

**CBC PNA MEMBERS ARE COPING DURING THE PANDEMIC**  
**LES MEMBRES DE L'ANR RC FONT FACE À LA PANDÉMIE**  
**UPDATED / MIS À JOUR**

I have started riding bikes again for the first time since I was a teenager. The close of the swimming pool eliminated my daily swim . Bike riding replaces the lost exercise. Covid has cut Toronto's nighttime traffic to nil and ubiquitous rent a bikes make it easy to find a bike. Cost is 90\$ a year with Presto Card.

*Robert Fisher – Toronto*

All is well here we are keeping active in the house and outside as well.

*Alf Walker - Sackville*

We had to return home from Florida a month early!! We are big readers. So that's a big help!

We are also finding old TV series! We found an old Episode of the Nature of Things recently on Puffins!! Puffins are the native Bird of my home NFLD!!

*Bill and Cass Murphy - Woodstock*

I am in good health. And at my age (88), I'm only bothered by leg and knee weaknesses. I walk without assistance about 2,000 - 5,000 steps per day. I exist on 3 pensions and my savings and consider myself, as a retiree, to be among the more fortunate. I also live in a small town north of Barrie, so I don't have any problems with social distancing as I would have if I had not left Toronto.

*Lock Johnston – Hillsdale*

I really miss seeing and hugging my three grandchildren aged 4,5 and 6 years old. Every day since mid-March I have been sending them “Granny’s joke of the day” via their parents cellphone. Of course, poor Brian has to endure listening to my joke, riddle or knock, knock joke before I send it to the grandkids. 😊

My husband and I have renewed our friendly game of pool in our rec room. We had not played in years so we are having fun teasing each other and one of these days I hope to beat him.

And of course we are resorting to bird watching in our backyard as our planned trip to Hungary won’t be happening this year.

*Lise Young – Ottawa*



We are doing great and are coping good with lots of baking and playing games . Thank you for asking.

*Conrad Savard - Gatineau*

Yes, I have baked a lot of bread! But, having come from a creative profession, it seems, I can't stop. During the day, I've been adding to my Bandcamp page at a furious rate!

<https://laurencestevenson.bandcamp.com/>

Life is busy!

*Laurence Stevenson – Brighton*

Quand on est retraité on est un peu en confinement. Alors l'officiel, le planétaire ne nous choque pas trop.

Nous manquons de temps dans les Laurentides. Il faut réinstaller la terrasse avec ses moustiquaires, faire de petits travaux de peinture. Puis il y a tout le terrain à passer au râteau et finalement il faut nettoyer le bassin d'eau. OUF!

De plus j'ai entrepris de réaliser de petites vidéos de trois ou quatre minutes où je raconte des anecdotes personnelles et professionnelles. Je les publierai sous peu sur Youtube ou "Face de Bouque".

Mon amoureuse et moi nous allons nous remettre au vélo pour retrouver la forme(?) car notre saison de ski alpin a été dramatiquement écourtée.

Nous ne venons au village que très peu car les milléniaux ne nous rendent pas la vie facile. Doigts d'honneur, gros mots, peu de distance civique, pas de masque et j'en passe. Alors on se tient loin de la cohue.

Voilà comment deux "vieux" se tiennent occupés

*Yves Blouin – St-Sauveur*

Doin' OK. Thanks for asking. I play in a band, so I practice every day, but all bands are out of work so that's a bummer. On an up note, the house has never looked better.

Still playing the blues...

*Robb Douglas - Vancouver*



Yes I've been keeping busy by wood turning logs. Now they call me  
"The Fallen Tree Whisperer" !

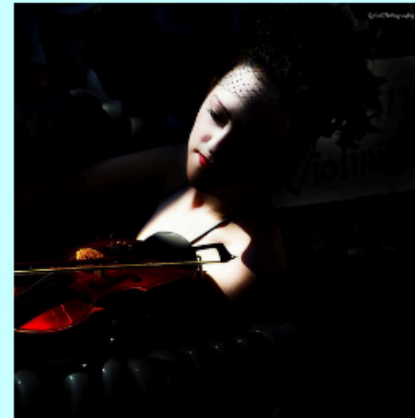
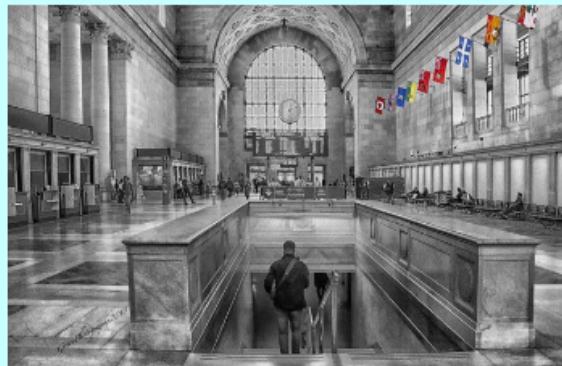
*Robert Péladeau - Ottawa*





