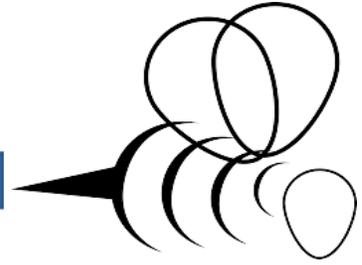




CBC-PNA DURHAM CHAPTER



March ————— **2019**



**SAVE THE DATE -
SPRING INTO EASTER
LUNCHEON!**

New venue!

Spring is approaching, the tulips will soon be in bloom and the shops are filling with Easter bunnies and chocolate eggs. It's a good time for us to shake off winter and reconnect. We're excited about our first major event of the year: A Spring Luncheon in the Banquet room of **Kedron Dells Golf Course** in Oshawa on **April 10, 2019**.



Guest Speaker: Dan McTeague of Gasbuddy.com. Dan is a former MP, now a senior petroleum analyst who will talk about how to stay ahead of the ups and downs of gas prices. Learn why gas prices fluctuate so much, and hear his advice about when and where to buy.

The menu will be an Italian Pasta Buffet which will include salad, two choices of pasta, two choices of sauce, chicken & meatballs, dessert, three types of punch, and coffee and tea. A cash bar will also be available. The space is fully accessible and there's plenty of parking.

Door prizes!

- * **First prize** – two free passes for a round of golf at Kedron Dells – \$113.00 value
- * Additional prizes to be announced

Indoor Putting Contest! Try your hand – win an extra door prize ticket!

Tickets are just \$10.00 per person, to be paid in cash at the door.

RSVP to CBC-PNA-Durham@outlook.com or call Barbara Saxberg at 905-404-1334. Be sure to leave your contact information.

DEADLINE FOR RESERVATIONS is April 1st.

Date: April 10th, 2019

Time: 11:30 AM Mix & Mingle / 12:00 Lunch

Address: Kedron Dells Golf Course – Banquet Hall, 2400 Ritson Road North, Oshawa, ON L1H 8L7

Please note: We will also be collecting donations of non-perishables for the Back Door Mission for the Relief of Poverty pantry, especially foods that can be easily prepared such as canned stew, meat & spaghetti, macaroni & cheese, soup, rice, peanut butter. Also juice boxes, cereal, crackers, granola bars.

Hope to see you there!



SPouses / Life Partners Wine & Cheese Social

New event!

Our survey and our phone conversations told us many of you are interested in a get together for the spouses or life partners of Chapter members. This event is a chance for spouses to get to know each other and learn important information related to pension and benefits.

What better way to gather than over a glass of wine and some excellent snacks! Non-alcoholic drinks will also be available. Cost for this event is just \$5.00 and includes a beverage.

Our National pension/benefits committee rep Dan Oldfield will be on hand to give a short presentation and to answer your questions about survivor benefits, the Special Assistance Fund, EAP access and more. And we'll also let you know more about the benefits of membership. Of course, Chapter members are welcome to attend!

WHEN: April 24th, 2019 - 2:00-4:00 PM

WHERE: 3 Steps Up Café & Bistro, 605 Brock St. N, Whitby, ON. *The café is at the end of a strip mall on the east side of Brock, a few km north of Dundas.*

Please drop us a line at CBC-PNA-Durham@outlook.com or call 905-404-1334 to reserve your spot no later than April 5th.

PNA SPOUSAL MEMBERSHIP

Individuals who receive pension survivor benefits are eligible to become members of the PNA and access all PNA member benefits including the Special Assistance Fund, loyalty programs, discounts and social activities. They're also eligible to hold office in the PNA and serve on committees.



PRESIDENT'S MESSAGE

Spring is almost upon us and your Chapter Executive has been hard at work planning events and activities for the year. First, I'd like to welcome our four new volunteer Directors at Large to the Chapter Executive: Maureen Brosnahan, Dan Karpenchuk, Bette Laderoute Sampson and Mac Skelton. We're delighted to have them join us! You can read more about them later in this newsletter.

In January, we launched a membership survey and the response was excellent. Thirty-seven members completed the survey. That's 49% of our total membership, a very respectable response rate. Your input has been especially useful in guiding our planning. You'll find a summary of the results in the News Updates section.

In February, we launched our Facebook page – CBC PNA Durham Chapter – where we're posting news, information about events, and articles of interest to complement this newsletter. Please check it out and "like" the page. And invite your Facebook friends to do so. The more we can let retirees know about the CBC Pensioners National Association, the better the chances of increasing our membership.

Also in February, the Executive went through our membership list, contacting as many of you by phone as we could and have done a number of updates of contact information. If you didn't receive a call, shoot us an email at CBC-PNA-Durham@outlook.com. We'd love to chat.

You may recall in our last newsletter I mentioned having submitted a proposal to the Ontario Region Board of the PNA to increase our funding for the year. I'm happy to say that the Board has agreed to some support for our efforts to increase member engagement and recruitment.

