitez-le à une réunion ou à un lunch. Ce geste pourrait l'inciter à rejoindre l'association.

L'assemblée générale annuelle (AGA) de la région aura lieu de 2 mai. Il y a plusieurs postes à combler. Si possible, faites-vous le devoir d'y participer et de voter. Si vous désirez faire partie du bureau de direction, dites-le à un des deux membres du comité de mise en candidature : Geoff Turnbull (g.turnbull@ns.sympatico.ca) ou à Doug Kirkaldy (dougekirkaldy@gmail.com). On

Table of Contents

President's Report – English	1, 2	Treasurer's Report – French	7
President's Report – French	1, 2	Memories – Don Tremaine	8
Moncton Report – French	3, 4	Life After CBC – Tom Pottie	9
Moncton Report – English	4, 5	Life After CBC – Sue Dexter	9
Charlottetown Report	5	Annual General Meeting	10
Sydney Report	6	Stay Connected – English	10
Halifax Report	6	Stay Connected – French	10
Treasurer's Report – English	7	Newsletter Crew	10

PRESIDENT'S REPORT – 2

Recently, after putting together a budget, the Treasurer, David Carr, concluded that local costs are increasing. Unfortunately, we had to increase the lunch costs by a dollar. Also, we will now be asking for a \$5.00 fee for both the Christmas dinner and the Annual General Meeting meal. Both these events were free for all members in the past.

We would like to see a Chapter formed in the Fredericton area of New Brunswick. To achieve this there must be a minimum of 25 dues-paying members in agreement. They do not have to be in Fredericton but could be from any area of New Brunswick except Moncton. As you know Moncton is already a Chapter.

To this end Ross Ingram (atnews@nb.sympatico.ca phone 506 472 0947) and Chris Morris (christine.morris506@gmail.com) have agreed to collect names of any interested NB members. By forming a chapter, there would be a dues rebate from the National office. The minimum rebate is \$1,200 a year. It would cover the costs of meeting rooms and maybe tea/coffee? Hopefully this would allow at least one yearly meeting or maybe more if a free or almost free meeting room could be found.

New Contacts: Fredericton:
Ross Ingram atnews@nb.sympatico.ca 506.472.0947
Chris Morris christine.morris506@gmail.com

Finally, the Supplementary Health Care Plan (SHCP) was recently changed and hopefully improved. To date, the changes seem to have been well accepted. But if there are problems, please let us know.

You can contact your local president or call the Ottawa office 1-877-361-9242 or your local representative. Just remember that the Great West Life (GWL) contract is the CBC's contract. Your association does make sure that it has a say in any decisions on the SHCP that are made by the CBC.

John McKay

RAPPORT DU PRÉSIDENT – 2

pourra proposer des candidatures à la l'AGA.

En préparant ses prévisions budgétaires, le trésorier David Carr a constaté que les coûts augmentent à Halifax. Nous avons donc dû augmenter le coût du lunch d'un dollar. De plus, nous exigerons des frais de 5 \$ pour le dîner de Noël et du lunch servi à l'AGA. Ceux-ci étaient gratuits jusqu'à présent.

Nous serions heureux de voir la création d'une section dans la région de Fredericton, N.-B. Pour cela, il faut recruter un minimum de 25 membres cotisants. Ceux-ci peuvent habiter à Fredericton ou dans toute autre partie de province sauf Moncton où il y a déjà une section.

Ross Ingram (atnews@nb.sympatico.ca tél. 506 472 0947) et Chris Morris (christine.morris506@gmail.com) ont accepté de recueillir les noms des membres intéressés. La nouvelle section recevra du Bureau national une partie des cotisations de ses membres. Le versement minimal est de 1 200 \$ par an. Cette somme aiderait à payer le coût de location des salles de réunion et peut-être du thé ou du café. Elle pourrait possiblement payer le coût d'au moins une réunion annuelle ou davantage s'il est possible de trouver une salle gratuite ou à bon marché.

