



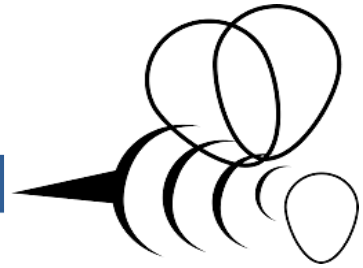
The CBC Pensioners
National Association

Preserving our Future, Sharing our Past

L'Association nationale
des retraités de la SRC

Assurer notre avenir, partager notre passé

DURHAM CHAPTER



NOVEMBER ————— **2020**

**JOIN US FOR OUR ANNUAL GENERAL MEETING
WITH SPECIAL GUEST SPEAKER DR. BRIAN GOLDMAN!**



The CBC's own Dr Brian Goldman will join us via Zoom on November 26th to discuss something that concerns us all - COVID-19.

- Where are we now with the virus and what's ahead for the winter?
- How do we curtail the spread?
- And what's the prospect for a safe, effective and deliverable vaccine?

Dr. Goldman will have a situational report and take your questions. This is open to all CBC PNA members.

Dr. Brian Goldman is a veteran ER physician, an award-winning medical reporter, and host of CBC Radio's *White Coat, Black Art*, and the weekly podcast *The Dose*. He's the author of *The Night Shift* and *The Power of Kindness: Why Empathy is Essential in Everyday Life*.

ANNUAL GENERAL MEETING

This year, our meeting will take place on Thursday, November 26th, 2020, beginning at 11:00 AM EST.

Because of the pandemic restrictions, this meeting will be held virtually using the Zoom platform at the following link:



<https://zoom.us/j/91392908822?pwd=NGh2TkMrOGI2eGZWbSt6K1piZjVQZz09>

Meeting ID: 913 9290 8822

Passcode: 258254

Members who do not have access to a device with internet capability will have the option of participating by phone.

Dial by your location

+1 613 209 3054 Canada

+1 647 374 4685 Canada

+1 647 558 0588 Canada

Please log on 10 minutes in advance to ensure a prompt start.

MEETING AGENDA:

1. Welcome
 2. Guest speaker Dr. Brian Goldman
 3. President's report
 4. Financial report
 5. Pension & benefits report
 6. Vice President's report
 7. Adjourn
 8. Social time
-

PRESIDENT'S MESSAGE

Ah, November. That time of year when the nights are longer and darker and the cold begins to seep in. I'm reminded of this short poem by Adelaide Crapsey:



November Night

Listen...

*With faint dry sound,
Like steps of passing ghosts,
The leaves, frost-crisp'd, break from the trees
And fall.*



This year, we chose to leave the leaves where they fell in our yard, in an effort to be more environmentally friendly. It could also be because we were feeling too lazy to rake them. We've even had a few dustings of snow already. And with Hallowe'en past us, the stores and ads are filling up with stuff for the holidays.

It's also the time of year when we are required to hold our Annual General Meeting. I hope you'll join us, and take advantage of the opportunity to hear from our special guest, Dr. Brian Goldman, and share a virtual coffee with us. I know it won't be the same as gathering in person for our annual Holiday Luncheon but it promises to be an excellent meeting!

This edition of Buzz has the usual news updates, a couple of stories from our members, a feature story on ageism in health care, and musings by our Vice-President Bruce Rogers on baseball during the pandemic.

This is our last edition for 2020. Let's hope 2021 brings us all good health and better times. Happy Reading!

Barbara Saxberg, Chapter President

CBC PNA NEWS UPDATES

NEW RATES IN THE NEW YEAR FOR SHCP

The CBC has advised the PNA of new rates coming into effect next year for our supplementary health care plan (SHCP).



The increased costs mean an increase in premiums. However, thanks to discussions with the PNA executive, the Corporation has agreed to offset the cost of the increases by using close to \$500,000 in surplus funds.

What that most likely means for Durham members is little to no increase in the cost of benefits next year despite the rate change.

Watch for a notice from the CBC later this month with details of the changes. **And if you have questions, please wait till you've received that notice before contacting the PAC or Canada Life.**

The PNA closely monitors the SCHP in consultation with the CBC and our advisors to ensure the greatest benefits while ensuring the plan remains affordable.