*Bill Grice - Toronto*

What I have been doing during  
Covid-19 lock down, sitting at my  
computer reworking photos.



Tout va bien pour moi. Ayant une maison unifamiliale avec patio et jardin, je ne me sens pas confinée. Je vais faire une marche dans mon quartier, agréable et tranquille. J'y vois les enfants jouant dans la rue et les adultes qui promènent leur chien.

J'écoute l'opéra du Metropolitan chaque jour sur leur site Web. Je lis beaucoup et je téléphone à mes amies. Je parle régulièrement avec ma famille par Face Time ou Skype.

Mon association de retraités, Retraite en Action à Ottawa, offre des conférences sur un site Web, je m'y suis inscrite.

Étant une retraitée de longue date, je suis habituée à la solitude, celle-ci ne me fait pas peur.

Portez-vous bien et merci de vous informer des retraités de la SRC.

*Michelle Bachand – Gatineau*

I am doing well, thanks for asking. The days and weeks seem to just fly by probably because there are no events to differentiate them. I have gotten back into working on my genealogy and that can really pull a person in. I go out, masked, only to shop as there is nowhere else I can go. Like many others, I am desperate for a haircut but I can wear a cap when I do have to go out. I try to keep my apartment tidy by pretending that people are coming over for dinner. If only... I do miss not being able to use the pile of tickets I have to concerts, opera, ballets, plays and just not being able to meet friends for lunch or dinner. My immediate family all live in Alberta so we keep in touch via e-mail and telephone. I have many friends here who keep asking if they can do anything for me. I decline, at least for now, as I like to get out and get some exercise and fresh, or different, air. I can't imagine how the future will be but thankfully at the moment, I have one!

*Gordon Richardson - Toronto*

All is good with me, family and friends.

*Alexis Steele – Edmonton*

I have access to my own front and back yards and a quiet street. I do some gardening and take walks. The Legion arranged for some books for me. My son and daughter do my shopping for me and leave it at the door. I guess I'm more fortunate than apartment and retirement home residents.

*Lou Webb - Ottawa*



Sourdough bread and cinnamon buns

Christer Waara - Vancouver



I have spent several weeks building a model replica of a Mosquito bomber that my father flew in the 2nd World War. He was a pilot in the Royal Air Force. The building time was very satisfying & whiled away some of the "covid" hours.

*Brent Taylor - Riverview, NB*





Malgré le fait que nous prenons la situation actuelle au sérieux, et que nous respectons toutes les consignes de sécurité, mon mari et moi réalisons que nous avons rarement été aussi occupés! Depuis que nous sommes cloîtrés à la maison, nous avons remplacé les planches usées et l'escalier de notre entrée principale et sommes en train de terminer le travail sur notre grande terrasse à l'arrière. Un travail assez difficile physiquement mais ...quel bonheur, lorsque ce sera terminé!

Nous avons la chance d'avoir des enfants qui habitent la région et qui prennent bien soin de nous, font notre épicerie régulièrement et passent même à la LCBO occasionnellement pour qu'on ne manque de rien!

Le samedi, nous avons un cocktail virtuel avec tous nos enfants, deux d'entre eux à l'extérieur de la ville et même du pays, pendant laquelle tout le monde parle en même temps et on ne comprend pas grand-chose, mais au moins on les voit tous et toutes, souriants, un verre à la main, nous faire part de leur situation respective. C'est rassurant de les voir en bonne forme et obéissant les règles.

