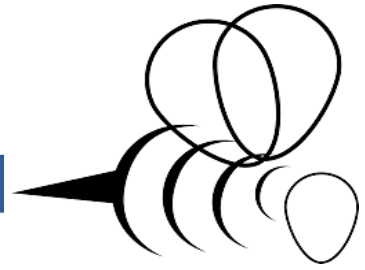




The CBC Pensioners  
National Association  
*Preserving our Future, Sharing our Past*

L'Association nationale  
des retraités de la SRC  
*Assurer notre avenir, partager notre passé*

**DURHAM CHAPTER**



**January**—————**2020**

## **HOLIDAY LUNCHEON!**

Our annual Holiday Luncheon was attended by 38 members and guests who sat down to a fabulous lunch of roast turkey with all the trimmings. Kedron Dells Golf Course provided a great meal and beautiful holiday ambience right down to comfy chairs by the fire!



More photos can be  
found on our  
Facebook page at  
**CBC PNA Durham.**

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## ANNUAL GENERAL MEETING REPORT

The 2019 Annual General Meeting took place on December 6<sup>th</sup> at the Holiday Luncheon.

Members voted unanimously in favour of an updated version of our Chapter Bylaws to bring them in line with the new National bylaws and to clarify some inconsistencies.

They also allowed the Chapter Executive to split the roles of Secretary and Treasurer to lighten the workload.

To that end, Glenn Gray was elected by acclamation as Chapter Secretary. Glenn had been filling in as Secretary-Treasurer on an interim basis. Dan Oldfield was elected by acclamation as the Chapter's new Treasurer.

On the financial front, the Chapter is in fairly good shape thanks to some support from the Ontario Region and both the 2018-2019 Financial Statement and 2019-2020 Proposed Budget were adopted unanimously at the AGM.

While we will be operating with a little less money than last year, we're confident we can continue to stay connected with the membership.

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## PRESIDENT'S MESSAGE

### Greetings! And Happy New Year!

I hope you've had a good holiday season.

As I look back on the year past, I am pleased with what we've accomplished: three well-attended luncheons, a coffee and conversation gathering, and a wine & cheese event for members' spouses and partners. Your Executive will be meeting soon to begin this year's planning. We hope to repeat last year's offerings along with a couple of new ideas. Watch the newsletter for announcements.



This past year we expanded our newsletter and increased the number of issues. It's getting great feedback as a source of useful, informative news. We appreciate the Ontario Region for its support in getting us back on our feet. We said goodbye to six of our members and welcomed thirteen.

We welcome Dan Oldfield to the Executive as our new treasurer. See his profile later in this issue. Also in this issue, an update on the Memorandum of Agreement on pension surplus sharing, new rates coming for the SHCP, a new Tale from the Archives and more.

Happy Reading!

**Barbara Saxberg, Chapter President**

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## **CBC PNA NEWS UPDATES**

### **Pension Surplus Sharing Agreement Update**

In mid-December, the Pensioners National Association along with the English and French Unions of the CBC concluded discussions on the Memorandum of Agreement on surplus sharing and cost management of the employees' Supplementary Health Care Plan. The Parties were unable to reach agreement on any amendments.



In early December, the PNA attempted to move the discussions towards conclusion by providing an overall position on the review. In essence, the PNA believes that no substantive changes are required and that the status quo should be maintained.

However, following those discussions, the CBC advised the PNA and the Unions that as far as it's concerned, the MOA will expire unless the parties agree to some yet to be identified changes. The PNA and the Unions have rejected that position, noting that the agreement contains no expiry date.

Despite the CBC's unilateral position, the PNA and the Unions offered the Corporation an opportunity to outline any changes it believes are necessary with the possibility of meeting again in the new year. The PNA requested the CBC respond by the end of December 2019 and was met with silence.

While the PNA believes the Agreement reached in 2009 remains in effect, additional legal advice is being obtained. The PNA is prepared to defend an agreement that was reached in good faith. Watch for further developments.

## Lower Rates for Health Benefits Now in Effect

By now, CBC retirees should have received the letter outlining lower premiums for CBC pensioner supplementary health care benefits. The new rates came into effect on January 1<sup>st</sup>.

**If you are under 65 years of age**, you will now be paying \$130 a month for single coverage and \$276 for family coverage.

**If you are over 65**, the single rate is \$84 a month and the family rate is \$170.

The Pensioners Supplementary Health Care Plan (SHCP) is 100% paid for by participants. Balancing the cost of benefits against the coverage is a priority of the Pensioners National Association. Every fall, the PNA Executive reviews the plan's performance with the assistance of experts from the CBC and Morneau Shepell.

