

National Capital Region Communiqué

The CBC Pensioners' National Association



Dave Jeffrey

Note From the President

Dear NCR CBC Pensioners,

On behalf of the NCR PNA board, I would like to wish everyone a safe and relaxing summer.

We recently held our PNA National Triennial convention May 15th and 16th in Gatineau. This two day event saw association delegates from across the country attend and from the National Capital Region I was able to invite Diane Boucher, Marc-Philippe Laurin and Suzanne Cunningham. The first day, delegates were assigned to workshops where they discussed what they saw as the PNA's Vision and how we might achieve this Vision. Many great ideas and action items came out of these workshops and these ideas will be discussed over the coming months at the National level and plans put in place to implement them. You will hear more about this in the next edition of the Contact newsletter. Here are some of the major themes the workshops came up with:

Improve Communication

- Enhance Diversity.
- Internal Advocacy (with the CBC).
- External Advocacy (on public issues).
- National Recruitment Strategy.
- Greater engagement.
- Social network/connections.

On day 2 we held the National PNA board elections, where there were 4 positions up for grabs, President, Vice President (Anglophone), Vice President (Francophone) and Treasurer. Our current President, Paul Gaffney stepped down after his 3-year term and will be greatly missed, but we know we can count on him for his help and guidance when we need it. Thank you Paul for your many years of service to the CBC Pensioners.

Here are the lucky members who take over at the National PNA board level:

- Denis Collette - President - Denis was formally our treasurer
- Dave Jeffrey - VP (Anglophone)
- Suzanne Aubin - VP(Francophone)
- Rejean Labrie - Treasurer

As I now have a new role as VP Anglophone I cannot continue on as the President of the NCR PNA, so this will be my last official Communiqué to all of you. I am pleased to announce that Suzanne Cunningham has agreed to step in as Interim President until the next AGM in November where we will be formally electing a new President NCR. If you are interested in getting more involved with your local PNA, then please think about putting your name forward for this position as President. Interested candidates should send an email to me at dave.jeffrey1@gmail.com and I will oversee the election process.

It has been a pleasure working with our wonderful board and providing service to all of you over these past 4 years. I am committed to providing help when needed to the Interim President and the board until we find a permanent replacement. I look forward to the new challenges at the National level and I am encouraged by the initiatives coming from the conference which will make the PNA Association stronger than ever.

Goodbye for now.

Dave Jeffrey





Suzanne Cunningham

Suzanne Cunningham— Interim NCR President

After more than 25 years with CBC ending as the Corporate Manager of Compensation and Job Evaluation, Suzanne continued her career first as the Director of Compensation for a pulp and paper organization, and then for almost 10 years as Principal Consultant and Manager of Client Relations for Atlantic Canada on behalf of an international consulting firm. Along the way, she moved to Nova Scotia for 9 years. During that time,

she volunteered as a board member for a community workshop and served as the head of the human resources committee of the board. Suzanne retired fully a couple of years ago and returned to the NC region. She enjoys curling, golfing, hiking, sneaking away to Dunany in the Laurentians, gardening, wine tasting, cooking for family and friends, and travel. In fact, she celebrated her retirement with a three-week tour of Italy.

Annual General Meeting Elections: Calling All Candidates




With Dave Jeffrey now moving to Vice-President Anglophone on the National Board, we need to fill in the vacancy of PNA President National Capital Region. If you are interested in applying for this important position then please send an email to dave.jeffrey1@gmail.com, no later than October 1st, 2018. Depending on the number of candidates we

get, we will hold an election at our Annual General Meeting November 7th. We also encourage members to volunteer for positions on the local board or for help in organizing certain events. If interested then please let one of the current board members know.



EAP - Employee Assistance Program

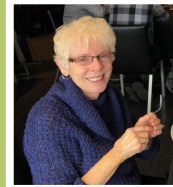
1-866-838-2025 

Problems? As a CBC pensioner, you are entitled to five hours of free professional counselling through the Employee Assistance Program.

