

2021
Spring
Edition

The Good Life
Newsletter of the Southwestern Ontario Chapter of
The
CBC Pensioners National Association

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*The
refresh!*

With a new year, comes a new look and outlook to the coming months. We hope you like our new and refreshed look of our newsletter and the additions that we have added. All comments are welcomed.

Nationally

A great deal of effort went into the redesign of our National website The CBC Pensioners National Association (www.cbcpensioners.ca) and maneuverability is very simple and friendly. Please take a few moments to check it out and see all that it has to offer. In most cases, a login is not required, so for our non-members please feel free to take a tour.

Information regarding your PNA representatives and staff with their positions and contact information.

There is so much information supplied by the National both of local interest and specific topics. Whether it is an article on product reviews, COVID-19 and the Vaccine/Travel Insurance & Coronavirus, the Pension Surplus Sharing Agreement, Cost of Living Adjustment, Virtual Health Network, etc.

Connect with other Chapters Nationally and Regionally through their newsletters. Find out what is happening across the country and how other areas are coping. Up to date articles to assist you with almost everything that is connected within the CBC family and some outside. Check out the programs offered by your PNA: Affinity programs, EAP resources, Pension Administrative, CBC Pension Plan, Special Assistance Fund, Supplementary Health Care Plan.

There is a trove of information just waiting for you to read up on. Also, if the information you are looking for is not there, giving a call to either Dianne St-Germain or Suzie Bougie will steer you in the right direction.

CBCPNA: P.O. Box 8570, Ottawa, ON K1G 3H9
Email: info@cbcpensioners.ca
Phone: 1-613-724-3003
Toll free (US/CAN): 1-877-361-9242

Note: This month's Contact highlight's information regarding the 2021 Triennial Convention, Spouses' Survivor Pension TV report and Pension Plan/Surplus information.

*Smile,
it's free:*



*Douglas
Horton*

Regionally

We represent the Ontario region of the CBC PNA, with chapters in South Western, Golden Horseshoe, North Central, Durham, and Trent. On the CBC Pensioners National Association website, you will find information on all our regional events, newsletters, reports, and more, as well as the names and contact information on your regional board members.

Covid 19 has definitely affected our lives for the past year and continues to change the way we do things now and for the next little while. The Ontario Region Board meets by Zoom and continues to work on issues that affect the membership.

Our next scheduled virtual meeting is on Wednesday, May 5, 2021.

As a reminder our regional newsletter 'Livewire' is your in source on what is going on in the Ontario region. Feel free to send any articles that you feel may be of interest through your Chapter representatives or directly to Raj Narain (raj.narain@gmx.com).

I can report to you that the Region's finances are in excellent condition because the Region and the Chapters have been unable to hold any events or public meetings. It is our hope that someday soon we can again meet and socialize in person. I miss the BBQs and the Christmas dinners.

Recently, the Durham Chapter held a Zoom meeting open to all featuring Dan Oldfield updating everyone on our Pension Plan. It is expected that more of these events will be made available to everyone.

The Ontario Board will have 8 members attending the National Board's Triennial Zoom meeting in May. This meeting is spread over 3 days (May 12, 18 and 21). The election for the National Board executive will be held on May 21. Nominations for President, VP English, VP French and Treasurer can be made right up until the actual election.

The Chapter newsletters are an excellent way of letting the membership know what is taking place. Some issues that keep us busy are finding new ways to serve the interests of our membership; being good stewards of our finances; encouraging non-members to join the Association; encouraging the Chapters to reach out to all former employees; socializing however we can and answering the concerns of our membership. No problem is too small or too big to be handled.

This edition of the "Goodlife" is an excellent way of catching up on some members and what they have been doing. Please enjoy and remember, if you have any questions about the Association, please feel free to contact me (gercarhead@gmail.com).



Gerald Head, President – Ontario Region

Locally (SWO) Update

In our last edition (The Holiday Edition 2020) we tested a new idea which we simply called:

'HERE IS WHAT I HAVE BEEN UP TO!'

The results and interest were overwhelming, so we decided to continue and expand it.

But first.....

For the most part, your Board has been idle and adhering to the Provincial and Municipal guidelines. Video/Audio conferencing seems to be the standard. This is not to say that we have not been thinking of ways to move forward once we are allowed.