Nouveaux contacts : Fredericton :
Ross Ingram atnews@nb.sympatico.ca
506.472.0947
Chris Morris christine.morris506@gmail.com

Enfin, le Régime d'assurance-maladie complémentaire (Le Régime) a récemment été modifié et espérons-le, amélioré. Jusqu'à présent, les changements semblent avoir été bien accueillis. Mais s'il y a des problèmes, veuillez nous les faire connaître. Vous pouvez en parler à votre président local ou téléphoner le bureau national au 1-887-361-9242 ou votre représentant local. N'oubliez pas que le contrat est entre la Great West (GWL) et Radio-Canada. Votre association s'assure d'avoir son mot à dire dans toute décision de la Société touchant le Régime.

John McKay

Nouvelles de Moncton - Avril 2018

Les thèmes abordés lors de nos récents déjeuners-causeries - *la démence et la maladie d'Alzheimer, les enjeux actuels et l'avenir de Radio-Canada Acadie et le nouveau régime d'assurance-maladie complémentaire* – ont suscité beaucoup d'intérêt.

La démence et la maladie d'Alzheimer. (Le 28 mars 2018) L'équipe de la docteure Sarah Pakzad, professeure-chercheuse à l'Université de Moncton, a entrepris un projet unique au pays : le développement d'un programme de dépistage de la maladie d'Alzheimer. La réalisation de ce projet mettrait entre les mains des omnipraticiens, un outil de dépistage installé sur des plateformes portables facilement accessibles.

La docteure a d'abord distingué entre la démence, un terme général, et la maladie d'Alzheimer, une catégorie de démence.

Elle a par la suite expliqué que notre style de vie n'est pas sans conséquences sur notre état de santé : il y a donc des facteurs non modifiables, dit-elle, et d'autres facteurs modifiables.

Parmi les facteurs inchangeables figurent par exemple l'âge, la constitution et la maladie. Les facteurs changeables incluent, entre autres, le tabagisme, les boissons alcoolisées, le sommeil, l'activité physique, le diabète et les viandes rouges.

Le projet consiste à faire évaluer sa capacité de mémoire selon des critères déterminés par l'équipe. Il s'adresse à toute personne âgée de 60 ans et plus. Les personnes présentes au déjeuner ont eu l'occasion de s'y inscrire. Elles recevront bientôt un appel téléphonique pour confirmer leur intérêt. Les autres personnes intéressées n'ont qu'à composer le (506) 858-4570 pour s'inscrire. Les résultats sont confidentiels : il n'y aura aucun suivi à moins que l'individu y consente.

Les enjeux et une vision pour l'avenir de Radio-Canada Acadie. (Le 31 janvier 2018) La nouvelle directrice régionale, Collette Francoeur, explique que la Société doit assurer une présence sur les nombreuses plateformes médiatiques.

Cette présence constitue un important défi à relever, nous a-t-elle dit, en raison de l'évolution rapide de la technologie et des plateformes elles-mêmes. Il faut aussi tenir compte des changements structurels et des compressions financières au fil des années.

De plus, la directrice souligne qu'il y a maintenant lieu d'apporter quelques retouches aux nouveaux locaux après les avoir occupés pendant quelques années. La station, dit-elle, demeure « la plus belle en région ».

En termes de grands objectifs d'avenir, elle évoque une présence intergénérationnelle, un journalisme d'impact, une bonne connaissance de la communauté et des partenariats engageants avec les producteurs indépendants.

Le régime d'assurance-maladie complémentaire. (Le 21 novembre 2017). À la demande des membres, ce déjeuner-causerie a porté sur le nouveau régime d'assurance-maladie complémentaire en négociation à ce moment-là. Le silence entourant ces négociations en inquiétait plusieurs. Cette rencontre a permis un échange sur les changements et les nouveautés.

