

The Transmitter

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President's Report, 1-2

Pension Plan, 2

Gentleman's Guide, 3

Super-duper Mask, 4

John Deere Repair, 4

Moving Challenge, 5

EAP COVID PAE, 6-7

Chapters Roundup, 8-9

Pandemic Bakery, 9-10

Lockdown Time, 10

Pandemic Life, 11

COVID Techno, 12-13

COVID Times, 14

UK Lockdown, 14

Pandemic NWT Style, 15

Safe & Well, 16

*Virtual Health /
Santé virtuelle, 16*

Till We Meet Again, 17

In Memoriam, 17-19

Life in Lockdown



Courtesy of Hartland Jessome CBC PNA, Regina, SK

Hartland Jessome is used to catching up with PNA members at a monthly Coffee Come & Go in Regina. He's the President of the Saskatchewan Chapter. The Chapter executive started a virtual coffee gathering to help members keep in touch during the COVID-19 pandemic.

President's Reports

Bob Forrow, CBC PNA Regional President, Edmonton, AB

Summer is usually a time for relaxing and enjoying the good weather. This year unfortunately the COVID-19 pandemic continues to have a grip on our lives, leading to anxiety and disappointment. I have been housebound much of the time and likely so have many members of the PNA. I bought airline tickets in early March to travel to Toronto for a meeting of the national PNA Board of Directors in May. Because of the COVID-19 virus the meeting was pushed forward to September, then October, then cancelled. No refund from the airline so far, but there are more ads from the airline to buy more seats.

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I was also disappointed when the restrictions concerning COVID-19 resulted in the Southern Alberta Chapter of the PNA cancelling its meeting in April. I didn't get to meet with CBC pensioners then nor with CBC Calgary staff the following day. I had also planned to go to Regina in early May for the annual Spring Fling presented by the Saskatchewan Chapter and the CBC 20 Year Association. That event was cancelled as was a meeting with CBC staff in Regina. My trip to Saskatchewan was also to include meeting CBC pensioners and staff in Saskatoon but guess what? You're right, the pandemic restrictions led to cancelling those events, too. In Edmonton, I could not meet with CBC staff in mid-June and the monthly PNA breakfast meeting was cancelled. We will try to meet electronically through Zoom.

The pandemic is also affecting the annual general meeting of this PNA region of Alberta, Saskatchewan and Northwest Territories. Your executive has decided, with the approval of the Pensioners National Association, to hold a virtual Annual General Meeting of the members of this region. Instead of members getting together in person at the University Club of the University of Alberta in Edmonton in September, we will send to you the reports from the past year as well as a proposed budget for the next three years. If you have any questions after you receive the reports in August, please send them to me by e-mail (contact information below).

Your regional executive invites all members to a virtual AGM to be held on Wednesday, September 16. We will need at least 5% of our members (about 15 people) for quorum so please plan to attend. We will hold a draw from the names of new members for a \$100.00 grocery store gift card and we'll talk about how the money in our PNA account could be used during these extraordinary times.

If you would like to contact me to discuss anything about the PNA, please call 780-437-5074 or 780-983-2838, or send an email to srforrow@telusplanet.net

Status of CBC Pension Plan

From the CBC PNA national office

We have been contacted by a few members expressing some concern about the status of the CBC Pension Plan. This is normal given the ongoing volatility of the stock market related to the COVID-19 pandemic. It's worth noting that this is not the first time the plan has faced some challenges but it's also worth noting that it has proven to be a very well managed and resilient plan.

The plan investment team uses what's called a liability-based investment strategy which helps level out many of the wild swings in the market. Some members have inquired about the solvency of the plan. Solvency calculations are required to be done annually as part of determining the stability of the plan. But they are done based on an assumption the plan is being wound up and the assets are being sold so long-term investment vehicles, such as bonds, are purchased. The most recent numbers indicated a funding ratio of 96% down from a high of 102.9% at the end of 2019.

It's worth noting that the current book value of the plan's assets (the going concern calculation) is in excess of 8 billion dollars.

In short, the plan is well run, has survived other significant slumps and consistently performed beyond benchmarks. Pensioners can be confident the plan remains in a position to meet its obligations.

You may read the June 2020 Communiqué from the CBC Pension Board of Trustees on the [CBC Pension Plan website](#). There is also a section on the website [Publications/Annual Reports](#) that will show you the 2019 Annual Report and Highlights of the Plan.

A Captivating Resilience

Kathy Fitzpatrick, CBC PNA, Saskatoon, SK



Were it not for my book club, I may never have come across the novel “A Gentleman in Moscow”, by Amor Towles. Who knew it would become my guide to living through a pandemic lockdown, weeks on end of near-total confinement alone in my home?

Okay, so there is not an exact parallel between my experience and that of the fictional Russian count. In my case, I still got to leave my house for daily walks, the occasional car trip for groceries and medication – even a short drive just for a change of scene. Count Alexander is spared execution but must spend the next 32 years living under house arrest in the grand Hotel Metropol. Through his own ingenuity

and strength of will, he builds a life for himself within that circumscribed world. I marvel at how he focuses, not on what was wrested from his grasp, but what remains within it. The politics of his day rather than a killer virus keeps him confined. But within the walls of the hotel, he finds purpose and human connection – sometimes in surprising ways – with the staff and guests who populate it.