PENSION MEMORANDUM OF AGREEMENT HEADING TO ARBITRATION

By Dan Oldfield

You may recall that an agreement reached in 2009 regarding pension surplus was up for review last year. The PNA, the Unions, and the CBC last met in December 2019 to conclude the review.

Unfortunately, the CBC took the position that the deal had expired and no longer exists. We, the PNA and the Unions, have rejected that position based on the clear wording of the agreement. We have advised the Corporation that we intend to arbitrate the issue as per the terms of the agreement.

The CBC, for reasons not fully understood, has been reluctant to agree on a neutral third party.

The Memorandum of Agreement was reached after several years of litigation and grievances. In order to reach the agreement, the PNA withdrew a class action lawsuit and the Unions withdrew more than 20 grievances.

There is nothing in the terms of the agreement that allows any party to cancel or amend the MOA without the agreement of all parties.

The PNA intends to protect our rights under the terms of the agreement. We'll keep you posted.

CORRECTION: PENSION PLAN NUMBERS

In our previous edition, we told you the value of our pension plan on a going concern basis was 137% of assets against liabilities. In fact, the plan is in even better shape.

The correct figure is 157%, meaning the plan has 57% more value than it requires to meet the promised benefits.

NEWSLETTER SURVEY WINNER!



The lucky winner of our newsletter survey draw last month was John Simons, who is the recipient of a \$50.00 gift card to Shoppers Drug Mart.

His name was entered in the draw after completing our survey aimed at finding out more about what you, our members, want in this newsletter.

The good news? It seems we're on the right track. Not surprisingly, updates on our pension and health benefits are paramount, along with the latest on issues important to older adults, health information, stories of what members are up to now, and stories of our time at the CBC. All of which you'll find in this edition!

Let us know if you have a story to tell. We're always happy to hear from our members.



The CBC PNA Ontario Region AGM – *NOT TO BE CONFUSED WITH THE DURHAM CHAPTER AGM* - will take place on December 9th, 2020, beginning at 11:00 AM EST.
Details will be available in the next edition of ***Livewire***.

MORE MONEY TO PNA CHAPTERS

Earlier this year, the Durham Chapter Executive asked our Ontario Region representatives to take a request to the National PNA Board for an increase in the payments we as a Chapter receive each quarter, from \$300.00 to \$400.00.

We are pleased to report that not only did the Board approve the request, it also increased the amount per member per month from \$1.25 to \$2.00. This means the Durham chapter will be receiving \$486.00 quarterly, based on our current membership of 81 members, or an additional \$744.00 per year.

This will allow us to increase our activities on your behalf when we are once again able to meet in person.

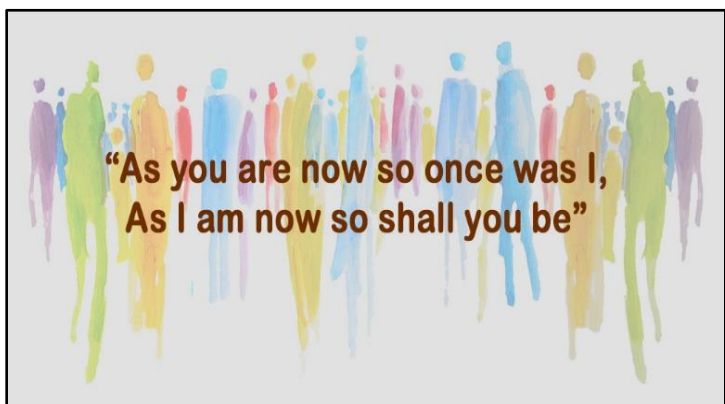
Our thanks to the National Board!

FEATURE STORY: AGE AGAINST THE MACHINE

By Barbara Saxberg

It's hard to believe that in 2020, some people in positions of leadership would suggest that making older adults a priority for health care is unnecessary. Yet that's exactly what happened not long after the pandemic was declared. Seniors, it was suggested, should be willing to sacrifice themselves for the good of the economy. It was a shocking demonstration of ageism.

While it may be one of the most blatant examples, ageism in health policy has been an ongoing threat to the wellbeing of older adults.



Many of us have grown used to the jabs at older adults in advertising. But that is minor compared to other forms of ageism. A recent story in the New York Times pointed out that older adults face discrimination in employment, biased health care, media caricatures and invisibility. And that these ageist views, especially when taken to heart

by older adults, can lead to poorer mental and physical health.