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## Government Promises to Seniors

By Barbara Saxberg

The new Minister for Seniors, Deb Schulte, has been given her orders by the Prime Minister. The Minister's mandate letter touches on several core issues important to seniors.



**The OAS benefit will increase by 10%** after age 75, indexed to inflation after that. There's also a commitment to work with the Minister of Finance to increase survivor benefits in CPP by 25%.

**Commitments to reduce elder abuse** include better data collection and law enforcement, and the establishment of new offences and penalties related to elder abuse in the Criminal Code.

**Other priorities** include ensuring all Canadians have access to a family doctor or primary health care team, a huge task to be sure given the shortage of family doctors in Canada. There is, as yet, no indication how this particular commitment will be realized.

The Minister is also tasked with supporting other departments in the implementation of a long-awaited national pharmacare program, something the NDP has also insisted be prioritized in this minority government.

Unfortunately, the mandate letter makes no reference to increased support for caregivers, an issue that several seniors' groups lobbied for during the election campaign.

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## Higher Prices at the Grocery Store in 2020

A new report released last month predicts higher grocery prices this year. **Canada's Food Price Report**, prepared by Dalhousie University and the University of Guelph, says we could pay as much as 4% more for some basics such as dairy, fruits and vegetables, and up to 6% more for meats.



**This has the potential to be especially difficult for seniors** or anyone living on a fixed income. Given that the recently updated Canada Food Guide recommends more fruits and vegetables, there are concerns that some seniors may trade off some medications for healthier eating.

**The report blames the climate crisis** as the biggest factor in increasing food prices. It also points to geopolitical conflicts, single use plastic packaging, protectionist trade policies affecting Canadian exports, and disease outbreaks as other factors.

This is the 10<sup>th</sup> edition of Canada's Food Price Report and it has shown a high level of accuracy in its predictions in previous years.

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## IN HEALTH NEWS...

### The Importance of Exercise

By Bette Laderoute Sampson

Wow, not only is aging not for sissies, it isn't for anybody who isn't prepared. Time to start dealing with life's changes before we can't, and a good way to start is as simple as going for a walk.



That's a sneaky way of bringing up the subject of how important exercise is to improve quality of life as we get older. Unfortunately, as we age, a lot of us forget that through the course of our lives, daily living required a lot more movement like running to catch the bus to get to



work, for instance. Many studies of how our bodies start to betray us have proven that exercise is the older adult's best friend.

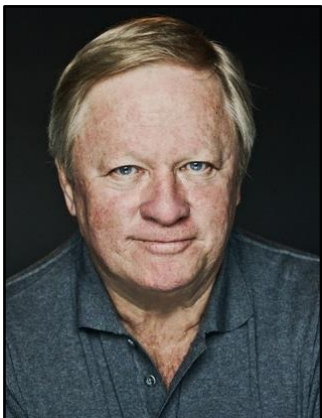
**Exercise is something many of us used to do.** If you were never much of an athlete or it wasn't on your "to do" list, it was boring or something you would get around to when you had the time. Take heed and start walking.

**A recent recommendation from the World Health Organization (WHO)** suggests getting "150 minutes of moderate to vigorous activity per week. This works out to about 20 to 30 minutes per day of activity like brisk walking, swimming or playing tennis". Or choose your own activity and if you have lapsed into a sedentary life and are in the process of losing the muscle mass that comes with aging, start slowly and work up to it.

Among the many studies on how we age, most prove that weakness and illness is not necessarily part of the aging process. Yes, our bodies do undergo biological changes but studies have proved that activity can slow down the process. Also from WHO, more active adults compared to the less active have "lower rates of all-cause of mortality, coronary heart disease, high blood pressure, stroke, type 2 diabetes, metabolic syndrome, colon and breast cancer, and depression". There is more but that is scary enough.

**Montreal-based exercise guru and PBS regular, Miranda Esmonde-White**, famously concluded in her book *Forever Painless*: "We are only as old as our muscles are active." Zoomer Magazine commented on an earlier book by Ms. Esmonde-White, *Aging Backward*: "If you've been meaning to start a fitness program but are put off by vigorous gym or yoga sessions, or are hindered by joint or muscle pain, pick up this book."

I am forever grateful to have been given *Forever Painless* for Christmas a few years ago. I took it and chronic back pain to Mexico for a couple of months and came back pain free. The trick is to keep at it.