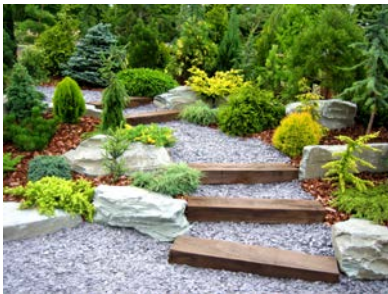
Financially, we are happy to report that our finances are in great shape and although we look forward in disbursing some of our dollars, the current conditions are restraining us from doing so.

Leaving 2020 many thoughts were on a great new start into 2021. When reality set in, normalcy was not in the cards (yet!). Although the roll out of the vaccine is coming along just fine there are just too many variables that could still put many of our Members at risk.

So, after much consideration, it was decided to once again cancel this year's summer BBQ and look forward to our possible year-end gathering in December. The date has been earmarked for Saturday, December 4, so we ask that you tentatively mark it in your calendar as **SAVE THE DATE-THE BIG REUNION!** If regulations are still in place that do not allow us to gather as a large group or we feel that it is still too risky, nothing would stop us from considering an early 2022 gathering with all the fixings!

With the warm weather soon to be upon us and probably nowhere to go, our backyards, porches, balconies and those exterior projects will probably get the lift you've been wanting to do for years. Questions - concerns, one option is to share them on our Facebook page, and you may get the answers locally from your friends or others that may have been in the same situation.

No matter, stay safe, no need to rush the project(s) you have lots of time available, after all we are in our **Good Life** years! Feel free to send us a photo of your finished design. Until then.....



PS: In the event you require an idea or specific item built from wood, continuing reading!

Gino



Sandy



Jackie



Gerry



Manny



'HERE IS WHAT I HAVE BEEN UP TO'

Dan Kennedy – Radio Tech



Hello fellow retirees, I hope everyone is well.

I feel like my days spent tech-in for Radio Noon when it was a farm show with Barbara Peacock and Herb Colling prepared me well for being in a pandemic.

All those ag stories about composting, hydroponics, crop rotation and greenhouse crops had influenced me.

Since my retirement five years ago from CBC Windsor, I've turned to vegetable gardening. At the beginning of the lock down, last year I built myself a small greenhouse. This will be my first season using it. It's made from old windows including two stained glass windows from my grandmother's house. I grow three types of tomatoes, lettuce, garlic, herbs, strawberries and in container bags, potatoes.

This past winter I began growing lettuce in the basement of our home using a hydroponic set up I made. Super easy! It was great to pick fresh lettuce in February.

My second career is working two mornings a week at the neighbourhood Home Hardware store. (As I promised Mary Weins back in the 90's!) I cut keys, mix paint, plumbing fails,

delivering snow blowers and lawn mowers. We are an essential service. It's a blast meeting the customers and the discount and notoriety is pretty cool too.

During the rest of my time, I help babysit our three-year-old granddaughter, kayak, noodle my guitar, and race radio control sailboats. All socially distanced pastimes.

Take care, stay safe, keep busy!

Bob Steele – CBC Broadcaster



Many knew Bob as the host of the afternoon radio show 'Afternoon Drive'. What many may not know is that he had a long career as a touring musician/composer before joining the CBC in 1987. He played in several groups and toured throughout Ontario and Mid-West USA. After retiring from the CBC there was another interest that he previously had and recently has reverted back to it. HO-Trains.

I built my first HO scale layout - 4 x 8 - back in the 1990's thinking it would be something my son and I could do together, but he soon lost interest.

When I retired, I thought I'd build another one but this time much larger. What I like about it is the creativity,

detailing one or more areas, then, after deciding it doesn't look right, having the freedom to tear it down and start over which I have done several times. It truly is a never-ending project.

Gino Piazza – Technician



Welcome everyone and like my fellow co-workers I have been quite busy since retirement. I normally hum or sing the song Eight Days a Week as 7 is just not enough and I thought retirement would be a slow process!

