

The Transmitter

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Photo: Courtesy of Sean Prpick, CBC PNA, Regina, SK

A camel caravan carried Sean Prpick and his tour group from a Berber camp in southeast Morocco several kilometers into the Sahara Desert. The guides said if they could keep riding another 52 days south, they would reach the city of Timbuktu. Read about Sean's trip on p. 7.

President's Report

Bob Forrow, CBC PNA Regional President, Edmonton, AB

Our region's annual general meeting was held in Edmonton on September 18, 2019. I reported that eleven new members have joined the CBC PNA in our Region since our last annual general meeting. Our regional total is 284 members. Taking into account new members, members who have died and those who have moved to a different region or come in from another region, we have a net increase of four members from this time last year. We continue to talk to CBC retirees as well as employees eligible for or considering retirement about the benefits of joining the CBC Pensioners National Association.

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This AGM marks the completion of a first year of a three-year term for your regional President Bob Forrow of Edmonton, AB and the same for regional Vice-President Lutz Walsh of Regina, SK. Treasurer Cécile Magnan of Edmonton, AB and Secretary Joanne Skidmore of Regina, SK completed a three-year term in the past. For both, this is their fourth year on the executive and they add a lot of knowledge and experience to support running the regional PNA. Metro Edmonton Entertainment Director Royle Harris has been phoning Edmonton members of the PNA on their birthdays and setting up events at the University of Alberta Faculty Club. Birthday calls continue to all members in the region, as well as regular calls from the executive of the Southern Alberta Chapter to its members. We are in contact with all PNA members at least once a year and our members appreciate the calls very much. The region also publishes *The Transmitter* four times a year. PNA members in Regina, Monique Nenson and Joanne Skidmore, look after the production of the newsletter. Thanks to everyone who provided articles and photographs in the past year and be sure to continue sending your contributions.



Guest speaker Alain Pineau thanked former regional president Jim MacVicar for his contributions to the CBC PNA.

We were very pleased to welcome Alain Pineau as our guest speaker at the Annual General Meeting. He is the PNA delegate on the Board of Trustees of the CBC Pension Fund. You can read some points from his presentation elsewhere in this issue of *The Transmitter*. Alain also made a presentation to the Past-President of the Region, Jim MacVicar. Alain thanked Jim for his exemplary contributions to the CBC PNA, in particular his work on the committee to recruit new members for the Association.

In October 2019 I attended a meeting of the national Board of Directors of the CBC PNA in Gatineau, PQ. The Board of Directors discussed the Memorandum of Agreement (MOA) for the Pension Surplus Agreement. The agreement is up for review every ten years and 2019 is the first year

of review. As well, a group of the national directors presented the new slogan, brochure, letterhead and website for the PNA. They will unveil the final products early in 2020.

The Special Assistance Fund has grown to \$6,500,000. There is a lifetime limit of \$12,500.00 for each CBC pensioner. This helps with the purchase of medical items not covered or only partially covered by medical insurance such as hearing aids and mobility devices. Be sure to apply to this fund if you require such items.

Under governance, the national by-laws have been updated to conform to the rules for the operation and governance of Canadian not-for-profit corporations. The regional by-laws will be adjusted to conform to the updated national by-laws.

Good news for members is there will be an increase of 1.93% in our pensions next year.

Directors had a lively debate about the CBC and Great-West Life new premium rates for the Supplementary Health Care Plan (SHCP). If you participate in the Plan you have likely received in the mail the notice from CBC about the rate for premiums in 2020. If you have any questions, please contact me.

Bob Forrow
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 Alberta, Saskatchewan and Northwest Territories Region
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Treasurer's Report for the 2019 AGM

Cécile Magnan, CBC PNA Regional Treasurer, Edmonton, AB



During the 2018-2019 fiscal year (April 1, 2018 – March 31, 2019) the CBC PNA Region of Alberta, Saskatchewan and Northwest Territories received less revenue than what had been budgeted. One reason is we didn't receive the amount of money we expected from the new member subsidy because fewer people joined the PNA. Fortunately, our expenses were lower than budgeted. The recruitment of members continues to be a concern for both our region and the national association.

Travel expenses are greater than in previous years. We have two people from Saskatchewan on our board of directors and quite a few people from Calgary, Saskatoon and Regina were invited to attend our AGM.

For any questions or concerns, you can reach me at cecilemagnan1@gmail.com.