Nos prochaines activités :

- Le prochain déjeuner-causerie aura lieu le mercredi 25 avril à midi au restaurant Swiss Chalet à Dieppe.
- L'AGA (l'assemblée générale annuelle) aura lieu le mercredi 23 mai : détails à venir.
- Le souper annuel au homard qui marque la fin de nos activités régulières pour la saison aura lieu en juin : détails à venir.

Nos condoléances aux familles de trois de nos membres qui nous ont quittés:

- Un de nos anciens présidents, Maurice Olsen, réalisateur aux variétés, nous a quitté le 3 janvier.
- Alonzo Robichaud, un technicien à la maintenance, est décédé le vendredi 9 mars.
- Paul Chiasson, époux de notre collègue Marie Chiasson, est décédé le 7 avril.

Moncton Report – April 2018

Our recent luncheons dealt with topics that generated a fair amount of interest: *dementia and Alzheimer's disease, the present challenges and the future of Radio-Canada Acadie, and the new supplementary health care plan.*

Dementia and Alzheimer's Disease. (March 28, 2018) Dr. Sarah Pakzad, a researcher and professor at the Université de Moncton, and her team have embarked on a unique project in Canada: the development of an Alzheimer screening program. This program would give family doctors a screening tool accessible on multiple portable platforms.

At the outset, Dr. Pakzad distinguished between dementia, a general term, and Alzheimer's disease, a type of dementia.

She explained that our lifestyle has consequences on our health. There are things that we can't change, non-modifiable factors, and, she said, some that we can change, modifiable factors.

The former includes the age factor, one's constitution, and illness; the latter, those factors that can be changed, include for example, smoking, liquor, sleep, physical activity, diabetes, and red meat.

The project consists in having an evaluation of one's memory capacity. It's aimed at persons aged 60 and over. Those who attended the luncheon were invited to register for an evaluation. They'll receive a phone call later to confirm their interest in participating. Others can register by calling (506) 858-4570. Results are confidential; should a follow up be warranted, the team will consult the individual.

The present challenges and the future of Radio-Canada Acadie. (January 31, 2018) The new regional director, Colette Francoeur, explained that the Corporation must be present on the numerous media platforms.

She said that this is an important challenge in light of the rapid evolution of the technology and of the platforms themselves. The regional director added that structural changes and the numerous cutbacks throughout the years cannot be ignored.

Ms. Francoeur indicated that after having occupied the new location for a couple of years, the time has come to make a few "cosmetic" changes. She said that Moncton has the French network's nicest regional stations.

As for her main objectives for the future, she mentioned an intergenerational presence, impact journalism, a good knowledge of the community, and engaging partnerships with independent producers.

The supplementary health insurance plan. (November 21, 2017). At the request of members, this luncheon focused on the new supplementary health plan being negotiated at the time. The silence

surrounding these negotiations had many members worried. This meeting allowed members to be better informed on the coming changes and new coverage.

Upcoming activities:

- The next luncheon takes place on Wednesday, April 25, at the Swiss Chalet in Dieppe.
- The annual meeting is scheduled for Wednesday, May 23. Details will follow.
- The annual lobster supper will be held in June. Details are forthcoming.

Our sympathies to the families of three of our members who have recently left us:

- Former president of the Moncton chapter, Maurice Olsen, television variety producer, passed away on January 3.
- Alonzo Robichaud, maintenance technician, passed away on Friday, March 9.
- Paul Chiasson, our colleague Marie Chiasson's spouse, passed away on April 7.

Charlottetown

PEI REPORT

Kathy Large

New PEI branch executive

A new group of CBC Pensioners has volunteered to work as the PEI branch executive, injecting new ideas for social gatherings and standing ready to offer help to any Island pensioners who need assistance.

Linda Gillan Young and Kathy Large will share the chair. Steve and Sheila Stapleton will act as secretary. Ian Petrie, who has been chair for a number of years has agreed to continue in the role of past chair to provide advice and continuity. Thanks are due to John Stewart who retires from the executive as a result of these changes.