These attitudes led the World Health Organization in 2016 to launch a global campaign against ageism. Alana Officer, who leads the campaign, said, “It’s an incredibly prevalent and insidious problem. It affects not only individuals, but how we think about policies.” The WHO invested half a million dollars in research on the causes and health consequences of ageism, how to combat it, and how to measure it.

Some of the research shows that there are a lot of small, relatively inexpensive things that can be done to change attitudes. David Burnes, now a gerontologist at the University of Toronto, was lead author on a study completed at Cornell. He and his colleagues found that a number of programs succeeded in creating better relationships between young and old, lessening prejudice.

For example, he points to a group of psychology students who regularly corresponded with older adults, deepening relationships over a six-week period. Or a gardening project that brought children into a seniors’ centre twice a month. Or a high school program that held discussions, games and role-playing about aging. The results of these types of interventions showed participants’ knowledge of aging expanded and their attitudes towards older adults became less ageist.

All this matters because older people who are able to stay positive about aging are more likely to recover from a variety of health problems than those who dwell on negative views. They’re also more likely to eat well and exercise, they experience less depression and anxiety, and they live longer. Bearing in mind of course, that access to decent pensions, housing, and health care are also huge contributors.

So what can we, as older adults, do to help combat ageism in our society? Well, we can challenge the stereotypes when faced with them. We can encourage people to focus on a person’s ideas rather than their age. We can embrace our true selves rather than trying to pretend we’re ten years younger than we are. As members of the CBC PNA, we can continue

to advocate, along with other groups, for better pensions and financial policies, better laws against elder abuse, better access to health care.

And when the next election rolls around, we can support candidates who will support us.

FEEDING THE NEED IN DURHAM

One of our fellow Durham retirees has a project on the go that benefits our region. Three years ago, Joe Solway – long-time producer at Metro Morning - created a fundraising event called, “A Concert to Feed the Need in Durham”.



It showcases performers from across the region, all donating their time. It’s presented by the Rotary Clubs of Bowmanville (Joe’s home club), Oshawa and Oshawa-Parkwood.

All proceeds from the event go to Feed the Need in Durham. The agency, based in Oshawa, distributes perishable and non-perishable food to 62 member agencies across the region, including food banks, shelters, schools, soup kitchens and more. For every dollar donated, Feed the Need can distribute 7 dollars of food.

Last year’s concert was able to raise enough funds to distribute nearly \$100,000 worth of food. And this year, with the pandemic, the need has never been greater.

The first two years, the concert was live, but this year will be virtual as a Facebook live event, with a link for donations.

It features a line-up of more than 20 award-winning acts from all musical genres, including this year – modern dance.

A Concert to Feed the Need streams on December 20th, from 1-5 pm, here:

<https://www.facebook.com/ConcertToFeedTheNeedInDurham/>

*** sponsorships are also available. Contact gailnyberg@gmail.com

TALES FROM THE ARCHIVES

BASEBALL DURING THE PANDEMIC

Take me out to the ball game.

Buy me some peanuts and Cracker Jacks....

by Bruce Rogers



The Jays were flat lined (8-2) by the Rays. No surprise really against Tampa Bay, the American league's top team. After a fun, sometimes exciting season, Hyuu Ryu got his extra day of rest but in his game two outing he gave up seven round trippers. Bo Bichette recorded two errors, one of which contributed to quickly loaded bases. Catcher Jansen hit two dingers in a lost cause. Still, fans had enjoyed the season watching young players tested in their first season in the "big".

Skilled young ball players made it exciting but, in the end, fielding errors, faulty base running and inability to handle Rays' pitching led to a two game, early exit from post season play.



But it was entertaining to watch their end of season efforts against the Yankees in a Buffalo ball park where cardboard cut-out fans and some intermittent crowd sounds enabled a TV viewer with imagination to pretend it was almost baseball as usual.

No fans in the stands, no peanuts and Cracker Jacks sold in the aisles, but the Jays broadcast team kept it lively. We were almost at the ball park.

And then they let us in on their secret. They were in a studio in Toronto. Buck Martinez and Dan Shulman showed us their panorama of monitors, large screens offering different perspectives on the Buffalo ball park with several infield shots and cameras cutting from one perspective to another so we got the close-up of a play at first base or the throw to first from third.