Rapport financier



Lutz Walsh, Cécile Magnan, Joanne Skidmore, Royal Harris

Moins de nouveaux retraités de la SRC se sont joint à notre association en 2018-2019, ce qui fait que les revenus pour l'année financière 2018-2019 (1er avril 2018 au 31 mars 2019) de la région de l'Alberta, Saskatchewan et Territoires du Nord-Ouest ont été moindre que prévus au budget. Heureusement, nous avons eu moins de dépenses que prévues au budget. Le recrutement de nouveaux membres continue d'être une préoccupation pour notre chapitre et celui de l'Association nationale.

Nos dépenses de déplacements ont augmenté, premièrement parce que deux (2) personnes qui font partie du conseil de direction viennent de la Saskatchewan et que plusieurs personnes de Calgary, Saskatoon et Régina ont été invitées à participer à la réunion générale annuelle

Pour toute question, n'hésitez pas à m'écrire à cecilemagnan1@gmail.com.

CBC Pension Plan – How does it Work?

Alain Pineau, PNA delegate, CBC Pension Fund Board of Trustees

The latest Communiqué from the Board of Trustees is on the CBC Pension Plan website. You'll read about highlights of the pension plan, a financial overview, investment performance and strategy, and governance matters. <http://cbc-radio-canada-pension.ca/publications/communiqué/>

At the annual general meeting of our PNA region on September 18, 2019 in Edmonton, we heard from the PNA Trustee on the Board, Alan Pineau. He talked to us about the governance structure, the situation of the plan at that point, and the conditions for declaring a surplus. Alain has been the PNA representative for three years.

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Lutz Walsh, Cécile Magnan, Alain Pineau, Joanne Skidmore, Bob Forrow

There are seven trustees, two from the Board of Directors of the CBC, two from CBC management, one for the French unions, one for the English unions, and one for the Pensioners National Association. They are at arms-length from the CBC. The Plan is run by CEO Duncan Burrill, a Treasurer and 27 employees, including a number of in-house investment managers.

The Plan has more pensioners (and survivors) and deferred members than active contributing members. In 2018, the Plan paid over \$300M in pensions compared to receiving just over \$100M from employees and the CBC (50-50). The Plan is administered at the cost of 48 cents/\$100 in assets.

The investment strategy is based on the necessity to meet the pension promises. This means more secure investments (80% with guaranteed revenue) and less on risky investments (20%). The CBC Pension Plan is part of the top quartile amongst its peers.

The performance of the Plan is measured by ‘going concern’ and ‘solvency basis’. As of June 30, 2019 the Plan was more than fully funded on the going-concern basis. Going-concern is based on the hypothesis that the CBC will carry on its operations in the foreseeable future. The solvency basis is based on the regulated notion that the CBC would cease its operations right now and in that situation what is required to buy annuities so that all current and future pensioners would receive their full pensions. According to the solvency test, and as of March 31, 2019, the Plan was solvent with a surplus of \$137M. The solvency ratio was equal to 101.8%. As of December 31, 2018, for the first time in 10 years, the fund was fully funded (over 100%) both in terms of going concern and solvency.



Photo: Courtesy Marcel Bolen, CBC PNA, Regina, SK

When is a surplus declared? In broad terms (there are some specific exceptions), given the rules established by the Office of the Superintendent of Financial Institutions, the surplus must be established according to the two types of evaluation previously mentioned: there must be a 5% excess calculated on the basis of the going concern, and also an excess of 5% on the basis of solvency. The surplus is what is in excess of the 105% calculated on the solvency basis.

The Memorandum of Agreement (MOA) reached in 2009 sets out the terms for the sharing of future pension surpluses and requires the parties to review its terms every ten years. Representatives from the PNA, CBC’s unions and the CBC have begun the first review.

A Half-Century Reunion Brings Back Memories

Marcel Bolen, CBC PNA, Regina, SK

Fifty years ago, CBKMT and CBKRT TV signed on for the very first time from their combined studios on Main Street in Moose Jaw, Saskatchewan. This was the culmination of a deal made by the CBC Television network to take over its former affiliate, CHAB TV Moose Jaw, and its twin, CHRE TV, which re-broadcast the station's signal into Regina.



CBC Moose Jaw alumni and spouses.

On September 14th, 2019 – 50 years and a day after this momentous changeover – 30 former staff and their spouses, including my wife and I, gathered at Carol's Catering in Moose Jaw to celebrate this Golden Anniversary. The group included former staffers from Vancouver, Kamloops, Swift Current, Saskatoon, Kronau, Regina and of course, Moose Jaw.

