



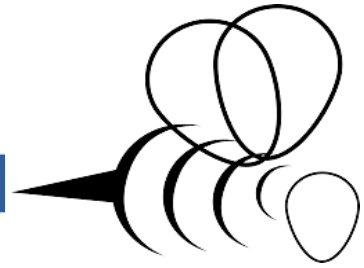
**The CBC Pensioners
National Association**

Preserving our Future, Sharing our Past

**L'Association nationale
des retraités de la SRC**

Assurer notre avenir, partager notre passé

DURHAM CHAPTER



March/April ————— 2020



Join us for our Annual Spring Luncheon!

It's almost that time of year again. You're invited to our annual Spring Luncheon. We are returning to Kedron Dells Golf Course on Wednesday, May 6, 2020.

The menu looks great and will be a sit-down, plated meal. It includes the following:

BABY SPINACH SALAD – Baby spinach leaves tossed in a lemon poppy seed dressing topped with seasonal berries, slivered almonds and Bermuda onions

GRILLED TARRAGON CHICKEN – Char grilled chicken breast served with a light tarragon cream sauce, rosemary roasted mini potatoes and seasonal vegetables

APPLE CRUMBLE – Tart apples and spices topped with oatmeal crumb top, served warm with French vanilla ice cream

There will be a cash bar available along with soft drinks and lemonade as well as tea and coffee with lunch.

The cost per person is \$15.00.

Our guest speaker is still to be announced.

DATE: Wednesday, May 6, 2020

**LOCATION: Kedron Dells Golf Course
2400 Ritson Rd N,
Oshawa, ON L1H 8L7**

RSVP BY APRIL 24, 2020

PLEASE CONTACT CHAPTER V-P BRUCE ROGERS TO RESERVE A PLACE

barogers@sympatico.ca

or call (705) 328-0240



PRESIDENT'S MESSAGE

Greetings! And Welcome to Spring!

While there is still a chill in the air, we are starting to see signs of life on the ground. And with that, it's time to come out of our winter hibernation.

In April, we are planning our annual spring luncheon with a guest speaker to be announced. This is an excellent opportunity to come out and mingle with Chapter members and enjoy a great lunch. We hope you'll join us.

I am temporarily cutting back on my duties as Chapter President to cope with a serious family illness. However, your Vice-President Bruce Rogers is stepping in along with the support of the rest of the Executive. I hope to resume full duties by the summer.

In this issue, read about the future of pensions, and the link between hearing loss and the risk of dementia. Also in this issue, an update on the Memorandum of Agreement on pension surplus sharing, the latest from the CCSB and more.

Happy Reading!

Barbara Saxberg, Chapter President

CBC PNA NEWS UPDATES

LATEST ON THE PENSION SURPLUS SHARING AGREEMENT



On February 14, 2020, the CBC sent a letter to the Pensioners National Association (PNA) and its Unions restating its position that the Memorandum of Agreement (MoA) concerning health care funding and pension surplus sharing will expire at the end of March. The PNA and the Unions have rejected this position and have notified the Corporation.

In the meantime, representatives from the PNA have continued to meet with their Union counterparts in order to ensure that any future dealings will be co-ordinated. No future meetings with the Corporation are planned.

It is the view of the PNA that all aspects of the Agreement negotiated in 2009 remain in place and all conditions are enforceable. We will keep you advised as to any significant future developments.

NEWS FROM THE CONSULTATIVE COMMITTEE ON STAFF BENEFITS

By Dan Oldfield

Morneau-Shepell, the company that has been advising the CBC, the PNA and Unions on supplementary health care benefits, has been sold to Hub International. Hub is a U.S. based entity with offices in Canada. It employs about 10,000 people and advises companies internationally on benefits. As part of the sale, Hub has absorbed the affected staff at Morneau-Shepell.



However, members of the CCSB have been assured that the quality of service will not be negatively affected and that the purchase will provide greater access to information for CBC staff and PNA members.

In another development, the CCSB voted unanimously to pay several Special Assistance Fund (SAF) applicants \$500 that had been erroneously deducted from their requests. The payments affect those people who had insurance with a benefits provider other than Great West Life. GWL administers both the CBC retiree and employee plans. Based on information immediately

available, about 20 people will receive the refund. Members of the PNA who have had such a deduction can contact the PNA office in Ottawa.

A sub-committee of the CCSB has been asked to review the rules and application process for the SAF and will report back later this year if it determines any changes should be made.

The next meeting of the CCSB is in Ottawa on June 2 and 3.