Nous avons aussi eu un petit problème avec nos plus proches voisins, des castors, qui ont construit un magnifique barrage sur l'étang d'à côté, un barrage tellement efficace que l'eau a commencé à monter sur notre terrain. Conclusion: on y fait une petite visite tous les jours, et lorsque l'eau monte trop, on perfore une fissure dans le barrage pour permettre à l'eau de s'écouler dans la rivière plutôt que sur notre gazon. De temps en temps, nous y retournons le lendemain pour constater qu'ils ont tout réparé ...et ça recommence. Jusqu'à maintenant, ça semble fonctionner... on vit en bonne entente avec nos voisins castors.

A part ça, la vie est belle. J'espère qu'il en est ainsi pour tous les ex-collègues. Soyons prudents et respectons les règles.

Christiane Marais - Gatineau



I am retired in Yellowknife. Because the pandemic arrived in our coldest months in the Northwest Territories, I was already very busy at hobbies, doing research that I wouldn't do during summer months, when I spend most of my time outside.

We have been lucky here that the GNWT closed our borders before the Provinces and air travel into the NWT was halted. Our residents hoarded flour & toilet paper too, but truckers continue to bring in our goods from the south (truckers are allowed into & out of the NWT). Gas is cheap but nowhere to go! Heating fuel is cheaper but it's been a cold winter & still with us. Senior's hours at the grocery makes it much easier and so much less crowded, with even sneaking in a bit of visiting with others we know. But follow the rules because grumpy old seniors will soon let you know when you aren't. Yellowknife supplies many surrounding communities, so later in the day, we see shopping carts loaded to their peak, coming out the doors to waiting pickups. 7 AM is a bit early though for door opening for seniors. Hardly time for a first coffee. Good old Tim Hortons & McD drive throughs are always open, but the line-ups are always blocks long. Many of our restaurants serve takeouts. Wash & wash your hands they say, but soap was hoarded. Time for a hair cut? Mine is still not as long as it was in 1970.

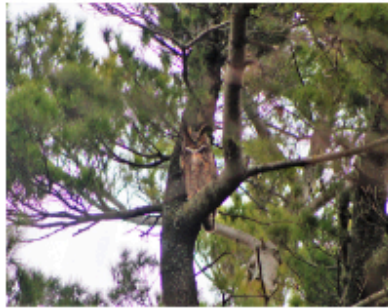
We have a cabin not too far out of town and it is quite isolated, so we feel safer there. Soon (?) it will be gardening time and I am guessing a lot of people will be planting this year. Bedding plants will soon be arriving. Will there be a shortage? Will people hoard them too? As businesses reopen, I hope Canadians follow the rules. I don't want another several months of isolation & old run or English translation capture movies on Netflix. Cable TV reruns and endless pandemic related news with poor quality sound and video and connection dropouts from reporters homes? Enough! Lets hope someone invents a better technology for the near future. Is broadcasting quality going back to the home movies age?

Oh, I hear a flock of Tundra Swans going over. Got to go!

*Bob Carr - Yellowknife*

My wife and I are coping well. Our children are on their own and doing ok as well. My wife (a retired teacher) is studying for a master's degree, while working as a T-A - now all online. I've been doing some fundraising with my local Rotary Club, but have also taken up a new hobby - wildlife photography - mostly birds. It's ideal for social distancing, creative and good exercise.

*Joe Solway – Bowmanville*





I am doing fine; thank you for inquiring. I've set up a makeshift gym in my downtown Vancouver apartment utilizing elastic rubber tubes, and a golf course using balls made of kleenex and scotch tape (real golf balls for putting). Sometimes at dawn I sneak out and hit actual golf balls at open and secluded spaces in nearby Stanley Park.

I've also restarted British Council IELTS language exams at a local test centre a couple of times a week. I subscribe to about half a dozen newspapers and magazines each online, so that takes up a large percentage of the day. I also keep up with daughters in Victoria and Toronto. I'm enjoying Hilary Mantel's part three of her Wolf Hall trilogy, *The Light and the Mirror*, and several other books. And I usually have an hour or so internet back and forth with my brother in Phoenix about the other worldly (to put it politely) politics south of the border. So as I said, I'm fine at 79, and hope the rest of the CBC gang are doing well, as well.

*Oliver Irwin – Vancouver*

Nous avons soupé en famille avec SKYPE pour la fête des mères. Nous sommes confinés comme tous les 70ans et plus mais on va très bien. Si nous avons besoin d'aide nos enfants, et petits enfants sont toujours prêts à nous aider. Merci de votre gentillesse.