The reunion supper began with a minute of silence to remember those who had passed away. Following the meal, stories of practical jokes, bats, mishaps and treacherous weather were told. Lutz Walsh also brought greetings on behalf of the CBC Pensioners National Association. The evening was capped off by viewing a mini-documentary produced in 2012 on the history of CBC Television in Saskatchewan.

Daryl Metz, one of the organizers, put it best when he said this was more like a family reunion than a workplace one. I can echo those sentiments, even though I only worked in Moose Jaw for 18 months. But what a memorable year-and-a-half!

I'd just finished my course in radio and TV electronics at the Saskatchewan Technical Institute (STI) in Moose Jaw in January 1982 and was hoping to land a job at CBC Radio in Regina when I was contacted by Gary Goudie, Production Manager for CBC Television. Gary asked if I would be interested in a temporary position as master control technician in Moose Jaw. Since there were no jobs available in Regina then, I jumped at the offer.



Ron Petrescue recounting a memory from his days of working at CBC Moose Jaw.

The best part of my job was inserting commercials into CBC's programming from sign-on to sign-off.

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The most challenging part was operating the gear during live sporting events like Hockey Night in Canada, or CFL games. During games in those pre-computer days, operators like me would watch for a visual signal – called a “cue dot” – to appear in the upper right part of our TV monitors, or I would listen for an audio cue from the announcers, which would give me five seconds warning to get my local commercials playing properly.

My least favourite task was inserting commercials into the late-night movies, which were played from one of two specialized movie projectors called telecine chains. The reason I didn’t enjoy this chore was the movies weren’t always blockbuster hits and were rather boring to watch and the telecine chains were notorious for giving problems. What kind of problems? Well...



Photo: Courtesy Marcel Bolen

It was a Sunday night in February and one of my very first sign-off shifts. The late movie was some black and white offering from the 1950’s. Part way through the movie, I noticed that something wasn’t quite right. The audio was fine, the video wasn’t. Instead of the actors and the action, all I could see was a small dot in the middle of the screen. Something appeared wrong with the projector, but for the life of me I couldn’t figure out the issue! The movie continued to play with this small dot being the only visual.

In full panic mode I rang maintenance technician Tom Fink, who, fortunately for me, took my late-night call. Tom immediately understood the problem and tried to talk me through the simple fix. But I was so rattled by then, I couldn’t follow his directions. So, way too late on a bitter cold February evening, Tom drove to the station and had the issue resolved in about 30 seconds.

Afterwards, I thought my days of Master Control Operator were numbered but all was forgiven. I’ll never forget Tom’s good deed – or the rest of my good colleagues – from the very beginning of my career at CBC Moose Jaw.

CBC Moose Jaw 50 Year Reunion Thank You!

Daryl Metz, CBC PNA, Moose Jaw, SK

I’d like to thank everyone who attended the Golden Anniversary of the foundation of CBKMT and CBKRT TV Moose Jaw

It was great to see so many people from CBC Television’s beginnings in Saskatchewan. And special thanks to everyone who helped organize the celebration, including:

- **Shirley Sanderson** – who made up her mind that it was going to happen, no matter how many were able to make the trip, and who gave the reunion a big push.
- **Marcel Bolen** – “We’re the CBC, of course we can do it,” he said, and who helped promote the event on Facebook.
- **Joanne Skidmore** – who got out invitations to CBC PNA members.
- **Carol Martynook** – for writing emails and making calls.

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- **Colleen Tremel** – who came on board and helped us organize this.
- **Lila Stanley** – who came to Moose Jaw for a meeting and gave us her input.
- **Jim MacVicar & Ken Golemba** – for connecting with people they knew. And...
- **Lutz Walsh and Mireille Beaupré-Walsh** – who supplied prizes for the best stories and a 30-minute video, “50 Years of CBC Television in Saskatchewan.” The video brought back memories of my beginnings at CBC and my youth. It was awesome.



CBC Moose Jaw reunion organizers: Shirley Sanderson, Lila Stanley, Daryl Metz, Carol Martynook, Colleen Tremel

Thank you for the tremendous effort from everyone!

P.S. See you all in August 2023 for the 40th anniversary of CBC/Radio-Canada in Regina, SK consolidating in one building at 2440 Broad Street.

Moroccan Memories

Sean Prpick, CBC PNA, Regina, SK



In the M'Goun Valley members of our travel group in traditional Moroccan costume (that's Maud dressed in green) and our host family. The head of the family, Bea, is on the right.