THE FUTURE OF PENSIONS

Government pensions costly as seniors live longer, the threat to Defined Benefit Pensions persists

by Bruce Rogers



You may have noticed we are living longer. If you are reading this you must be one of the lucky ones. And we're lucky in another way. CBC retirees have a Defined Benefit pension. So even if we live longer and enjoy extended retirement years, we can count on that cheque arriving to keep the wolf from the door.

But there are clouds on the horizon. Longer life means more pension payouts over those additional years. That's a burden for pension plans, and some governments are unwilling to keep on sending the cheques.

In Canada, Europe, Japan and China people live longer and there are fewer young people coming along to fund the pensions of older adults. You will have heard about the repeated demonstrations in President Macron's France where the government has tried to increase the retirement age from 62 to 65. There, like here, better health care has helped improve the average life span and the French want enough income to enjoy those extra retirement years. What they don't want is to work longer in order to contribute more to their pensions.

In fact, in Italy and in Austria, pensioners expect to get as much as ninety per cent of their working life income. For contrast, in Britain and in Mexico, retirees get only thirty percent of their pre-retirement income. Some politicians may enjoy generous retirement largesse. Most of the rest of us do not.

Another day older and deeper in poverty

So, there's a problem for the majority: increasingly impoverished years the older the population gets. That means less affordable and less comfortable living conditions, less dignity. Not a happy prospect. The reality is that many a senior must decide how to make their retirement income cover the costs of food, the roof over their heads, their medications, and other essentials. For those of us with a Defined Benefit pension, we've been lucky – so far.

As recent history shows, some governments and businesses are trying to change that. Some teachers in eastern Canada who assumed they had the security of a negotiated pension plan lost it when their provincial government changed it to a Defined Contribution plan. And because many of our fellow citizens do not have the financial security CBC retirees enjoy, they are not likely to rush to our defense should our pensions come under attack. Only about twenty-five percent of Canadians have Defined Benefit Pensions. That's one reason the future for most of society is a growing population of elderly poor.

Members of the PNA are lucky that negotiations over the years with the CBC resulted in a well-designed pension plan. We've been fortunate that it has been well managed and financially rewarding in spite of the ravages of inflation. That could change if we are not vigilant.

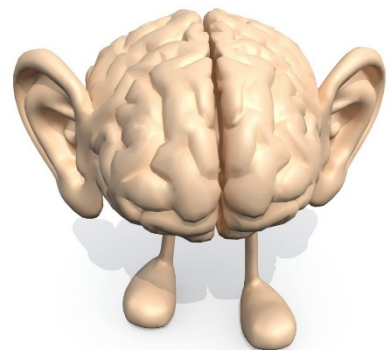
We who have Defined Benefit pensions are a dying breed so we must fight off attempts to get us to convert to a Defined Contribution system. Our pension association keeps an eye on things. In our own interest each of us must support our first line of defense. With that in mind, if you know of a CBC retiree who has yet to join our pension association, invite them in.

IN HEALTH NEWS...

HEARING HEALTH AND YOUR BRAIN

By Bette Laderoute Sampson

While lack of exercise is a main culprit when it comes to developing an unhealthy brain, right up there with smoking, high blood pressure and social isolation, recent studies are claiming hearing loss leads the pack when it comes to dementia onset.



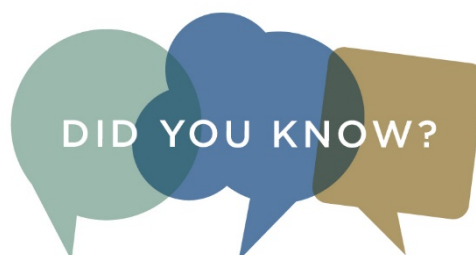
A late last year item in *The New York Times* said, “according to two huge recent studies, [untreated hearing loss] increases the risk of dementia, depression, falls and even cardiovascular diseases”. Without going into too much analytical jargon, to stay healthy our brains need the stimulation they get from listening and diminished hearing impairs our ability to listen.

The U.S. National Institute on Aging is currently sponsoring a trial of 997 people aged 70 to 84 with mild to moderate hearing loss to determine how effective hearing aids can be in diminishing the risk of dementia. Results of the trial, called *Aging and Cognitive Health Evaluation in Elders*, are expected in 2022.

Beltone, a major supplier of hearing loss information, testing and hearing aids, also promotes the link between hearing loss and Alzheimer’s citing social isolation as a major contributor. The company points to a study by the National Council on Aging (NCOA) of 2,300 hearing impaired adults which found that people with untreated hearing loss are more likely to experience loneliness, worry, depression, anxiety, and paranoia – and are less likely to join organized and casual social activities. The study, like many similar studies of people over 60, concludes that when a person withdraws from life, their risk for dementia intensifies.