During the lockdown the Count came instantly to mind and stayed with me as the days and weeks slipped by, stuck inside my small bungalow. Indoor tennis cancelled? Downhill ski resorts closed? Here was opportunity. I had unsuccessfully been trying to knock off the extra pounds that had crept back on during the past decade. Plus, I had just been diagnosed with diabetes. I *had* to redouble my effort. So, a daily hour-long walk it was. I had no trouble finding the time, it gave me fresh air and sunshine, and it didn’t cost me a cent. When the snow and ice finally disappeared, I could add bike rides to the mix. (The Count had embarked on daily calisthenics in his cramped quarters.) I also had plenty of time for spring cleaning and yard work, providing added workouts. (As Towles observes in the novel, “every period has its virtues, even a time of turmoil.”)

Missing the company of friends and family? I was already used to long-distance phone chats. Now local calls, with a cup of coffee or a glass of wine at hand, replaced my usual round of face-to-face visits. When talk radio and most music stations became annoying, my cable TV nature channel offered gentle birdsong and instrumental melody to push back the stifling silence and soothe me. I thought about how lucky we are to live in an age of instant entertainment and communication, with enormous choice – unlike those who lived through the pandemic of a century ago.

My life evolved into a routine of reading, writing, phone conversations, household chores and outdoor walks punctuated by the occasional chat across the driveway with my neighbours (keeping a two-metre distance of course). When I tired of that, jigsaw puzzles gave my brain a change of pace. I admit I still felt isolated and often longed for the lockdown to end. But Count Alexander strengthened my resolve to hang in. After all, what was several weeks compared to 32 years?



*John Hanlon, CBC PNA,
Edmonton, AB*

Super-duper Face Mask

This super-duper face mask was made for John Hanlon and generously provided (free of charge) by Greg Shimizu to all seniors who are members of an association John belongs to. It was made by a 3-D printer and took 13 hours to make. The mask is made of a type of plastic. The design is called honeycomb because of the shape of the front grill. The grill is detachable, to replace the N95 filter cloth. And its appearance is scary enough to deter any coronavirus.

Lockdown Engine Repair

Don Heichert, CBC PNA, Edmonton, AB

Photos: Courtesy of Don Heichert



I remember, as a kid, riding my horse out to the pasture on my Dad's farm in central Alberta and starting a John Deere 1.5 hp stationary engine on hot calm days. This engine pumped water for cattle in the pasture when the wind was not enough for the windmill. I inherited the stationary engine about 20 years ago, but it never ran well. The lockdown during the pandemic seemed like the right opportunity to do a major overhaul.

I researched the serial number and found that the engine was built in 1939. These engines use Hit & Miss Technology that keeps them running at a constant speed. This particular one runs at 600 RPM. During

the complete rebuild I replaced worn parts and repainted the unit. Parts came from a supplier in Iowa. I had guidance from many hours of YouTube videos and original equipment manuals. It took me approximately 14 days of COVID-19 isolation to complete the project. Now the engine runs well and still makes lots of noise to bother the neighbours.



Moving during a Pandemic

Photos: Courtesy of Paul Grant, Moose Jaw

Former CBC Saskatchewan staffers Laurie Dickson and Paul Grant recently spent close to a year traveling in Saskatchewan and writing about it here: <https://saskwatchers2019.blogspot.com/> They enjoyed their stay so much, they decided to move back. Permanently! Of course, timing is everything.

We didn't plan to move during a pandemic. The planning began in October of 2019. We booked the movers for the end of April, then slowly packed up 35 years of life in Vancouver and watched as a virus spread around the world. By mid-March international travel had ceased. Cities were locked down and some provincial borders were closed. Could Alberta refuse us entry? Would Saskatchewan bar the door?



Too late. Our stuff was on a truck bound for Moose Jaw. We left Vancouver at dawn as a crew of COVID cleaners swarmed through our empty apartment, spritzing and wiping ahead of the painters. No motels were open on the way east, but there was no traffic either. Just us and the transport trucks. We drove ten hours straight to Calgary to stay with family (thanks Steve!), arriving at suppertime to find the city looking like it had been cleared for a movie shoot, all the cars and people CGI'd out. Surreal. Spooky.

A few days later, we met the movers, Ken and Greg, in Moose Jaw. After the truck was unloaded, Ken showed us a photo of a spirit bear they saw near Banff. We all took it as a good omen.

We're missing baseball. The pandemic has cancelled the Miller's season in Moose Jaw because the players are mostly American and can't cross the border. But we're settling into the gentler pace of life here, soaking up the prairie heat as we watch the world open up again.





PAE | EAP

Bonjour,

Tout d'abord, nous espérons que vous vous portez bien et que vous êtes en sécurité. Nous sommes conscients que les mesures prises afin de contrôler la pandémie bouleversent vos vies et chamboulent radicalement vos habitudes. Pour certains, c'est le sentiment de vulnérabilité qui génère de l'anxiété alors que pour d'autres, c'est l'isolement et la solitude qui sont vivement douloureux.

Par le fait même, nous souhaitons vous rappeler que le Programme d'aide aux employés (PAE) de CBC/Radio-Canada est là pour vous soutenir tout au long de cette pandémie. Les services de consultation psychologique sont gratuits et disponibles pour vous et votre conjoint(e).