At its inaugural meeting on Monday, February 26, the group reviewed the branch's finances, and discussed ideas about the social events we could sponsor in the year ahead. From all reports, our Christmas luncheon has been a popular event and we will repeat it next December. In the meantime, we are interested in adding an event sometime in June and are researching some ideas. Stand by for more news soon. The branch has a positive bank balance of \$6,831. Any expenditure will be signed for by two executive members, as has been the case in the past. We are also discussing ways to make contact with pensioners who haven't yet joined the association.

Linda Gillan Young is planning to represent the PEI branch at the regional annual meeting this year.

Should any PEI pensioner wish to contact the executive with ideas or requests for help, please call Kathy Large at 902-394-4966 or email largekathy22@gmail.com. Our next meeting is planned for early May.

Sydney

CAPE BRETON REPORT

Bill Doyle

It's been a quiet winter here for members of the Cape Breton chapter of the CBCPNA. Those of us who turned up our noses to the sunny south and chose to brave the winter here are grateful for a relatively mild weather with an unusually small amount of snowfall

Our Christmas Dinner was the highlight of the winter. As usual it was a well-attended and much enjoyed event.

It's been over a year since we began trying to get someone from CBC radio to tell us when listeners in Cape Breton to CBC Music – formerly CBC Radio 2 – will get to hear programming weekdays from 6 a.m. to 9 a.m. That time slot is now occupied by CBC Radio 1 and Information Morning from Cape Breton. Denise Wilson, Sr. Managing Director, CBC Atlantic, promised to attend our fall meeting with an explanation but declined because it was a complicated issue and that she required more time to prepare. She did express an interest in attending our spring meeting. We sent her a reminder and await a response.

Our spring meeting – which is our AGM – takes place at the usual location, the Royal Canadian Legion, 99 Midgley Drive, Westmount, on Thursday, May 30. It starts at 2:00 p.m.

Halifax

NOVA SCOTIA REPORT

Geoff Turnbull

It's been an unusual winter in Halifax. Not much snow until March, no meetings cancelled due to the weather, and now spring is dragging its feet.

But the pensioners' association continues to do its work.

Our regional annual general meeting next month will be followed a week later by the national AGM and Triennial Convention in Ottawa. We will be represented there by our Atlantic president, John McKay, and by Don Langis from Moncton, Bill Doyle from Sydney, and Geoff Turnbull from Halifax. If you think AGMs are kind of boring, consider this: that's where we get the authority to be a voice for pensioners. By coming and taking part, you give your association the power to deal directly with the CBC and with the Pension Board, and that protects your financial and other interests.

And there's still time for socializing and eating!

Speaking of eating, we are going to have to charge a little more for lunches.

During this year's budget planning, Treasurer David Carr realized we are in danger of eating ourselves out of hearth and home.

So... The seven-dollar full meal deal becomes an eight-dollar special, and there will be a five-dollar charge towards the cost of Christmas and AGM meals.

There are 467 association members in the region as this is written, but quite a few CBC pensioners have not yet signed up. When you run into one of them, remind them how important it is to support us. Yes, we need their dues, but we need them to be members more.

The CBC signs binding agreements with us only when we represent more than half of all pensioners. That's why we have a seat on the pension board, how we got EAP benefits for retirees, and the reason CBC has agreed to share pension surpluses with pensioners.

A LOOK BACK...

DON TREMAINE

As the date of my retirement slowly fades into the mists of yesterday, I often think of the CBC I joined and the one all those young people who keep popping up on radio and tv today joined. If they could have tagged along with us in 1951, the shock could nearly have been fatal. Here is the ghastly news you probably won't believe: Women were not hired for "on air" jobs! Announcers from coast to coast were all men!