This past September my spouse – and former Radio-Canada colleague – Maud Beaulieu and I joined a tour of Morocco in Casablanca, Morocco's commercial hub and the main port of entry for most visitors. A bustling city of nearly 3.5-million people, Casablanca is exciting, congested, noisy and polluted. Just crossing the street was an adventure for us, used to plentiful traffic lights, crosswalks and general adherence to traffic rules. Yet we soon learned to dodge traffic like the city's most experienced daredevil pedestrians.

But that's not the whole picture of Casablanca. A few kilometers from the downtown core are the totally different and absolutely serene precincts of the Hassan II Mosque complex. Placed on the waterfront

in Casablanca – evoking an Islamic tradition that Allah will be sitting on a throne floating on water on Judgement Day – the mosque is the largest in Africa and the third largest in the world. More than 20,000 worshippers can fit inside and nearly 100,000 in the courtyard outside.

The mosque is meant to impress visitors, including foreign ones like us (Morocco's relatively tolerant brand of Islam means non-Muslims are welcome in most mosques). It was constructed from the late '80s through the early '90s and is so enormous it's impossible to air condition. On hot summer days, or on important religious holidays when it's packed with people, an Iman can push one button and the ornate and gigantic cedar roof rolls away, à la SkyDome, exposing the faithful below to fresh air and clear blue skies.

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Despite Casablanca's many attractions – and no, we did not get to Rick's Café, which was built by an American entrepreneur a few years ago to evoke the fictional Hollywood one run by Humphrey Bogart – it was a relief to get out on the road and into the countryside.

Over the next two weeks there were many highlights including an overnight stay in a village lining the walls of a steep canyon deep in the Atlas Mountains' M'Goun Valley. The village sustains itself by farming the canyon floor and then hauling the produce up the slope on the backs of donkeys and the farmers who are mostly women. We shared tea there in the home of a matriarch of a large working-class family. She was as curious about us as we were about her. She assured the young women in our group that if they stayed, she could fix them up with handsome and generous husbands (no takers!).

The stock of Canada and Canadians is high in Morocco because most Moroccans speak French very well, and emigration to Canada is common (most Moroccans I met seemed to have a cousin or a sibling in Quebec). Most of these emigrants send back good reports of our country and, quite often, money, so being Canadian in Morocco helps. So does a good supply of maple syrup candies. Maud made a lot of Moroccan kids — and their parents — very happy with those small tastes of the Great White North.



Looking over the village, Sean and Maud visited Skoura in the Atlas Mountains' M'Goun Valley.

If you decide to visit Morocco, be prepared for a much higher level of pollution, disorganization, and poverty than you would at home (although if you get a chance to visit the glistening capital of Rabat, you'd swear you were in Western city, like Victoria, or Geneva). Remind yourself you're in Africa now. But also be aware that compared to a lot of nations in its neighborhood, such as Algeria, Libya and Saudi Arabia, Morocco is an oasis of stability, tolerance and modernity.

I will remember Marrakech as the most beautiful city we visited. Strict controls are imposed on the appearance of all the buildings, consequently none are tall and all are of the same sandy pink colour. Seeing Marrakech from a rooftop restaurant at sunset is magical - at that hour, the city literally glows.

What I will keep forever in my memory is the sight of the Sahara Desert. We were far from the nearest settlement and the desert was silent and pristine. While my travelling companions climbed a tall sand dune for a better view of the trade route to Timbuktu – only a 52-day camel ride south of where we were – I sat on the desert floor and stared into the vastness of the Sahara. Just doing that was awe-inspiring, peaceful and unforgettable.

Chapters Roundup

Saskatoon: The new Saskatoon Vice-President of the Saskatchewan Chapter is Gaynette Spafford. She will be contacting PNA members in Saskatoon about getting together. You can contact Gaynette Spafford at spaffordg@gmail.com or 306-280-6309.

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Regina: The Saskatchewan Chapter held its annual general meeting in November. The Chapter provided a subsidy to members for the lunch after the meeting. The Saskatchewan Chapter joined with the CBC 20 Year Association to hold a Christmas party on December 6 at the Royal Regina Golf Club. The Chapter subsidized the meals for its members and their partners. The Chapter also buys the coffee for its members who attend the Coffee Come'n'Go on the first Wednesday of each month at Theo Bill's Restaurant (530 Victoria Avenue East). Be sure to stop by on January 8 (yes, it's the second Wednesday but the first Wednesday is New Year's Day).