N'hésitez pas à appeler : **1-866-839-7897**.

Qui plus est, le PAE a récemment lancé la [plateforme de mieux-être LifeSpeak](#). Cette dernière comporte une foule de vidéos animées par des experts de renom et portant sur divers sujets tels la [gestion du stress](#), la [solitude](#), la [résilience](#), le [sommeil](#), etc. Vous verrez, c'est une mine d'or d'informations d'une qualité exceptionnelle!

Nous vous transmettons également une liste de ressources fiables, pertinentes et utiles pour vous aider à surmonter les défis occasionnés par cette crise :

- [Espace mieux-être Canada](#)
- [Dormez la-dessus!](#)
- [Move 50+](#)
- [FADOQ](#)

Pour conclure, nous vous rappelons que face à cette crise sans précédent, il est tout à fait normal de ressentir de la colère, de l'inquiétude, de la confusion, du découragement. Si vous avez besoin de ventiler vos états d'âme ou d'une motivation à « voir le positif », n'hésitez pas à appeler au **1 866 839-7897** pour parler à un conseiller.

Cordialement,

Victoria Goodfellow - Coprésidente du Conseil national du PAE (cadre)

Alain Roy - Coprésident du Conseil national du PAE (syndicat)

Donald Langis - Représentant de l'Association des retraites au Conseil national du PAE



Hello,

First of all, we hope that this email finds you safe and well. We know that the COVID-19 lockdown is disrupting your lives and wreaking havoc on your daily routine. Some of you may be feeling vulnerable and anxious during this time of uncertainty, while for others, the isolation and loneliness may be taking a heavy toll.

We just want to remind you that CBC/Radio-Canada's Employee Assistance Program (EAP) is here to support you throughout the pandemic. Free psychological counselling services are available to you and your spouse by calling **1-866-838-2025**.

What's more, the EAP recently launched the [LifeSpeak wellness platform](#). It features animated videos presented by renowned experts on a wide range of topics, such as [stress management](#), [loneliness](#), [resilience](#), [sleep](#), and more. Be sure to check it out – it contains a wealth of exceptionally high quality information!

We're also sending you a list of reliable, relevant and practical resources to help you overcome the challenges of the COVID-19 pandemic:

- [Wellness Together Canada](#)
- [Sleep on it](#)
- [Exercise Right](#)
- [CARP](#)

In closing, just remember that it's perfectly normal to feel angry, worried, confused or discouraged in this unprecedented situation. If you need to get something off your chest or want some advice on staying positive, don't hesitate to call **1-866-838-2025** to talk to a counsellor.

Best regards,

Victoria Goodfellow - EAP National Board Co-president (Management)

Alain Roy - EAP National Board Co-president (Union)

Donald Langis - Pensionner's Association representative on the EAP National Board

Chapters Roundup



Edmonton: Those were the days! These PNA members last met in person for the monthly breakfast at IHOP held in March 2020. They may meet through Zoom until they choose to get together again for breakfast at International House of Pancakes (3921 Calgary Trail NW). You can contact Bob Forrow about the Edmonton PNA at srforrow@telusplanet.net or 780-437-5074.

Photo: Courtesy of Bob Forrow, CBC PNA, Edmonton, AB

Left to right: Krysia Jarmicka, Ralph Williams, Doreen Williams, Nancy MacVicar, Jean-Philippe Peretti and Sylvia Kuziw, Dave Smiley, Bruce Cowan, Jim Gerlock, Jim MacVicar, Julia Sargeaunt, and Dave Dawkins.

Calgary: The Southern Alberta Chapter is based in and around Calgary. The members met for a luncheon meeting at the Kerby Centre (1133 – 7th Avenue SW) on February 12th. The next two lunches, scheduled on April 8 and June 24, were cancelled due to the pandemic and restrictions on gatherings. The executive is working on revitalizing the Chapter and needs your help. For more information please contact President Joanne McAdam at clairmont.mcadam@gmail.com or at 403-275-0957.

Regina: One victim of the coronavirus pandemic was our monthly Come & Go Coffee Time in Regina. In April, the Chapter Executive decided to have a virtual get together using the popular platform Zoom. Much to our surprise, we had a wonderful turn out. In May, for our last coffee meeting prior to a break over the summer, we held another virtual meeting and the turnout was even better with well over a dozen people. Our regional president, Bob Forrow, even joined us. There were a few technical glitches, mostly just figuring out how to use the software. Overall it was a nice way to stay connected with our members and to find out how people were doing during this strange and unusual time. In the fall, we'll see what the rules are for gathering and will get together virtually if that's best. Have a good summer everybody. Stay safe and take care. For more information on the Saskatchewan Chapter contact President Hartland Jessome at hartlandj@sasktel.net or 306-520-2859.



Photo: Courtesy of Hartland Jessome

Left to right starting with the top row: Dan Moynihan, Hartland Jessome, Monique and Jeff Nenson, Lutz Walsh, Michelle McCaw, Ed Seneschen, Joanne Skidmore, Murray Schmidt, Lisette Marchildon, Gerry Jones, Marcel Bolen

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Saskatoon: The Saskatoon members of the Saskatchewan Chapter met for coffee on February 4 and hoped to get together in April. Then the pandemic put an end to that idea. Saskatoon Vice-President Gaynette Spafford is waiting for the time it will feel right to meet in person again. Gaynette would like to acknowledge the efforts of Kathy Fitzpatrick in contacting members and inviting them to contribute to *The Transmitter*. You can read Kathy's own article on page 3 in this issue. For more information on the Saskatoon PNA group, please contact Gaynette Spafford at spaffordg@gmail.com or 306-280-6309.