All in all, we're off to a great start and we're looking forward to seeing as many of you as possible at the events we have planned.

Happy Spring, Everyone!

**Barbara Saxberg,
Durham Chapter President**



NEWS UPDATES

CBC PNA Durham Chapter Membership Survey Highlights

The January membership survey gave insights into where you, the members, would like your Executive to focus our energies in the coming year. Here are the key findings:

The issues

The issues and/or services that are most important to you (you were asked to choose your top 3) are: pension status and surplus sharing information with 32 responses, followed by survivor pension benefits updates and supplementary health care plan benefits, each with 20 responses. Discounted services and Bill C27 updates each had 14 responses.

Events

The types of events you told us you are interested in attending are information sessions (snack and learn) and luncheons, each with 17 responses, followed by coffee gatherings with 10 responses. Spouse or life partner events and workshops on a wellness topic had six responses. We are also looking at outings that involve little to no cost.

Community Support

The responses to our question about supporting other community organizations was quite interesting and fairly spread out. However, supporting local food banks or soup kitchens had 15 responses, followed by homeless and women's shelters, and Habitat for Humanity. Clearly there is a desire to find opportunities to support those who are less fortunate in our communities and we are working on that. Note that we are asking for food bank donations at our Spring Luncheon.

You also pointed out that whatever we choose to do needs to be reflective of the Durham Region as a whole so we will work on finding venues that cover more of the region.

Volunteer help

Finally, we were pleased to get some offers of volunteer assistance but note that many of you are already involved in a variety of other things and time is limited. If that changes at any time, please let us know. We can always use more help. For those who did offer, we'll be in touch soon.

CBC Pension Plan Surplus Sharing Deal Review

Representatives from the Pensioners National Association, the CBC and its Unions are expected to meet in late May to begin a review of the Pension surplus sharing agreement. The review comes at an interesting time. Currently the pension plan is in a surplus position although it has not yet reached the threshold for any payout. The agreement was reached in 2009 and provides for an equal sharing of surplus in the pension plan when the plans assets exceed 105% of its liabilities. However, two separate calculations are performed. One is called the "going concern" and the other is called the "solvency" calculation. The lower of the two is used to determine whether a payout is made. Currently, the plan is showing a healthy going concern surplus

of about 145%, while the solvency calculation is a more modest 102%. The review, which is part of the surplus sharing agreement, will examine all aspects of the deal and the parties will determine whether any changes are necessary. We will keep you informed.

In Health News – Pharmacists are Your Friends

A recent article in *The New York Times* emphasized the important, and often overlooked, role your pharmacist can play when it comes to your health. According to the Times, “About 30 percent of older adults in the United States and Canada filled a prescription in the last few years for one of many medications that the American Geriatrics Association recommends they avoid.”

Pharmacists are in a unique position to track a patient’s drug history and to let them and their doctors know if there’s a potential problem.

Two thirds of older adults take at least five drugs every day and a quarter take 10 or more drugs daily, according to Dr. Cara Tannenbaum, a professor of medicine and pharmacy at the University of Montreal and director of the Canadian Deprescribing Network. Some of these drugs have the potential to do more harm than good, leading to problems such as cognitive impairment or falls.

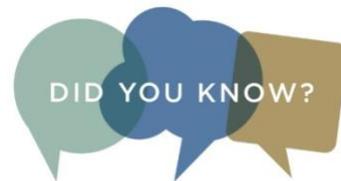
Drugs of concern

Drugs that Dr. Tannenbaum says are of greatest concern fall into one of four classes: Sedatives, first-generation antihistamines, glyburide (used to treat diabetes) and some NSAIDs such as ibuprofen or naproxen. She conducted a four-year trial where half the participants and their doctors received educational materials on drugs that might have been inappropriately prescribed. The other half did not get the materials.

Communication makes a difference

After six months, almost half the people who received the educational materials stopped taking one of the drugs of concern after conversations with their pharmacist and doctor. Only 12% in the group who didn’t receive the materials made a change. Similar studies have also shown to decrease prescribing certain drugs when pharmacists communicate their concerns to doctors and their patients.

It’s important to remember, though, that no one should stop taking a medication without talking first with their doctor.



EMPLOYEE ASSISTANCE PROGRAM AVAILABLE TO RETIREES

Retiring from a job after a decades-long career has never meant leaving all of life’s problems behind. Far from it. Sometimes we all need a little help or guidance. While you may not be juggling the challenges of the workplace, most of life’s other demands continue and new ones may arise. Money worries, family discord, alcohol and substance abuse don’t magically disappear with the arrival of a pension cheque.

Help is on the Way

Later this spring, as a result of an initiative developed by and co-sponsored by the Pensioners National Association (PNA), every CBC pensioner will receive a package of useful information about the Employee Assistance Program.

The program, which provides confidential advice and referral through an independent provider, is available to all retirees. The initial consultations are provided **free** and are **entirely confidential**. The program offers counselling services relating to psychological issues, trauma, addiction or critical incident situations. And it's evolved to now offer advice and coaching for nutrition, marital and family relations and other life issues, as well as financial advice and legal consultation.