Calgary: Members of the Southern Alberta Chapter held a Christmas lunch on December 4 at the Kerby Centre in downtown Calgary. They also gathered there for lunch in October and discussed ways of growing their membership such as current members contacting former colleagues and inviting them to join. As well, the Chapter is working on how to replace a member of the executive who resigned this autumn. The SAC will continue to offer a subsidy to members using taxis to attend the meetings. For more information on the Southern Alberta Chapter contact President Joanne McAdam at Clairmont.mcadam@gmail.com or 403-275-0957.



Edmonton: Members held a Christmas lunch on November 20 and raised money through a 50/50 draw and a raffle in support of the Edmonton Food Bank. They also volunteered their time from December 12-18 at the annual CBC Edmonton Turkey Drive. Members continue to meet for breakfast at 9 a.m. on the second Tuesday of each month at the International House of Pancakes (IHOP 3921 Calgary Trail NW). Be sure to stop by! For more information contact Bob Forrow at srforrow@telusplanet.net or 780-437-5074.



Ralph Williams, Lucie Baril, and Doreen Williams.

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.

Ray Anderson (October 27, 2019) CBC North Chief Technician in Yukon and worked with the Transmitter group in interior British Columbia

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Jane Anido (December 4, 2019) CBC Toronto Director of CBC News and Centres Programming, CBC Ottawa Managing Director

Jean Mary (Smith) Bruce (October 7, 2019) CBC Ottawa Radio Producer, widow of Gordon Bruce, also a CBC employee

Patricia Harriet Chantry (née Sharlow) (October 22, 2019) CBC Toronto Script Assistant

Alain Clermont (October 3, 2019) CBC Radio-Canada Regina Host and Producer, Human Resources

Leon Cole (December 5, 2019) CBC Radio Host of *Soundtrack* and *RSVP*

Michael Colton (November 26, 2019) CBC Toronto Radio Technician, Journalist & Senior Producer of the Business Unit, CBC Washington Correspondent

Rod Coneybeare (September 5, 2019) Writer, performer and broadcaster, dramatist, novelist, actor, host. He supplied the voice and words of Jerome the Giraffe and Rusty the Rooster on CBC TV's "The Friendly Giant".

Tom Crighton (May 14, 2019) Freelance CBC Edmonton Radio Film Reviewer/Writer, and Producer/Director CBC Calgary and Vancouver, Playwright

Jeannine Duffy (October 2, 2019) CBC Ottawa Senior Clerk

Jean-Marc Joseph Jacques Dumont (November 13, 2019) CBC Ottawa Film Editor

Ann Elvidge (December 8, 2019) CBC Vancouver Radio/TV Production Secretary and Program Assistant

Joan Farquhar (November 28, 2019) CBC Calgary Sales Department

Jeanne Forestier (October 31, 2019) CBC Edmonton, widow of Tharcis, one of the original on-air people at the founding and early years of CHFA, now Radio-Canada premiere.

Glenn Gelette (October 19, 2019) CBC Toronto Television Sports

Stephen Halinda (October 19, 2019) CBC Winnipeg Television Anchor and News Director

John Kastner (November 21, 2019) Documentary film producer/director/writer

Alfie Kemp (June 29, 2019) Former Cameraman/Videographer with numerous television networks and production companies, including CBC Toronto

William (Bill) Kyashko (November 5, 2019) CBC Vancouver Assistant Manager, TV Technical Services

Bob Lawson (August 5, 2019) CBC Toronto Scenic Artist, Assistant Designer, Designer, and CBC Vancouver Design and Staging Director

John D. Lee (August 13, 2019) CBC Toronto and Vancouver Cameraman

Paula Lenardon (November 5, 2019) CBC Toronto Reporter

Margaret Lyons (October 5, 2019) CBC Toronto Public Affairs Producer, Radio Supervisor, Managing Director of Radio-CBC English Network

George MacDonald (November 19, 2019) CBC Winnipeg Stagehand

Bruce Martin (October 6, 2019) CBC TV Toronto Researcher/Script Writer with *The Nature of Things*

Pierre Martineau (September 13, 2019) CBC Vancouver Radio-Canada Reporter, News Anchor and Host

Ward McBurney (October 24, 2019) CBC Toronto Writer of Creative Non-Fiction broadcast on CBC Radio One's *Fresh Air*

Malcolm McLeod (December 14, 2019) CBC Regina Television Journalist

Peter Novak (November 3, 2019) CBC Northern Service announcer/operator and host. Worked in Iqaluit (formerly known as Frobisher Bay), Yellowknife, and Whitehorse.