*Roger et Lise Laplante – La Prairie*

I haven't stayed "in the loop", but appreciate you reaching out during these troubled times, never thought I would see this in my lifetime, but here we are. I'm doing fine, behaving myself. I miss seeing my friends.

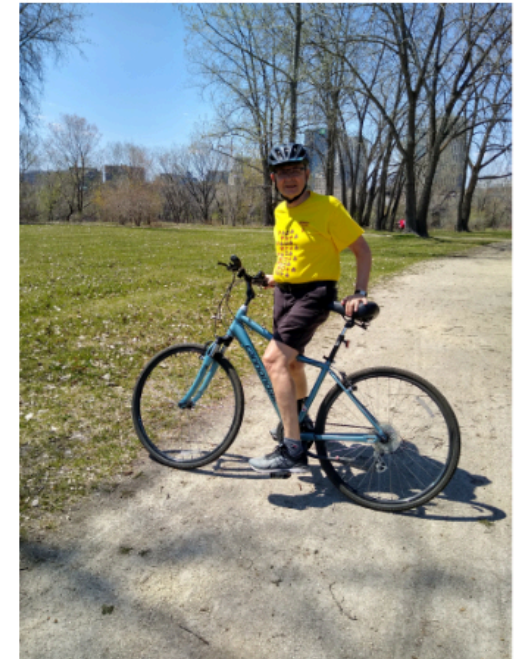
*Barbara Gillingham – Vancouver*

**Gerald Graham - Thunder Bay**

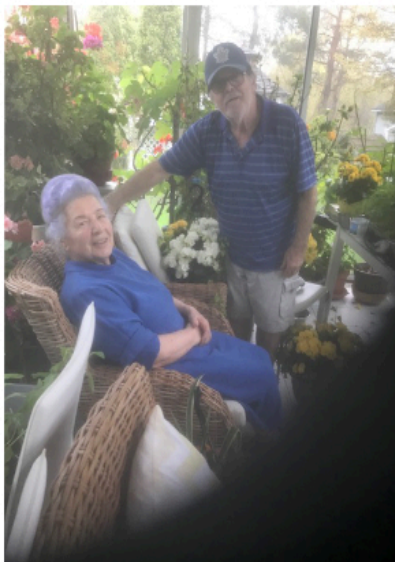
Hello fellow pensioners. Hope you are all doing as well as you can in these times of covid 19. I have discovered the joy of reading again and am on a who done it kick now. (Henning Mankell this week). Playing rummy every night, taking an online birding course and like millions of other Canadians baking bread. (running low on yeast....none left in stores). All the best.



**Denis Collette - Winnipeg**







My mother in law keeps us all happy with all her plants and flowers in our solarium.

Roger Hallam – Concord



### Jack Litchfield – Toronto



I am very interested in vehicle licence plates, and I photograph any unusual plate that I see.

But I live in a retirement residence, and during the pandemic I am not allowed to leave the building. So, no new licence plates.

However, as a substitute, I assembled a jigsaw puzzle that illustrates American licence plates.





We have been busy during the CO/Vid Pandemic. My children have been fabulous. Melanic and Marc helped with the snow clearing ,groceries and now the garden. So lucky to have wonderful children and grand children. My hobby was a godsend as I worked building radio controlled boats to pass the time. That's all from Me.

*Keith Young – Mount Pearl*



Never before thought I would come to the stage in life where making a batch of cookies is a big deal. (I found a great sugarless recipe! 😊)

So here I sit in my beautiful condo with my beautiful partner beside the beautiful Okanagan Lake in beautiful BC reading an inspiring book. Life is really tough! 😊

What's that you say? CO-VID? What's that?

😊 *Ken Johnson - Vancouver*

I have many hobbies: wood working, photography, music, movies, cooking, etc. I am never bored or wondering what to do with my time. Today is always a good day. Keeping fit physically and mentally is a must. My day always starts by an early walk, everyday, all year, all seasons. The simplest things in life are the most appreciated ones: a walk, reading a good book, listening to music that brings back memories, sorting a photo collection, keeping in touch with friends, family and even former coworkers. Not to forget grandchildren. Can't hug them, but Skyping is a good compromise and knows no frontier. There is no time to get bored! Happy retirement to all.