Lately, I have been putting in more time working on our home. Since we first purchased it in 1989 (built in 1897?), every time you open a wall you receive one of two surprises. One, this has been in the wall how long what a treasurer or more often, I wished I would have left it alone! Lately, with a few extra hours on my hands(?), I have turned to learning the secrets behind baking Sourdough breads. Past experience working at Blak's Bakery during my early years should have made this an easy task. Not so, as I came to learn with many errors. The Sourdough bread is not quite perfected and still has a way to go. I have some great resourceful individuals guiding me along and who knows maybe there is another book in the future (🤔). I have been experimenting with the discarded sourdough starter on almost anything that comes to mind. The photos below are all Sourdough eats.



Almost There!
Bread



Olive Bread
Baguette Test



Italian & Sicilian Sourdough
Pizza



My 1st-Flat Version
Flop, but tasty 🤣

UPDATES FROM PAST CONTRIBUTORS

Barb Peacock:



The ever gardener just cannot seem to get enough of her garden!

'The snow peas, radishes and several herbs have already sprouted in her Veggie garden thanks to that warm April weather.

Her hubby Lee Rabideau bought himself an E-Bike and just loves it; he says it's great for older riders as it's "pedal assist", so it gives him a bit of exercise but doesn't take too much effort to glide along at 25 KPH thanks to the rechargeable battery. Barb says she's sticking with her plain old bike!

Gabe Menard:



Gabe has been busier than a beaver and looking at his new workshop it shows!

Finding a piece of scrap wood seems impossible in his shop. Once he gets his hands and mind on an idea there is nothing that can stop him.

When this is all over, he is looking forward in planning a long vacation when the time comes, but until then Linda is keeping him very active. I, like others, may have a few projects in the wings for him. From my understanding he has been propositioned to build as far out east as Newfoundland!



2 in 1 Picnic/Bench-Table



Shop Worktable/Cabinet



Porch Swing

Joanne, Sandy and Lynn:



The ladies are still walking. Over 400+kms added this year to the 1200+kms from last year.

Petting dogs, identifying birds and meeting new people along the way. I am pretty sure they have all purchased new runners. Walking must have something in it as the shades bring on younger and cooler looks! If they break the 3000kms mark this year, I believe a new pair of runners may be in the wind?



Last year's holey shoes



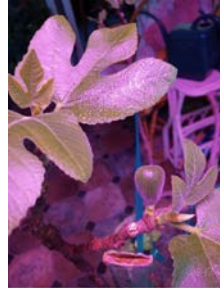
2021 updated style

I am banking on the ladies hitting the 3000kms mark!

TONY MANERA:



From Ottawa – April 2021. Over the past winter, Facebook has helped me stay in touch with family and friends throughout Canada, the US and Italy. It has been a real pleasure interacting with former CBC colleagues. Outdoor walks and indoor gardening have kept me active. First figs are already out, and my prized elephant ear has flowered, as shown in these photos. I have also been polishing my novel “VOICES IN THE WIND – A Matter of Honor”. It’s about a Sicilian-Mafia connected businessman who seeks fame and fortune at all costs while the local police inspector, a boyhood friend, tries to put him behind bars. Byzantine Italian politics, breathtaking scenery, culture and history frame this thriller, aiming for Fall 2021 launch. Notes: Tony has already written 7 previous books starting as far back as 1973.



Visit our Facebook site (copy and paste the link) to view many of our past activity photos.

https://www.facebook.com/SWOChapterCBCPensioners/?ref=aymt_homepage_panel

Looking forward in resuming our gatherings down the road, until then let’s keep these few simple facts in mind and together we can achieve a positive outcome:

- Continue to practice physical and social distancing.
- Wash your hands frequently with soap and water for at least 20 seconds.
- If you feel sick, stay home and contact your medical professional.
- Reminder, that wearing a mask is for the safety of others.
- Limit any group activities to no more than what is mandated.
- Follow Provincial and Municipal guidelines.



BRASSARD, Jean-Guy - September 27, 1936 - April 5, 2021. Jean-Guy on April 5, 2021, reunited with his loving wife Gyliane who he shared 61 years of marriage with. Adored Papa of Michel, Martin (Sylvia), Nancy and Maude (Eric Hanns). Cherished Grand-Papa of Joey (Crystal), Michel (Nina), Alain (Candace), Guillaume, Angelique, Joëlle and Renée. Great- Grand-Papa of Gavyn, Alex and Max.