Pandemic Bakery

Sean Prpick, CBC PNA, Regina, SK

Photos: Courtesy of Sean Prpick

One of the most surprising developments from the Great COVID-19 lockdown at the Beaulieu Prpick residence in Regina is its transformation into a bakery of sorts.



In addition to me -- a former CBC Radio producer -- and my spouse Maud Beaulieu -- a former Radio-Canada manager -- we're sharing our isolation with our youngest daughter, Zoé Beaulieu Prpick. Zoé lifted our spirits during this difficult time by receiving her Master's degree in English from the University of Regina. But her plans to move on to further graduate studies in Toronto were thwarted when the pandemic shut down her course until further notice. So, with job prospects looking as poor as they do for most young people of her generation, Zoé decided to take up something new: baking.

And not just any kind of baking. No, she wanted a challenge and she decided to teach herself how to make sourdough bread from scratch. Her first couple of attempts didn't go well. Growing a good sourdough culture is hard and her initial efforts to produce fluffy loaves looked more like pita bread. But she persisted.

The third sourdough culture was the charm and risen loaves started to come out of our kitchen oven. But a good loaf of sourdough, traditionally, should be cooked in a largish round Dutch oven and the cooking vessel we had on hand was a smallish oblong one. The loaves, as a result, were too little and just didn't look right.



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Her dad, however, was able to find a sturdy, round cast iron Dutch oven at a reasonable price online. That, along with a special, loaf-shaped straw dish called a proofing basket which she used to shape the unbaked loaves, helped take the finished product to the next level. Now she was producing good round loaves, just like you get at the best bakeries in town.

Commercial bakers, though, typically add their own flourishes to their sourdough by carving ridges and lines and zig zags into the tops of their loaves before baking them. After doing some research we got Zoé a specialized pastry knife that helped her achieve the same artistic results.

So, every few days we're getting beautiful loaves made by Zoé's own hands which a professional baker would be happy to charge you \$10 or \$15 for.

When this whole COVID thing started, I sure didn't see this happening, but when I have my delicious sourdough toast every morning, I'm sure glad it did.



Lockdown Time

Ralph Williams, CBC PNA, Edmonton, AB



Photo: Courtesy of Ralph Williams, CBC PNA, Edmonton

The toughest thing to deal with during the pandemic is the isolation from our children. We can't have close contact with our daughter in Victoria. In Edmonton, we hold driveway meetings and Coney Island Ball Park sausage roasts around the fire pit with our daughter and two grandkids. We keep in touch with dear friends and relatives by phone or Skype.

My wife Doreen and I have worked out at gyms since we were teenagers, so the closing of gyms resulted in us buying several TheraBands and converting our weight routine to a one- hour TheraBand workout. We also make sure we get out on the bicycles a few times a week. Doreen misses bridge with her partners but found a way to play online. Streaming Netflix movies has become a bigger part of our life.

We filled in the time with projects that needed to be done. The new flower garden went in with the help of a landscape designer, and we found someone to paint the interior of the house. I finished a couple of plumbing jobs, spring cleaning was started one month earlier than usual and the motorcycle was ready to go one month earlier than in most years. If we run out of projects, I have guns to clean, bullets to load, and a collection of logs in the back yard that need chopping.

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I miss being able to browse in bookstores, so I have resorted to ordering books online. Doreen has embraced e-books. For her birthday, we decided to enjoy an outing for a great meal and the ambiance at Normand's, one of the top places to dine in Edmonton. Doreen has now transitioned to ??-++/ years of age. We are doing well and coping with the new reality.

Living with the Pandemic

Bob Forrow, CBC PNA, Edmonton, AB

Photos: Courtesy of Bob Forrow

As society geared down and became more isolated, I had time to appreciate the good things in my life. Good health, a loving relationship, good standard of living, good city, good friends.



One of the first projects I finished was parging around the foundation of the house, a project started last fall. After the cement had dried and hardened, I textured and painted the parging and painted the basement windows. Some back steps needed renovation, so I built new wooden steps with a carpet inlay. Some outdoor projects continue – the daily weeding, fertilizing, grass cutting, trimming, and shucking dandelions.

Another project was to fix the squeak in the wood floor between the bedroom and the bathroom our wooden floor. I hammered some shims between the joists and the sub floor to stop the noise. Also, while I was indoors, I continued bread-making after I was able to find dry yeast. As well, I'm learning to Zoom to try to keep in touch with the outside world.



Just prior to the pandemic, I had volunteered to check the state of the lifesaving AEDs at my church. I was shocked to find that the pads that are applied to the chest had expired five years ago and the battery that applied the shock had expired last year. I was in the process of buying new replacement parts for the AED's when the pandemic hit. Now I am waiting to see when we can buy the parts, fix the equipment and feel safe about at least one thing in our uncertain world.

Béni soit la technologie en temps de crise ... !