Daniel Levitin, a popular cognitive psychologist, neuroscientist, musician and writer, perhaps best known for his book *This Is Your Brain On Music*, in the January 2020 issue of *Zoomer Magazine*, supports the premise that “if left untreated, hearing loss is correlated with many ailments as we age, including an increased risk of cognitive decline”.

Dr. Frank Lin, director of the Cochlear Center for Hearing and Public Health at the Johns Hopkins Bloomberg School of Public Health offers a preventive suggestion: “Without a doubt, the most important measure to preserve hearing is protection against noise.”



Several provinces offer some form of respite care for those who look after members of their families. Respite care is crucial for the overall well-being of caregivers because, without it, they

are susceptible to experiencing feelings of extreme stress, including anger or resentment towards the person in their care or other family and friends in their lives.

Respite care helps family caregivers restore balance in their lives. It allows caregivers to take the time to recover from the stresses of caregiving and gives them the flexibility to take care of other important aspects of their lives. Respite care is a necessary tool to support a caregiver's success.

Respite care services can often be found through local community service providers or you can contact CBC EAP for more assistance. 1-866-838-2025 (Engl.)1-866-839-7897 (Fr.)

NEW PNA WEBSITE UP & RUNNING!

You may recall mention in this newsletter of plans to redesign the CBC PNA website. It's now available and if you haven't checked it out yet, take a few minutes and do so. It's the result of a lot of hard work led by National VP Dave Jeffrey and a small sub-committee tasked with examining the PNA's communication strategies and bringing the website into the 2020s.

The new site continues to offer useful resources and content relevant to members, along with a more vibrant look and an emphasis on accessibility.

Go to www.cbcpensioners.ca You will need to reset your password.

LETTERS TO THE EDITOR

Regarding January Issue – Tales from the Archives – Do You Remember CBC Jarvis Street? by Bruce Rogers

Congratulations on a great article. It brought back many memories for me.

I remember going into the TV building and going up to the 4th floor in the elevator which, I believe, had been the scene of a terrible accident in which a person had been killed. My Dad had set up the Kine Dept. on the 4th floor. It was always fascinating to walk around and see the operation.

I started my own career in the Radio Building as I was not allowed to be in TV where my Dad worked. I had no previous experience and there was no real training; they put you in a studio and good luck. I used to sit quietly in the back of the control rooms on my breaks watching senior tech do their jobs. That was my training. I remember the first few times I was really on my own, my hands were so sweaty that I got shocks off the console.



Allan McFee gets on the receiving end of some cake while celebrating 50 years with the CBC. In August of 1987. From left: Peter Gzowski, Max Ferguson, Bob Oxley, Mr. McFee, Ken Haslam and Alan Maitland. Mr. McFee had a reputation as a bad boy at the CBC, once setting fire to an offending memo on a bulletin board.

You mentioned Alan McFee. He was a legend! My favourite story about him was one which saw me coming to work from the Maple Leaf Gardens side of the CBC Radio Building. There was a parking lot in that area much used by CBC personnel. Mr. McFee passed me in his Ford sedan looking for a parking spot. He spied one and proceeded to drive his car over the curb, the sidewalk, and the concrete barrier which marked off the parking lot. All of this was accompanied by lots of lurching about by the vehicle. Later on, during the radio broadcast in which he was the host and I the technician, he took the opportunity to mention what a lousy car he was driving.

Somehow I managed to survive and go on to over 23 years with the Corp. They were great years!

**Best regards,
Bob Ross**

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

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.

YOUR DURHAM CHAPTER EXECUTIVE

President – Barbara Saxberg – bsaxberg@outlook.com

Vice-President – Bruce Rogers – barogers@sympatico.ca

Secretary – Glenn Gray – glenn.gray@rogers.com

Treasurer – Dan Oldfield – dan_oldfield@hotmail.com

Directors at Large:

- Maureen Brosnahan – clanagroe@sympatico.ca
- Dan Karpenchuk – dkarpenchuk@gmail.com
- Bette Laderoute Sampson – bette7@mac.com
- Mac Skelton – skeltonmac@gmail.com

Newsletter Editor – Bette Laderoute Sampson

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.



For the National Office of the PNA:

Mailing Address: P.O. Box 8570, Ottawa, Ontario K1G 3H9

Telephone: 613-724-3003

Toll free in Canada and the United States : 1-877-361-9242

Fax.: 613-724-5951

Webmaster: contact@on.aibn.com

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.