Another monitor showed us a long shot panning from centre field to right field where a pop-up fly was confidently snagged by the fielder. Then there was the close-up shot of the actual catch; ball in glove and another out recorded. Super shots of pitcher and catcher, ump's calls, and hasty throws to second; the camera work was excellent, the cuts matched the pace of the action.

We saw it all and so did the play by play commentators. They knew the stats, how many RBIs, the speed of the fast ball, all the apocrypha so loved by baseball fans.

Martinez, with his two years of managing the Jays, his two decades as a major league catcher and now many years of broadcasting, does a masterful job of mixing play by play with a depth of knowledge of players past and present. And Dan Shulman kept us up to speed with the records of the opponents; when did this guy on the mound have his last major league success? Where's he from? Where did he play last season? And how fast is his fast ball? It was all there and we were there too, moment by moment, enjoying the ball game almost as if there was no pandemic.

And that reminded me of a day back in the late 1950s when I was interrupted at my typewriter in the newsroom of CKOY in Ottawa. Prof. Daley – the Sports Director – asked me if I would be free that afternoon. “Why?” I asked.

“Because I’d like you to help me with colour for the ball game this afternoon,” he said.

The station aired Triple A Baseball involving clubs from Montreal and Toronto and on that day a game in Cincinnati.



We used the station's largest studio. In it was a large “cocktail bar”, four turntables that played giant transcriptions of crowd sound, the crack of the bat, and other sound effects.

Prof. said I was to make sure that the discs were always running and cued up when they ran out. Pots were closed until we needed to turn up the sound of the ump crying, “strike” or whatever.

From time to time I would have to turn up the crowd sound as the crowd went wild after a three-bagger hit.

Prof. read the plays off the ticker tape. I already had the weather forecast and info about lineups and attendance:

“It’s a great day for a ball game, Prof.,” I’d say, “A gentle ten mile an hour breeze coming over the left field fence, temperature about 78 degrees and fans still finding seats along the third base line.”

Sometimes we’d get caught by a disc that ran out at just the wrong moment. I would lean in to my microphone and make a loud throaty sound that managed to imitate roaring fans at the ball park. Or, and this happened often, the sound of bat hitting ball was not cued when we needed it.



That’s when I’d get up close and do that “thwack” sound with tongue against palate. Prof. would say, loudly and off mic, “He’s sent one through the infield, he could turn it into a double!”

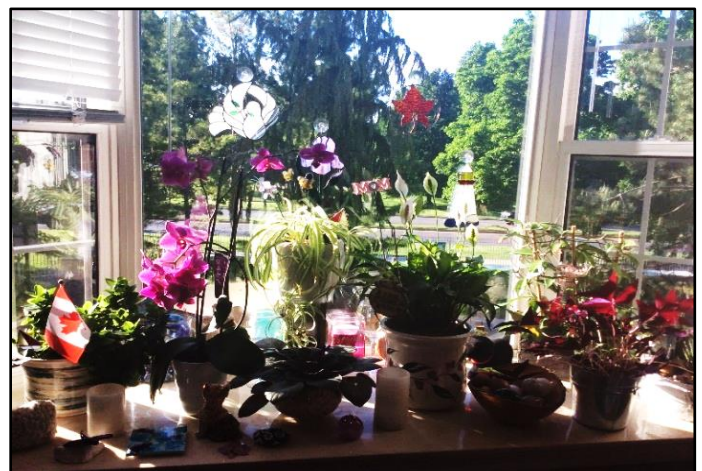
Those were the days! Days of reconstructed ball games when two guys spent the afternoon in a radio studio with ticker tape, sound effects and their lively imaginations.

Fortunately, listeners, then as now, brought their own vivid mental pictures to the ball game; not so very different from Chuck Martinez and Dan Shulman calling a baseball game played in Buffalo from a studio in Toronto.

LETTER TO THE EDITOR

Hello again,

I’d like to share my “happy place” in this time of COVID. At home, we didn’t have any plant-friendly windows, or maybe I just didn’t have



the time necessary to care for them. When I moved into my new home at the Colonial, I was thrilled to have this bay window.

My window garden is the first thing I check out in the morning and the last at night!