Look for this important information in the mail.

MEET YOUR DIRECTORS AT LARGE



Maureen Brosnahan spent close to 40 years as a full-time journalist – 30 of them at CBC where she was a National & Senior Correspondent for CBC News in Manitoba, Saskatchewan, Newfoundland and Labrador and Toronto. She retired (or “retread” as she calls it) two years ago. She now spends her time volunteering with social service agencies, looking after her spouse, Tim, and raising, training and showing her beloved and much-spoiled American Cocker Spaniels.



Dan Karpenchuk began his reporting career with the CBC in 1978 as part of the first permanent radio unit to be established in Saskatoon. He moved on to work in Toronto in National Radio News before doing a five-year stint in Germany with Deutsche Welle. Dan returned to CBC in 1996, working as an editor, reporter, and senior producer until his retirement in 2017. Dan now freelances for NPR in Washington, WBFO in Buffalo and RTE in Dublin. He's also a professional actor with more than 30 plays and film and

television roles to his credit. Dan lives in Bowmanville with his wife Tina. They've been married for 39 years, and have four children and six grandchildren.



Bette Laderoute Sampson: Born in the Ottawa Valley, Bette left home after high school in 1955 to study nursing at St. Michael's Hospital. While working as a nurse, she gained a BA in English Language and Literature. She left nursing to work at the Toronto Telegram until it folded in 1971. She then published a Canadian entertainment trade paper, ran a successful typesetting and editorial service, and freelanced for a variety of organizations including TVO. Somewhere in there she met and married CBC-TV television producer/director and executive producer Paddy Sampson. Bette worked briefly for First Choice, then went to work with Rogers Cable TV. Journalism lured her back when she was hired as an editor by Maclean's. When Paddy was asked to exec-produce the opening and closing ceremonies at the 1988 Calgary Winter Olympic Games, Bette returned to freelancing until they both resigned and moved to their farm in Ontario. Paddy's declining health prompted a move to Port Hope in 1999. He died in 2006 and Bette became a spousal member of the CBC PNA and editor of the Chapter newsletter. It was a natural move for her to join the Executive as a Director, making it easier to stay in the loop of Chapter activities.



Mac Skelton worked for CBC for 37 years, the last 26 as a Resource Specialist in TV Sports. He was also involved with the Toronto Joint Health and Safety Committee as the employee representative. Mac and his wife were foster parents for 22 years. Now that he's retired, he spends his

time caring for his parents when they are at home or at the cottage. He enjoys gardening and fishing in his free time.

TALES FROM THE ARCHIVES



Storming Out in Whitehorse By Dan Oldfield

One of the great things about a gathering of CBC pensioners is hearing some of the stories from back in the day. They are usually true but with a wonderful blend of embellishment. I'd like to share one of them here.

It was sometime in '76 or '77 in Whitehorse when the station manager decided the staff was, generally, not playing well together. In a relatively small station in a relatively small community, familiarity doesn't necessarily breed contempt but from time to time people in regular contact can get on each other's nerves.

This was still part of the age of transactional analysis, a type of psychotherapy developed by a Canadian that ran on the slogan, "I'm okay, you're okay." The idea was that the more you understood the world from other perspectives, the more tolerant and cooperative you would become. The station manager hired an expert and brought the entire staff together for two days of training. CBC had money back then.

The facilitator was a pleasant enough individual who, remarkably, was able to memorize everyone's name in just a couple of hours. I don't recall a great deal about the specifics of the sessions but felt that most people were taking his message to heart. Most people, not everyone.

Shortly after lunch, one of the participants, a crusty announce-operator, had had enough. He became very honest about his feelings and provided his impressions of a great number of his co-workers. None of his comments could be regarded as positive. He ranted for some time, ended his diatribe by calling the entire session nothing but a load of bull s...t and stormed out into the February afternoon, slamming the door so hard the entire wall shook. The rest of us were left somewhat speechless, fidgeting uncomfortably in our chairs. But after a few moments, things returned to normal and the conversation resumed.

About 20 minutes later, the door cracked open. It was the announcer. He'd forgotten his coat, a major problem in the middle of a Yukon winter. Unfortunately for him, his coat was not immediately handy but instead was hung neatly on a rack in the opposite corner of the room. Sheepishly and without a word, he made his way around the table, grabbed his coat, made his way back across the room and quietly closed the door.

Once again, a silence filled the room. After a short while when the stillness became too much, I cleared my throat and announced to the room that I felt we had just learned an important lesson. I could see curiosity was peaked. "Whenever you tell a room full of people to f*** off," I said, "remember to take your coat."

It is a lesson I've never forgotten.

CONTACT US:

Want to comment on this or anything else in Buzz? Have a story to tell? Photos to share? Know of a CBC retiree with a skill to share?

Drop us a line at CBC-PNA-Durham@outlook.com.