*Michel Martineau - Gatineau*

We are doing well here, our family keeps in touch regularly and we are all connected by phone calls , iPads or seeing each other from a distance re waving from our balcony. We can't wait to hug our family and think about it all the time, hopefully soon. Thank you for asking, it means a lot.

*Leonard Wynnobel – Winnipeg*

You might be interested in The Plagues and Me on my website

<http://www.timknight.org/2020/05/the-plague-and-me/>

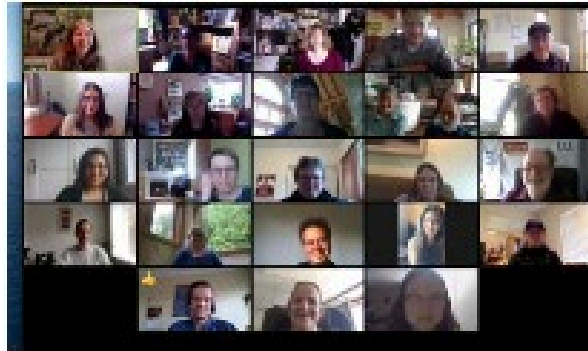
*Tim Knight – South Africa*

We are going stir crazy like everyone else, I would like to thank Diane and the rest of the staff at the pension office for the quiet and efficient way they help us, it is very much appreciated, I wish them all the best, many thanks.

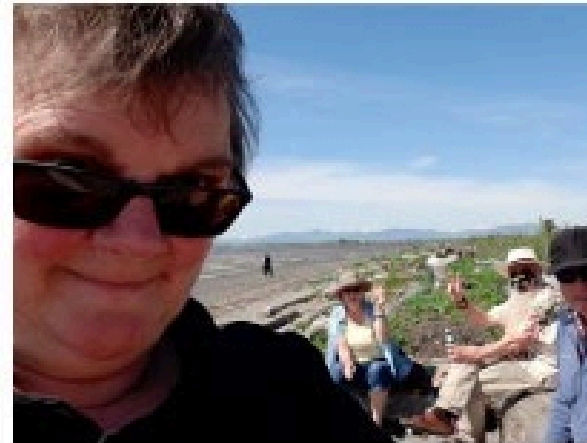
*Ray and Rene Newman - Ottawa*

In response to your request; I have been writing a history of Len Carter for my children. It is, at this point, over two hundred pages long with three thousand + words. This abridged version of me is not for publication but will be of great interest to my six children and ten grandbabies.

*Len Carter – Cambridge*



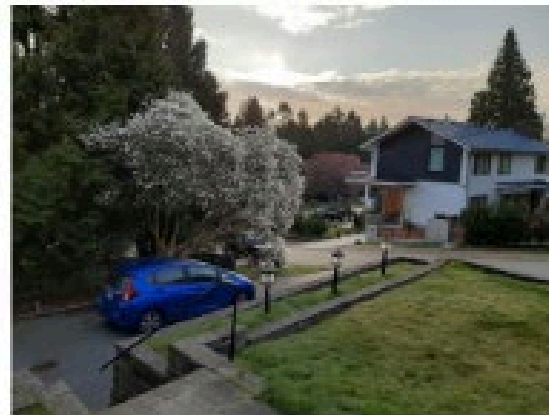
We discuss a lot Trump's antics on Zoom or the phone and marvel our luck in Canada, send each other funny comments or drawings on Messenger. I even attended a virtual book launch for BC's Lyne Gareau's second book titled *Le Chat Janus*, bought some copies and send it through the mail to Québec friends with whom I intend to discuss it



the best are socially distanced picnics on the beach near the large Delta dykes



walking on the said dykes admiring Mount Baker





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*Len Carter – Cambridge*

I started this [blog](https://mycovid-19diary.blogspot.com/) when we first cut ourselves off from the world.

Happy to have you use it.

<https://mycovid-19diary.blogspot.com/>

*Anne M. Crossman - Centrelea, NS*

Great. Finally have time to do the plumbing jobs, have the house painted which led into new window coverings and reorganization of the pictures on the walls. Had the motorcycle ready early this year for another riding season with point A, B and C being open washrooms along the route. Shot a few troublesome squirrels and now it is yard and garden time with Coney Island Ball Park sausage roasts around the fire pit. Other than losing \$50,000 on the investment fund, this lock down has been great. Can ride the bicycle around now without fear of being run over as 90% of the traffic has vanished. Even the telephone solicitors have given up. Hope everyone is having such a good time.