Wendy Nutter (October 23, 2019) CBC Ottawa Head Office Secretary to the Internal Auditor (V.P.)

Joyce Pears (November 3, 2019) CBC Toronto and Vancouver Production Assistant

David Picoski (August 22, 2019) CBC Toronto Audio Technician

Lorene Robertson (October 28, 2019) widow of Don Robertson, CBC Winnipeg, Toronto, Regina as a technician, technical producer, producer and manager in radio/tv

Rick Staehling (October 25, 2019) CBC Vancouver Film Critic

Allan (Al) Stapleton (November 1, 2019) CBC Toronto Technician and Engineering Supervisor

Jean-Claude Tanguay (September 14, 2019) CBC Head Office Ottawa IT Director

Bill Terry (December 3, 2019) CBC Radio Current Affairs Producer in Vancouver, Ottawa and Winnipeg, Head of CBC Television in Manitoba, Head of Radio Drama and Features in Toronto, Deputy Head of the English Radio Networks

Bill Unger (November 16, 2019) CBC Toronto Transmitter Technician

Miles Warren (September 9, 2019) CBC Winnipeg Accounting Department

Norris Whitfield (September 8, 2019) CBC Ottawa News and Resources Manager

Mary Wong (October 10, 2019) CBC Vancouver Film Editor, CBC Toronto Bilingual Editor and Sound Technician/Editor

It wouldn't be Christmas without tourtière! / Sans tourtière, ce n'est pas Noël!

Cécile Magnan, CBC PNA/ ANR SRC, Edmonton, AB

Each November members of my family gather together to make tourtière. This recipe is influenced by recipes from Beaumont and St. Paul in Alberta, but this tourtière is my own!

NOTE: Makes 5 to 6 9-inch tourtières / Donne 5-6 tourtières de 9 pouces

3.5 pounds minced pork 2 pounds minced beef 3 onions, finely chopped 3 tsp. salt 3 tsp. pepper 1 cup uncooked rice 2 tsp. cinnamon 1 tsp. allspice ½ tsp. ground cloves water	3,5 livres porc haché 2 livres bœuf haché 3 oignons, émincés 3 C. à thé sel 3 c. à thé poivre 1 tasse riz non-cuit 2 c. à thé canelle 1 c. à thé allspice ½ c. à thé clou eau
Cook the pork and beef together in a large pan, using enough water to cover the meat. You will use more or less water, depending on how fat the pork is (the cooked mixture should be moist.) Cook until the meat is no longer pink, stirring regularly. Add the other ingredients and continue cooking for 5-10 minutes. Cool the mixture. Using your favourite pie crust recipe, fill the bottom crust with the meat mixture and cover with another crust (make a few snips in the crust before baking.) Bake at 375° F for 30 to 45 minutes. Enjoy the holiday season!	Faire cuire le porc et le bœuf dans une grande lèchefrite avec assez d'eau pour couvrir la viande. Vous utiliserez plus ou moins d'eau selon le gras contenu dans la viande. Faire cuire dans une casserole jusqu'à ce qu'il ne reste plus de rose dans la viande, en brassant régulièrement. Ajouter les autres ingrédients et faire cuire encore quelques minutes. Refroidir le mélange. Utilisez votre recette préférée de pâte à tarte. Remplir les abaisses avec la viande. Recouvrir d'une abaisse (faire quelques entailles dans la pâte avant de la placer sur la tarte.) Faire cuire dans un four chauffé à 375° F pendant environ 30-45 minutes. Passez d'agréables Fêtes!



Photo: Courtesy of Sean Prpick, CBC PNA, Regina, SK

*Traditional outdoor leather tannery in the medina (old city) in Fez.
Workers are treating their hides in large vats of animal urine.*

Season's Greetings / Joyeuses Fêtes

from the Alberta, Saskatchewan and NWT Region of the CBC PNA

In appreciation for your membership, we mailed a Pharmaprix/Shoppers Gift Card (\$25) to each member. En reconnaissance de votre fidélité, nous vous avons envoyé une carte-cadeau Pharmaprix/Shoppers (25 \$).

Nous vous souhaitons du bonheur et de la santé en 2020!
Best wishes for good health and good times in 2020!