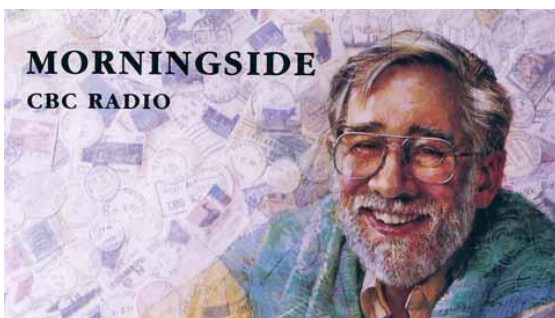
During the war most men were in the services, so this marks the first breaking of that bit of stupidity. One night I was attending a drama rehearsal and saw in one of the new studios a very attractive woman reading the 6 p.m. news – and knitting at the same time! How cool was that! I tried, on a couple of shows, to find her but never had any luck.

When Jean and I decided to get married, she was the boss's secretary and had to quit due to a law stating "no two members of the same family could work for the CBC". So, she had to RETIRE. That's what true love looked like in ancient times!

I was counting on her salary, too. As junior announcer, I was making \$10 less a month than she was. All this discrimination finally evaporated somewhere in the middle 50s when we got unionised, but some bits had staying power. Editors could write the news, but only announcers could read the news. We could not identify ourselves unless the producer approved and the show was at least 15 minutes long. My payday was \$180 per month, once a month.

I recently found an old telegram to my mother sent from CBI Sydney, and there were more than a few in this vein: **Dear Mom. I am fine and hope you are too! The family I live with have adopted me, and I am not about to starve. Please send \$20.00.**

How do you like the good old days so far?



LIFE AFTER CBC

Both my wife and I are now retired. Some days are busy and others not so busy. Having put in 37 plus years of finance work, it feels great that I don't have to do reports, etc. I have more time for my hobbies...singing, enjoying my grandchildren and enjoying the good weather, when it happens. It's sure better than being cooped up in an office. Although my health problems are still with me, I can handle them. Hopefully, I'll be rid of them soon. Missed playing golf and bowling. Do more walking and that helps. Looking forward to Summer, when we have our family outing at Pictou Lodge. It's always a treat to attend. Best to all.

Tom Pottie

What's happened to Sue Dexter?

A very pleasurable change has come over me recently. It doesn't seem to be the result of anything I have done. It is like I imagine Zen, it just is. I feel good but unlike James Brown the great soul singer, I never thought that I would. Sure, I've had many happy moments throughout my life but they were moments, not a general state of mind.

So, what has changed that prompts me to claim this Zen-like peace? I notice that what used to be stressful isn't anymore. Why stress became so overwhelming I don't know: probably lack of experience, too focused on performance, terrified of others' opinions. Whatever the reason, I don't react the same way now. As a volunteer I have to run audio-visual equipment for a classroom full of people. When things go wrong, for instance the laptop won't speak to the projector, I don't tear my hair out. I feel calm, confident I can cope and that others will help, which is what happens. Maybe it's a false sense of security, but I don't think so and it doesn't matter anyway. I feel confident enough to offer to show a couple of other women how to run the audio-visual equipment. I'm sure they will be fine.

Can I explain this calmness? No. It probably has as little to do with me as my fretting did long ago. I think it has to do with age. Back then I was young and scared. Now that I'm old different things scare me. For example, I was hopeless at talking to people. Now it seems that I can't stop. Anyone is fair game for a chat these days. What's happened? In my old job I used to talk to all kinds of people. I liked being nosy. I realize now that it wasn't really talking. It was a form of interrogation. I'm still curious but it feels a lot friendlier and people ask me questions now.

There are other things I notice these days. I like people more, probably the result of all the talking I'm doing. I'm not as critical of others or myself. I don't worry about my appearance so much. In fact, I may have to pay more attention; otherwise I will end up wearing only scruffy comfort clothes. I still have, and love, two pairs of really bad, stretchy pants I bought at Walmart for five dollars years ago. They've shrunk so much they won't stay put inside my Wellington's. They are big and baggy, perfect for gardening, stains and all. A pair of sensible men's shoes I found at a thrift store were supposed to be for gardening but they've become my favourite footwear for everything, even dancing if I still danced.