This service is available seven days a week, 24 hours a day. It is simple, fast and effective.

Consultations are provided by a private, independent firm located off the premises of the CBC. Confidentiality is guaranteed. A simple telephone call puts you in touch with the person who can help you right away.

Photos From Recent Events





Paul Roy

Technology Corner

Yikes! - I need a new TV!



My 12yr old plasma TV finally bit the dust! Despite decades working for CBC, I'm embarrassed to say, I was not too up to date on all the new TV technology available to consumers these days. For those of you in the same situation, here's some info I gathered while researching my purchase:

TV Types: Most TV sets sold now are flat panel—tube/ projection floor sets are long gone. Current choices are:

- **LED/LCD**—An array of dots lighted from behind.
- **Oled**—An array of dots each able to emit it's own light.
- **Plasma**—Electrically charged gasses that illuminate pixels.
- **Projection**—Uses high power lights or lasers to project images onto a white screen.

Resolution is the density your display is capable of rendering. Higher resolutions equal better clarity. Some TVs provide an "upscaling" feature to enhance lower resolution content. Common resolutions are as follows with 4k being the current new trend and Full HD being the most common before 4k).

- **Standard Def:** 480p (640x480).
- **HiDef (HD):** 1080p (1280x720).
- **FullHD:** 1080p (1980x1920).

- **UltraHD:** 4k (3840/4096x2160).

Oled TVs are always 4k, but other TV types may vary in resolution.

Led Backlighting Type: LED TVs which are the most popular and most moderately priced, can have several different backlighting types:

- **Frame Dimming:** Each content frame is lighted evenly (Good).
- **Edge Lit:** Lighted from screen edges. Different screen areas can be lighted at varying levels (Better).
- **Zoned Local Dimming:** Different Specific Zones of the screen can be lighted differently. (Best).

Screen Sizes: From 32" to 80"+. Choose size based on viewing distance (rule of thumb: best viewing distance is 1.5x to 2.5x diagonal screen size)

HDR, Dolby Vision?: These features enhance brightness, color, and contrast based on data

streamed along with the content which describes how the content should look to the viewer.

Smart TV Features: Many new TVs have smart features built in like Netflix and other streaming services so you don't need to have a separate streaming box.

Connections: Make sure at least some of the HDMI inputs on your new TV support 4k (HDCP 2.2 spec)

Stands / Mounts: Ensure your new TV supports "VESA" mounting standards which many stands / mounts also conform to.

Sound: The small speakers that are integrated into flat panel TVs are, at best, just OK. To get a full rich sound experience, you'll need to look into buying a separate sound bar.

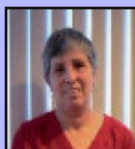
Pricing: 200 bucks to "the sky's the limit" with Sony, Samsung, and LG being the most popular brands.

Who'd've thought that buying a TV would be so complicated!

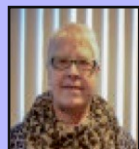
Upcoming Events !!



Kerry Adams



Yvonne Lavallée



Patricia St-Germain

To all CBC retired golfers, mark August 20th in your calendar for our annual retirees golf day to be held at Greensmere Golf Club in Almonte.

Please contact Freeman Keats at Freeman.keats@Rogers.com to let him know you are interested.

End of Summer Celebration: Mill Street Pub: September 19th, 5-8pm

Annual General Meeting: RA Centre, Nov 7th.

Remembered Friends

CARDO, Francis (Frank) Harold



January 29, 1934 – June 5, 2018

Technical producer CBOT, Ottawa Dearly beloved husband of Muriel Cardo, loving father to Joanne (Brian), Judy, Susan, Peter (Joan), Terry (Michael) and Nancy (Jim). He will also be missed by many grandchildren and great-grandchildren. Frank lived a life true to his values, filled with an abundance of faith, and love for his family, friends and those whose lives he touched in many different ways. In recent years, Frank coordinated the CBC retiree luncheons.

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