Counting our Blessings in Times of Turmoil

Anne Brochu Lambert, Radio-Canada PNA, Regina, SK

Photos: Courtesy of Anne Brochu Lambert

Il aura fallu rien de moins qu'une crise sanitaire mondiale pour saisir à quel point la technologie m'est devenue indispensable !



D'abord, elle a métamorphosé mon bénévolat. Je siège aux conseils d'administration d'un musée d'art, d'une organisation artistique provinciale et d'une fédération culturelle nationale. Dès le déclenchement du confinement, le branle-bas de combat s'est organisé. Les réunions se sont multipliées, via Zoom, Teams, Google Meet, Facetime ... À un moment, j'ai compté huit vidéo-conférences en quatre jours pour tenter d'épauler l'écosystème artistique et culturel en crise. La santé et le gagne-pain de milliers de gens étaient en jeu, et le sont encore. La technologie a aussi réinventé des liens. Ma mère de 84 ans était désespérée dans son complexe pour personnes âgées de Lévis (QC),

isolée dans son appartement, effrayée par les horribles nouvelles des morts d'âinés dans la foulée de la COVID-19. Elle voulait plus que des coups de fils. Elle a bien un ordinateur mais l'écran fait des caprices, son courriel est condamné et Facetime refuse d'ouvrir. La planche de salut : son compte Facebook. Maintenant, je copie le lien Zoom dans sa zone de clavardage. Elle est radieuse chaque fois que nous connectons, deux fois par semaine, assises à des milliers de kilomètres l'une de l'autre. Et elle suit fidèlement son fil d'actualités, à la recherche des photos de sa première arrière-petite-fille qu'elle espère prendre un jour dans ses bras.

Enfin, la technologie peut sauver la vie ! Fin avril, notre fils de 20 ans s'est plaint de maux de tête, de nausée et de fièvre, en pleine période d'examens universitaires à Québec. Les autorités de la santé ont alors imposé un isolement strict, en cas d'infection par le coronavirus. Durant sa quarantaine, les textos, appels et Facetime entre Regina et Québec sont devenus cruciaux tandis que sa santé déclinait dangereusement. J'étais hantée à l'idée qu'il puisse oublier de recharger son cellulaire, son seul lien avec nous et sa marraine, une urgentologue de Toronto. Le 7 mai, il était si mal en point que nous l'avons tous trois supplié de retourner à l'hôpital - pour une troisième fois ! J'ai organisé son transport à distance, puis j'ai été en appel conférence avec lui et un urgentologue. Notre fils a passé deux jours aux soins intensifs, traitant une détresse respiratoire dû aux complications d'une mononucléose. Dieu merci, il a vite rebondi, comme on s'attendait d'un champion national de natation – il a reçu son congé le troisième jour ! Il récupère tranquillement à son appartement, en bonne compagnie.

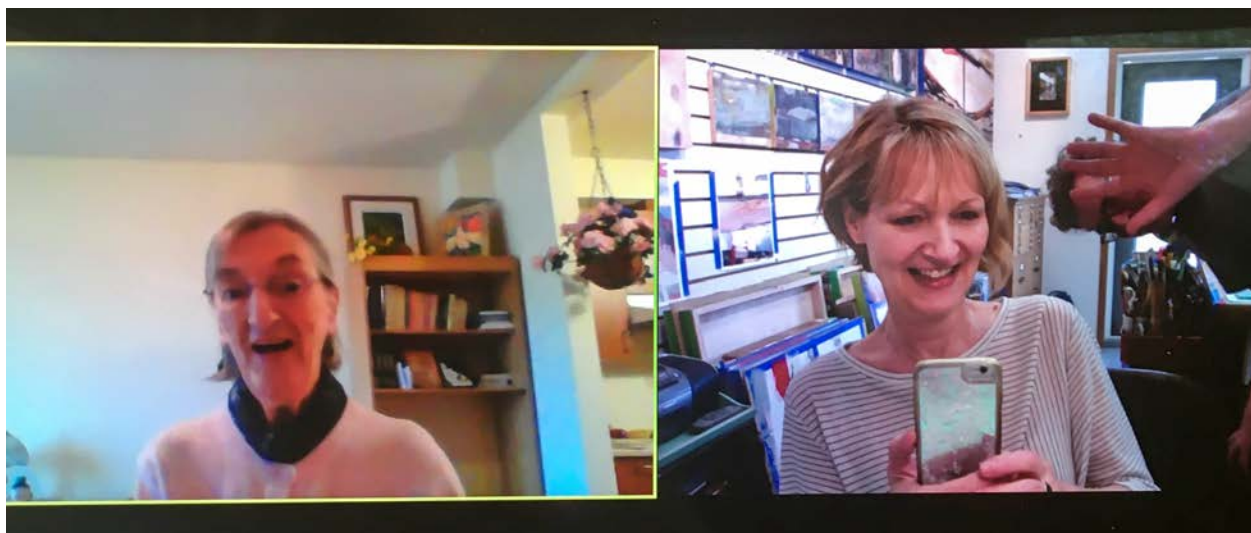


Je serai éternellement reconnaissante pour tout ce que m'apporte la technologie durant cette pandémie ! J'avouerai même que je passe peut-être plus de temps à dévorer Netflix ... histoire d'avoir une pause mentale loin du chaos de l'existence. Les sirènes médiatiques peuvent bien attendre un peu !