Best to all of you,

Ralph Williams - Edmonton

It's funny, I am an editor and producer by profession and still working as a freelancer. And I am going flat out with 'make a difference' projects to help people cope with isolation. But I felt burned out with one particularly difficult edit on Thursday and decided to take a day off. So what did I do? I edited a very simple modest video with music from two friends. That they happen to be very talented helped.

*Dawn Hardwood-Jones - Chester*

I'm rebuilding and expanding a flagstone walkway. Removing the stones and sod then putting down a layer of crusher dust. I have the stones in position and am leveling them. I will send more photos when the job is finished.

*David McClafferty - Lower Sackville*



Thanks for asking. We make phone calls to ask others how they are doing. We get calls asking us.

Most people in our senior category appear to be doing well. Some are actually thriving because they are giving a lot of time to hobbies and pastimes they love. Some are baking or cooking and trying new recipes. Some are painting; some walls, some pictures. Many are taking regular walks as we do. Some are spending time with cross word puzzles and some have all the pieces of a Sistine Chapel ceiling spread out on a card table. That's something we are not doing.

We have enjoyed some old movies again; some are classics like Casablanca, some are relatively recent like The Green Book. We have also enjoyed some TV specials and some series like Cardinal and Vera. We have also spent at least an hour most days following CBC TV coverage of Canada's Covid-19 response. We often watch the noon hour report of Governor Andrew Cuomo of New York State and CNN's coverage of the latest idiocy of the U.S. President.

We have been out shopping several times and found most people are responsible and respectful. We have ordered food for pickup at restaurants and it has been possible to retain adequate distance from others. We sometimes wear face masks sewn by Diana. We always have sanitizer handy. We know that lawn bowling and curling are two sports unlikely to be available any time soon. It's likely we will dust off our clubs and head to a golf course where we will use carts and distance ourselves from other golfers.

We have a very busy time on the internet, responding to others, sending jokes and especially exchanging amusing videos. This activity is a good way to renew acquaintances and good for morale. In quite a few cases we have connected with former CBC Toronto colleagues and have often recalled past good times and career highlights.

*Bruce & Diana Rogers – Lindsay, ON*

Thanks for your concern. I'm self isolating because of my personal health. I was thinking when I started in may 1960 way we did things. We had presentation studios where mixed the final presentation of the programming to the transmitter. It may be difficult for the modern day employees to realise we didn't have VTR machines. In the presentation studios we monitored the programming for quality and every half-hour or so did a station break. Not very exciting. In 1965, I transferred to radio I spent a night in Master Control just monitoring the in case of troubles. If there were difficulties, then we could be very busy. Long way from today's world. I did learn to be patient and it is helping to cope better perhaps than others. One final thought my youngest daughter is taking good care of her father; getting groceries.

*Robert Russell - Ottawa*



As a retiree, many things have not changed: I get my pension and I don't go to to work. But of course life is very different, for example, I used to live on a busy avenue with cars going past, now I live on a quieter avenue with a few cars, many cyclists and walkers, all this without moving houses!

Yes, I have been baking bread, making soup, eating a more structure lunch, drinking a bit more. I am working on my novel - the ongoing forever project! A lot of zooming has been happening, I even held a virtual dinner party: I cooked, a friend distributed it and then we had a zoom dinner together.

This past Victoria Day weekend we went to the cottage with the grandchildren it was such a tonic. My crazy Covid project is to knit dogs! That is 20cm high dogs from a pattern book I have had for ages but now its moment has apparently come. It is ridiculously fussy and has no useful purpose. The knitting is already a challenge but the real hurdle is the sewing up and stuffing!! Luv a ducks, how crazy!

I have settled in quite nicely to this life. Even though I am retired, I often feel I should have more downtime and this is a step in that direction. However, I do continue to fill my head and day with tasks and expectations, which is really a state of mind. I will blame all those years of deadlines, programs, newscasts, counting to the second! I need to chill out some more.

I do trust all my fellow retirees are managing through these strange waters. Very best wishes and cheers.

*Julia Sargeaunt - Edmonton*

I am being selfish and reading books I have not yet read  
I advise everyone to take care of themselves. We rarely have time to think of us, now is the time to remember what we would like to have time to give us some well earned time for us.