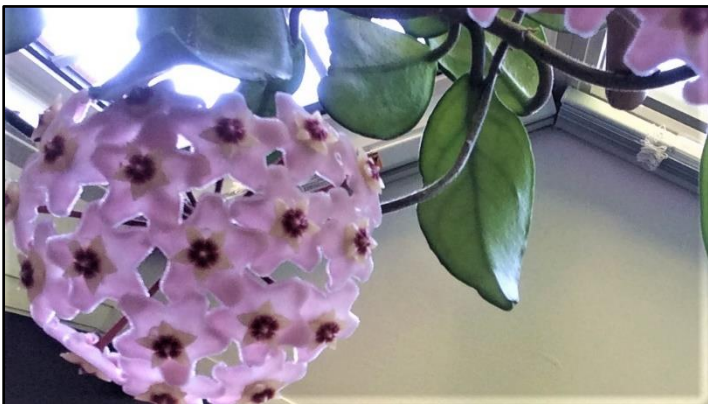
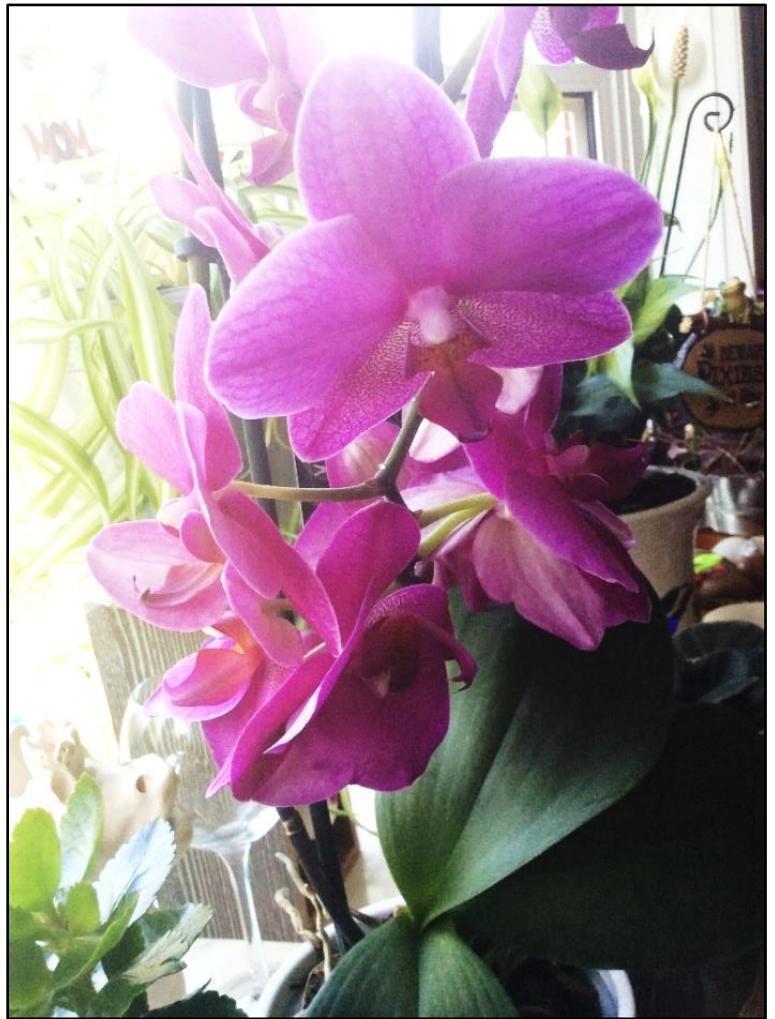
You just can't be sad working in such beauty.

My plants have come from several sources: begonia for Mothers' Day from the Colonial, spider from a tiny slip at church bazaar, violet from a friend, orchid from a friend for my 75th three years ago (it hasn't stopped blooming since), shamrock from two years ago St. Patrick's Day, Prayer Plant purchased three years ago, Hoya grown from slips given by a friend here three years ago (it has bloomed three times, twice with three clusters, once with four), cacti garden a gift for my 75th from my son.

I hope my garden pictures have brightened your day!

Sincerely,

Dale Kalnay ***Ed: Thanks, Dale!***



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.

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.



YOUR DURHAM CHAPTER EXECUTIVE

Officers:

- **President** – Barbara Saxberg
- **Vice-President** – Bruce Rogers
- **Secretary** – Glenn Gray
- **Treasurer** – Dan Oldfield

Directors at Large:

- Maureen Brosnahan
- Dan Karpenchuk
- Bette Laderoute Sampson
- Mac Skelton

Newsletter Editor – Bette Laderoute Sampson

CBC-PNA-Durham@outlook.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.