(English version on the following page)

It took a catastrophe the magnitude of a world pandemic to learn how vital technology is to me!

I volunteer as a board member for a museum, a Saskatchewan arts organization and a national arts federation. With the onset of confinement, the motto quickly became “All hands on deck!” through Zoom or Teams or Google Meet or FaceTime. At one point, I had eight teleconferences in one week as the whole cultural and artistic ecosystem was in shock, trying to deal with the safety and livelihood of thousands of people. It’s far from over and the experience is very humbling!



Technology is also vital to my 84-year-old mother. She feels very isolated in a seniors’ housing complex in Lévis (Quebec) and is frightened by the horror stories about elderly people dying from COVID-19 in frightening numbers. She wanted more than just phone calls from me, but her email was locked down. Her computer screen is colour-reversed and, of course, FaceTime wouldn’t work with her browser.

Fortunately, she’s a quick learner and has a Facebook account. I now copy-paste the Zoom invitation in her chat box. She lights up every time we see each other, twice a week, sitting kilometres apart. She also faithfully follows her feed to see pictures of her first great-grandchild who she dreams of holding close to her heart, one day.

Technology can also save a life! Our twenty-year-old son started having headaches, nausea and fever in mid-April while writing his university exams at his home in Quebec City. The health authorities imposed a firm quarantine on him in case he had the coronavirus. Texting, phoning, FaceTiming with him from Regina was crucial over the course of three weeks as his health declined dangerously. We were so scared he would forget to recharge his smartphone, his only link to us and his godmother, who happens to be an emergency doctor in Toronto. We reached a point when the three of us begged him to go back to a hospital - for the third time - to get real help! From afar, I arranged transportation and finally, I was put on a conference call with him and a doctor about the whole ordeal. Our son went into ICU for 2 days with respiratory distress from mononucleosis. He bounced right back, like the swimming champion he is, and was discharged late on the third day. Through thick and thin, he kept us briefed by texting.

Words are not enough to say how grateful I am for all the help technology has given me during the pandemic. I also admit to spending more than a little time binging on Netflix shows lately ... a relief from the rough patches in my life and the chaos of the world. The 24-hour news cycle can wait.

In Times of COVID-19

Julia Sargeant, CBC PNA, Edmonton, AB

As we navigate through the strange waters of the coronavirus, I am very aware of and thankful for my privileged position: I am retired with a pension. I also really appreciate that we have a house with a yard and a cottage an hour's drive away that we have been able to use. But I see that life is tough for young people. My adult children are struggling with working from home, their kids not at school, and no going out to socialize.

Despite much of my life continuing as usual, I did get caught up in the cultural shift of baking bread, making soups and trying brand new recipes. I even organized a Zoom dinner party: I cooked and filled containers, another friend delivered them, and we all ate the three courses together while on Zoom. The party lasted three hours so I guess it was a success! Honestly, I hadn't even heard of Zoom before COVID-19. Then I signed up and used it lots for two months with friends on Vancouver Island, brothers in England, and meetings. Then the novelty wore a bit thin and I thought: "\$20 a month, no, no! I have Netflix for less than half of that and they provide the content!"



Photo: Courtesy of Julia Sargeant, CBC PNA, Edmonton, AB

I live on a busy avenue and for a while it turned into a charming open space for bikes, pedestrians and skate boarders. Now the traffic has increased, but I still enjoy seeing so many more families, bikes, and many dogs taking owners for walks past our front door.

My pandemic folly was knitting these ridiculously cute little dogs from a pattern book I have neglected for ages. What amazes me is how they all turn out with character, just all by themselves - especially bad boy Billy the English Bulldog! Dear fellow retirees, no matter what your folly do keep safe and best wishes.

UK Lockdown

Mike Sutton, CBC PNA, formerly of Edmonton, AB now in Grimsby, UK

Lockdown and self-isolation came to the United Kingdom on March 16, 2020. Football postponed, pubs closed, hotels and restaurants closed. All unnecessary travel banned. Workers furloughed, schools closed and a lot of people were working from home. What was a very busy road outside of house where I live became very, very quiet.

A weekly trip to the supermarket to buy only essentials and to keep two metres apart from others was doable and the process of shopping worked well. A daily briefing on television by the government was a must-watch and every Thursday evening at 8 o'clock families would be at their front doors clapping for the National Health Service and other essential workers. That was the norm in March, April, and May.

June saw an easing of the lockdown. The weather was brilliant and we noticed not as much social distancing. There are concerns there may be a second wave of COVID-19 but for the most part people eased carefully and cautiously into summer. We desperately waited for hairdressers to open, football returned and the Queen rode a horse in the grounds of Windsor Castle. She's back in the saddle and, hopefully, so are the rest of us here in the UK.

Pandemic NWT style

Bob Carr, CBC PNA, Yellowknife, NWT

Photos: Courtesy of Bob Carr

The pandemic arrived in our coldest months in the Northwest Territories. I was already very busy with hobbies and doing research that I wouldn't do during the summer months when I spend most of my time outside.



Bob Carr, 1974

We have been lucky here that the government closed our borders and air travel into the NWT was halted. Our residents hoarded flour and toilet paper like people elsewhere, but truckers were allowed to bring in goods from the south. Wash and wash your hands they say, but soap was hoarded too. Gas is cheap but nowhere to go! Heating fuel is cheaper, but it was a cold winter and the cold was still with us.