*Lorraine Thomson Nash -  
Toronto*

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We have received a few videos as well. I have posted them on YouTube – you can view them by clicking on the link.

Nous avons également reçu quelques vidéos. Les vidéos sont sur le site YouTube - vous pouvez les visionner en cliquant sur le lien.

*Michael Aucoin* - <https://youtu.be/BbTDktJhZLI>

Judy Maddren - <https://youtu.be/7SgHxTXxFCw>

Larry O'Brien - <https://youtu.be/rSEfERn63cg>  
- <https://youtu.be/ezNZIfiwqBQ>

Maurice Moses - <https://youtu.be/du0c7Ta1Bq0>

Val Bernatchez - <https://youtu.be/LmeWfAKuDf4>

I am submitting a short example (in both official languages) of some stuff I've been writing and eMailing to friends, to amuse myself during the pandemic.

*Richard Inwood - Ottawa*

Pierre-Marc Johnson - English

Pierre-Marc Johnson - Français

Thank you for reaching out. As you can see, I love your happy face. I recently retired right during the Covid happening and my life has more than changed in many ways.

I am coping by mostly remaining positive. Being part of an acappella chorus, we meet virtually every week. We have adapted a new way to sing together. It is challenging however we feel connected through ZOOM. I also meet with my former work team once a week. We have a happy hour using google meet and we color theme it each time. We are going according to the colors of the rainbow. I realize that these meets are important because of how I feel each time we have one. Fun, fun!!!

On a more personal note, I have lots of house cleaning and organizing to do inside and outside. After working 30 years and raising 2 boys on my own, I lacked time and now that time is here.

I also have a training in Naturopathy and if there is anything I can share and what's already out there, is essential. Fresh air every day, being active, eating healthy, getting a good night's rest and lots of good water. Last but not least, we need people and need to be creative these days. Wishing everyone to be safe and best during these times.

*Doris Di Blazio – Ile Bizard*

I wrote a memoir, here's a bit of info on it

**Larry W. Horne - St. Catharines**

[Memoir](#)



Thank you for asking for news from our members. It was great reading the first set of "coping" stories.

My husband and I are doing fine, walking every day to keep active, all the while respecting the physical distancing rules. We also do puzzles, watch old movies and TV series, and do small projects around the condo to stay busy.

We are keeping in touch with family and friends through email and through Zoom or Messenger chats, and the odd drive-by visits to family in our area.

I started making masks for family and friends a few weeks ago, and now that those are done, I have joined the "Sewing for Ottawa" group. This group coordinates requests from across the city and assembles kits for sewers who don't have enough supplies.

Since then, I have been sewing masks, surgical caps, and bandanas destined for hospitals, nursing homes, shelters and food banks etc... This is keeping me busy and making me feel that I am contributing more to the fight against Covid-19.

Keep safe and stay healthy.

*Diane Boucher, Ottawa*

Thanks for asking. The common greeting of 'how are you?' to which most people neither expected nor necessarily wanted a detailed answer is now being asked seriously by everyone.

I'm coping well enough but longing for the time I can get back to joining friends for lunch, a game of cards, movies, concerts or theatre, or going to the public library, and yes, even grocery shopping. I practice a little yoga each day and try to get motivated to do four thousand steps twice a week -the motivation is hard.

Having Overdrive and Skype helps relieve much of the boredom.

Thanks for posting some comments. I am genuinely interested in how others are coping and spending our precious time.

*Rose Downing - Toronto*

Thank you for our input.  
I am doing fine and  
hope this will end soon  
Take care.

*Venneta Pilon, Stittsville*

We are doing well. My wife Nancy retired on February 1<sup>st</sup> just before the restrictions and quarantine started, so staying at home versus a commute and workday is a welcome change. Even though we both are now retired, we set our alarm clock to get up and start the day by 7:00 at the latest. I do the treadmill for a power walk after breakfast and lunch. Also, after lunch we walk down to check for mail and then Nancy goes for a 1 hour walk and visiting with the neighbours (at a 6' distance). Our garden and yard are looking good. We are making good use of our Netflix and Disney + subscriptions. We both feel fortunate for our good health.

I hope everyone is safe and well.

Jim MacVicar, Devon AB