### MEET YOUR NEW TREASURER – DAN OLDFIELD

**Dan Oldfield** has been a member of the PNA for several years. He currently serves as our representative to the Consultative Committee on Staff Benefits and Chair of the PNA Sub-committee for the review of the Memorandum of Agreement on pension surplus sharing.

Dan is a former legislative reporter for CBC Radio. He began his career in the National Newsroom in Toronto, then moved to Whitehorse, then

Regina before returning to Toronto to take over as the Senior Staff Representative of the Canadian Media Guild.

Dan retired in 2014 and became a partner in Syzygy Learning & Facilitation Inc., a company specializing in workplace training and meeting facilitation. Dan is married to Chapter President Barbara Saxberg. He is the father of three, stepdad of two, and grandad of six, and often comments that if he'd known how great it was being a grandfather, he'd have done it first.

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## TALES FROM THE ARCHIVES

### Do You Remember CBC Jarvis Street ?

By Bruce Rogers



**This old house**, once one of Jarvis Street's mansions, became home of CBC's top regional executives. Fondly known as The Kremlin, today it's the home of the National Ballet of Canada. In the fifties and sixties it was just one of many CBC Toronto sites as the Crown Corporation grew to manage AM and FM radio, networks, the advent of television, and expanding production in all media. There were CBC offices on Jarvis, Wellesley, Gerrard, Yonge and Front.

**Under the giant transmission tower** studios were busy with newscasts, big musical and drama productions, and popular children's shows like The Friendly Giant. Along with studios on Jarvis, Yonge, Mutual and Parliament, there were huge staging, painting and rehearsal operations on Sumach. One of the big studios for shows like Front Page Challenge and the Tommy Hunter Show was the old Pearce Arrow automobile showroom at Marlborough and Yonge.

**Across the lot from The Kremlin** was the old three story red brick radio building, heart of the place, full of offices and studios. Studio G housed orchestras and radio dramas. Samuel Hirschenhorn directed big orchestras and choirs. Musicians like Ellis McKlintock, Babs Babineau, Norma Lock and Mart Kenny performed. Directors like J. Frank Willis rehearsed top actors and actresses. Johnny Wayne and Frank Schuster wrote comedy skits and aired them live with full orchestral accompaniment.

**Elsewhere, in the basement of what was once Havergal Girls College**, a recording room made softcut discs of news feeds and shows from the studios above. Down the hall: the radio newsroom; typewriters, pipe smoke and newsprint. Studio B was CBL (Trans Canada Net)

where news was read and at one o'clock each weekday an announcer (often Alan McFee) introduced the Official Time Signal, "***The beginning of the long dash indicates exactly one o'clock Eastern Standard Time.***" After that, the news.



Next door was studio A, the booth for CJBC and the Dominion Radio Network. Across the hall was the "fish bowl" of Radio Master Control.

Along the hall you might find Wayne and Shuster in the cafeteria getting a coffee or news writers on a break, or cameramen, lighting and floor directors taking five. Technicians huddled with drama directors and actors over script, soup and sandwich.

**Out on storied Jarvis Street** traffic was a hazard for those headed to the Four Seasons for a tipple or to the Red Lion Pub or the renowned Celebrity Club. Remember? Those were the days when the CBC was a hot bed of creativity, when the technology of broadcasting changed almost hourly, when stars' careers were built, and when a more generously funded Canadian Broadcasting Corporation built the

foundation for Canada's independent film and broadcasting industries of today. Those were the good old days!

### **SPECIAL ASSISTANCE FUND**

The Special Assistance Fund (SAF) helps CBC retirees, their spouses and dependents with health care expenses not covered by OHIP or the SHCP. It also offsets the cost of hearing aids and mobility devices. There are some restrictions.

Contact the CBC PNA staff in Ottawa for eligibility requirements and help in applying. More information and application forms are on the PNA website.

[www.cbcpensioners.ca](http://www.cbcpensioners.ca)



## 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 are also eligible to hold office in the PNA and serve on committees.  
We hope you will join us.

## CONTACT US:

Would you like to comment on this or anything else in the Buzz? We welcome letters to the editor.

Perhaps you have a story to tell – something from your days at CBC or something interesting you're doing now?

Maybe you know of a CBC retiree with a skill to share? Or a retiree we should profile?

We're also interested in any photos from your working days you might like to share. We welcome your contributions and story suggestions.

[CBC-PNA-Durham@outlook.com](mailto:CBC-PNA-Durham@outlook.com).



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***Please share this newsletter with any CBC retirees or spouses who are not yet members. Encourage them to join the PNA.***

***It's important that we continue to expand our membership in order to maintain our seat at the table with the CBC.***

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