Opening the grocery stores at 7 a.m. is a bit early for seniors. We've hardly had time for a first coffee! Even so, seniors' hours at the grocery store makes it much easier to shop and so

much less crowded, even with sneaking in a bit of visiting with people we know. But be sure to 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. Good old Tim Hortons and McDonald's and Mary Brown's drive-throughs are always open but the line-ups at Tim Hortons are always blocks long. Many of our restaurants serve takeout.

Time for a haircut? My barber opened in early June, so my hair didn't get as long it was in 1974. We can drive or fly out of the NWT, but upon return we must quarantine for 14 days and this will remain in effect until there is a cure. Be sure to write a pandemic diary for your grandchildren as this will go down in history big time.



Safe and Well

Jim MacVicar, CBC PNA, Devon, AB

My wife Nancy retired on February 1st just before the restrictions and quarantine started, so staying at home versus commuting to work on weekdays was a welcome change. Even though both of us are retired now, we still set our alarm clock to get up by 7:00 a.m. at the latest. I use the treadmill for two power walks each day, one after breakfast and then again after lunch. As well, after lunch we walk to the community mailbox to check for mail and then Nancy walks for an hour and visits with the neighbours (at a 6' distance). Our garden and yard are in fine shape thanks to Nancy's green thumb. We spend a lot of time outdoors enjoying the nice weather and back yard. When we're inside the house we make good use of our Netflix and Disney + subscriptions. We both feel fortunate for our good health and hope all PNA members are safe and well.



Courtesy of Jim MacVicar

Virtual Health Network / Réseau de santé virtuel

CBC pensioners and employees have access to a virtual health network. The Pensioners National Association along with the CBC and its Unions have agreed to provide the confidential service free of charge. The one-year pilot project comes at a time when it's often difficult to make a doctor's appointment, fill prescriptions, get referrals to specialists or ask those personal medical questions.

The virtual health network called Dialogue is a service administered through Canada Life. It can be accessed through an app installed on a smartphone, through other mobile devices, by phone and online. It operates 24/7 in both French and English.

<https://www.cbcpensioners.ca/virtual-health-network-now-available/>

Les retraités et les employés de Radio-Canada ont accès à un réseau de santé virtuel. L'Association nationale des retraités, Radio-Canada et les syndicats de la Société se sont entendus pour offrir gratuitement ce service confidentiel.

Le projet pilote d'un an voit le jour à un moment où il est souvent difficile d'obtenir un rendez-vous avec médecin, de remplir des ordonnances, d'obtenir un aiguillage vers un spécialiste ou de poser des questions personnelles de nature médicale.

Le réseau de santé virtuel, appelé Dialogue, est un service administré par la Canada Vie. On peut accéder au moyen d'une application installée sur un téléphone intelligent, par l'intermédiaire d'autres dispositifs mobiles, par téléphone et en ligne. Il est offert 24 heures sur 24, 7 jours sur 7, tant en français qu'en anglais.

<https://www.cbcpensioners.ca/fr/lancement-dun-reseau-de-sante-virtuel/>

Till We Meet Again

Norm Sawchyn, CBC PNA, Regina, SK

In these difficult times of self-isolation and social distancing, we find that we miss our loved ones, friends and neighbours. As a reminder that this will NOT last forever, I searched the internet for appropriate pictures, got out my ukulele and put together this little video.

<https://youtu.be/1u5DGsynVNU>

Stay healthy. Take care of each other. We'll see you soon.



Courtesy of Norm Sawchyn, CBC PNA, Regina, SK

In Memoriam: We Remember

This is the information we have received since the last newsletter about CBC colleagues and PNA members who have died.

Robert Blackwood (March 7, 2020) CBC Vancouver Radio Producer, Executive Director, Deputy Head of both Radio Variety and Radio Drama, Features, Radio Development Officer, Executive Producer Radio Performance Programming in Vancouver and Director of English Radio for the province of Quebec

Gerry Bradshaw (May 26, 2020) CBC Toronto Television Stagehand

Dave Budgell (April 6, 2020) CBC Toronto Camera Operator

Susan Cardinal (March 24, 2020) CBC Calgary Radio & Television Host, Reporter, Producer

Serafine Crawley (June 5, 2020) CBC Vancouver Clerk in Finance and Audience Relations

Jean Danbert (March 21, 2020) CBC Vancouver Switchboard Operator and Receptionist

Joyce Davidson (May 7, 2020) CBC Toronto Television Program Host

Garth Dawley (June 1, 2020) CBC Winnipeg News Anchor *24 Hours*

Dian Duthie (April 14, 2020) CBC and CTV Ottawa Television Reporters

Dick France (October 30, 2019) CBC Vancouver Film sound Technician, CBC Vancouver and Toronto EFP Sound Technician

Doug Franks (April 13, 2020) CBC Vancouver Cameraman

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Alan Gadsby (March 16, 2020) CBC Vancouver Television Traffic Manager, Unit Manager in Television Production

Kathryn Glugosh (May 25, 2020) CBC Halifax former Assistant to the Producer of *Don Messer's Jubilee*