What is happening to me? I guess I've grown old. It reminds me of when I was a kid. I had all kinds of friends. I knocked around on my third-hand bike. I wore what I liked and ate pickles whenever I could. Being a girl and growing up were problems for the future. Now those problems are fading into the past. It feels all right to be old, to be someone else besides my old, nervous self. I'm looking forward to a whole new way of being in the world.



Annual General Meeting

Wednesday, May 2, 2018 Buffet lunch at 12 noon approx. Fee: \$5 per person
Royal Canadian Legion, corner of Hillcrest and Main, Halifax

AGM at 12:45 p.m. approx. Agenda:

- ✚ report from the President
- ✚ audited presentation of the Annual Financial Statement and budget for the coming year
- ✚ elections for President, Vice President, and five (5) members-at-large
- ✚ other matters. More information to come.

Please let David Carr know if you are coming: financialwonk@aol.com or landline (902) 457-1837.



STAY CONNECTED

Keep your Association informed:

If you move, change your phone number or e-mail address, please make sure you notify both the National office and the Regional office of your new contact information, especially your e-mail address so we can keep in touch with you by newsletters.

Dites-le à votre association:

Si vous déménagez, changez de numéro de téléphone ou d'adresse courriel, assurez-vous d'en informer les bureaux national et régional. Votre adresse courriel nous permet de rester en contact avec vous à l'aide de notre bulletin.

national: cbcpensioners@on.aibn.com

613-724-3003

1-877-361-9242

régional: cbcpam@gmail.com

POUR JOINDRE NOTRE RÉGION PAR COURRIER, COURRIEL ET INTERNET

Courrier: Assoc. Retraités SRC (Maritimes), 413 - 50 Barkton Lane, Halifax, NÉ B3M 4H8

Courriel: cbcpam@gmail.com ou Suzie Bougie: cbcpensioners@on.aibn.com

Site Internet : Maritimes: <http://www.chebucto.ns.ca/culture/cbcpensioners/>

Lien Internet (photos et bulletins) – Maritimes: lien dans le site

<http://www.chebucto.ns.ca/culture/cbcpensioners/>

Great West Life (GWL): www.greatwestlife.com Composer le: 1 877 340-9082

Centre d'administration des pensions (CAP) Composer le : 1 888 604 9258

HOW TO CONNECT WITH OUR REGION BY MAIL, E-MAIL, AND INTERNET

Postal: CBC Pensioners' Assoc. (Maritimes), 413 - 50 Barkton Lane, Halifax, NS B3M 4H8

E-Mail: cbcpam@gmail.com or Suzie Bougie: cbcpensioners@on.aibn.com

Internet: Maritimes-photos and newsletters: <http://www.chebucto.ns.ca/culture/cbcpensioners/>

Internet (photos) – Maritimes: link from <http://www.chebucto.ns.ca/culture/cbcpensioners/>

Great West Life (GWL): www.greatwestlife.com Telephone: 1 877 340-9082

Pensioners Administration Center (PAC) Telephone: 1 888 604 9258



Your CBCPAM Newsletter crew / Votre équipe de rédaction

Claire Brownell

David Carr

Bill Doyle

Jackie Fitzmorris

Don Langis

Kathy Large

John McKay

Don Tremaine

Geoff Turnbull

Mary Wilcox

This is the CBCPAM regional newsletter #13.
We welcome comments, suggestions for future items,
and contributions. Please contact

Mary Wilcox marywilcox@eastlink.ca

Postal: CBC Pensioners' Assoc. (Maritimes),
413-50 Barkton Lane, Halifax, NS B3M 4H8

Voici le bulletin régional des Maritimes, #13. Nous
aimerions recevoir vos commentaires, vos
suggestions d'articles futurs et vos contributions.

Mary Wilcox marywilcox@eastlink.ca

Adresse postale: Assoc. des retraités SRC (Maritimes)
413-50 Barkton Lane, Halifax, NÉ B3M 4H8