Dick (Rich) Glunz (April 30, 2020) CBC Toronto and Edmonton VTR Operator and Supervisor, TV Technical Producer

Gerry Goudie (June 3, 2020) CBC Ottawa Senior Finance Officer

Dave Greenough (June 22, 2020) CBC Ottawa Radio Technician

Zygmunt Gromet (April 18, 2020) CBC Edmonton Senior Transmitter Technician

Susan Hall (March 19, 2020) CBC Toronto *Air Farce* Associate Director, Supervisor of Associate Directors, Communications

Dennis Harper (February 29, 2020) CBC Toronto Journalist

Jack Hendy (March 9, 2020) CBC Toronto TV Technician

Sid Kozak (June 13, 2020) CBC Vancouver Casting Director, Head of Casting (Western Canada)

Bill Kuziw (April 12, 2020) CBC Edmonton Studio Technician, Film Sound Recordist, ENG Editor

Gerry Latreille (June 2, 2020) CBC Ottawa Head Office Travel Clerk; CBC Ottawa Stagehand, Production Assistant (Floor Manager)

Glen Lemchuk (May 4, 2020) CBC Saskatchewan Communications

David Liddell (May 24, 2020) CBC Vancouver and Toronto Radio and Television Technical Producer

Louis Ludlam (May 29, 2020) CBC Winnipeg VTR Technician

Ross Mackay (April 20, 2020) CBC Vancouver Duplicating Equipment Operator, Clerk in Radio Operations and Radio Traffic

Cy MacPherson (May 18, 2020) CBC VTR Editor and Technician

Vern McNair (March 11, 2020) CBC Winnipeg Radio and Television Host – Farm Department, 1950s

Don Pyefinch (April 7, 2020) CBC Ottawa Administrative Services

Leo Rathier (May 13, 2020) CBC Ottawa Area Engineering Department

Alf Rose (June 21, 2020) CBC Winnipeg Television Sound Technician and Technical Producer

Bill Ross (June 13, 2020) CBC Head Office Ottawa

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Jack Sinclair (March 27, 2020) CBC Toronto Post-Production Staff and Designer for CBC Broadcast Centre in Toronto

Dick Stephen (May 26, 2020) CBC Ottawa Television Maintenance Technician

Larry Stout (June 27, 2020) CBC and CTV Television and Radio Journalist

Carol Thorbes (April 14, 2020) CBC Vancouver Television News Reporter

Weldon Tracy (April 23, 2020) CBC Montreal and Toronto Sales Departments, and Master Carver profiled on *The Carver* episode of *This Land* in 1980.

Maurice Thomas Van De Kinder (March 17, 2020) CBC Calgary Audio Technician

YOU are invited!
Wednesday, September 16, 2020
11:00 a.m.

There will be a **virtual Annual General Meeting** of the members of the Alberta, Saskatchewan and Northwest Territories region of the CBC Pensioners National Association on Wednesday, September 16, 2020 at 11:00 a.m. In advance of the meeting you will receive reports from the regional president and the regional treasurer, reports from the presidents and treasurers of the Saskatchewan Chapter and the Southern Alberta Chapter, as well as the proposed regional budget for 2021-2024.

You will receive details at the end of August on how to participate in the meeting. We will need at least 5% of our members (about 15 people) for quorum so please plan to attend.

See you on September 16 at the virtual Annual General Meeting of the regional PNA membership.

CBC PNA region of AB, SK and NWT Executive (2018-2021)

Bob Forrow – President (Edmonton, AB) **Lutz Walsh – Vice-President (Regina, SK)**

Home: 780-437-5074 Home: 306-522-1834

Mobile: 780-983-2838 Mobile: 303-580-1834

Email: srforrow@telusplanet.net Email: beaupre.walsh@sasktel.net

Cécile Magnan – Treasurer (Edmonton, AB) **Joanne Skidmore – Secretary (Regina, SK)**

Home: 780-490-4526 Mobile: 306-581-4415

Email: cecilemagnan1@gmail.com Email: joanne.skidmore09@gmail.com

Royle Harris – Entertainment Director Metro Edmonton (non-voting position)

Home: 780-463-751

COVID Cut



Sean Prpick's first PPE'd professional haircut. His barber of nearly 40 years (!), Gerald Reilly of Regina, tries to mask the effects of Sean's really bad auto-cut from about five weeks prior to this picture being taken. Gerald is very good, but even a master craftsman like him can do only so much with particularly thick, flyaway hair. When Sean last grew it out long in the 1970s, he says he looked like a ridiculous version of Karl Marx. Sean's hair stuck out straight from both sides of his head. He's not going for that look now.

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

We need to hear from YOU

You've said you like reading about what your former colleagues are doing. They like to read about you, too!
Write a short article and send us some photos.

The next deadline for submitting articles and photos is Tuesday, September 15, 2020.

Let us know how you contribute to your community as a volunteer, or tell us a story about an interesting trip you've taken (those were the days my friend we thought they'd never end), or share information about a project that has captured your attention. And if you have some jokes or cartoons to share, send them as well.

Email your articles of 300–500 words to Joanne Skidmore joanne.skidmore09@gmail.com

Email your photos (horizontal format, large, high resolution, JPEG) to Monique Nenson mnenson@gmail.com

The Transmitter is your newsletter. Thanks for taking an interest in it.