

June
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2nd
Edition

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

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We were the first and are the longest-serving chapter within the PNA organization.



National (highlights)

The MOA (Memorandum of Agreement), which sets out the terms for the sharing of the pension surplus. As we are all aware the CBC's position is that the MOA is no longer in force, which has begun the long and costly process of arbitration. At the recent PNA AGM in May, the PNA invited all pensioners to take action in the form of an e-mail directed to President Tait of the CBC.

Your e-mails are far more effective in their quality than the numbers we might have achieved through a formal copy-paste letter campaign or petition.

Those who wrote to President Tait got a form letter that does not address any of the specific concerns raised, not one. The last line in her response "I hope this addresses your concerns", sadly does not. In fact, one wonders if, before putting her name to that form letter, Ms. Tait had read any of the letters you sent!

We encourage you to write a short personal letter to CBC President Catherine Tait at catherine.tait@cbc.ca, expressing your support for the PNA's position. You will likely receive a form letter identical to that received by your colleagues, but it will show how unpopular and incomprehensible the CBC position is. Please share a copy of your e-mail with the PNA national office at info@cbcpensioners.ca.

We will continue to examine other ways of making sure that the CBC is aware of our position on this matter.

We will continue to provide you with updates as the situation evolves.

For complete details, click on: <https://www.cbcpensioners.ca>
Under latest articles – June 17, 2022

President



Alain Pineau

VP-Anglophone



David Jeffrey

VP-Francophone



Donald Langis

Treasurer



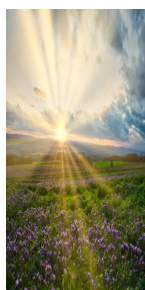
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"Perfection
has to do
with the end
product,
but ...

excellence
has to do
with the
process."

Jerry
Moran



Regional (highlights)

Welcome to summer. Carolyn and I are looking forward to seeing everyone at the BBQ on July 23rd. It has been a long time since all of us have been able to socialize.

The bulk of the work currently being done by the Regional Board revolves around the initiatives of the National Board. Several members of the Ontario Regional Board are involved on the Committees set up by the National. The biggest issue, in my mind, is recruiting. Less than half of the CBC retirees are not members of the Association. It is very important that retirees become members so that they can be consistently and accurately updated on issues that directly affect them.

“With the right people, culture, and value, you can accomplish great things.”

The most important issue at-the-moment is the Pension Surplus. The Association is diligently fighting for everyone’s rights when it comes to surplus sharing. It is our money just as it is the CBC’s money. They get their share through a payment holiday, and we get nothing. The arbitration process continues. A letter/email writing campaign has begun and appears to be having an impact on the CBC President Catherine Tait. It has become very clear that the upper management leaders have not been fully truthful in their reports to the President. A request to meet directly with her has been presented. This issue could be resolved quickly should that happen. If it does continue through arbitration, the cost will be excessive and completely a waste of taxpayers’ money as the CBC will lose the arbitration. The CBC has stated that its pensioners are its biggest support. It is time for the CBC to prove it by supporting its pensioners.

Another issue on the back burner but not forgotten is the surviving spouse issue. A pensioner who marries after retiring, his or her spouse, upon the death of the pensioner may not receive the pension. This issue is being pursued to change the plan to recognize the surviving spouse as the recipient of the pension.

Tricia Griffith

In Ontario, the Regional Board has added a fourth Toronto Director. There are currently 660 members living in the Toronto area. There is a potential of nearly 200 new members. The additional Toronto Director will aide the other three Directors in better serving the Toronto area.

The Ontario Region will be holding its Annual General Meeting in Toronto on October 12th. All Ontario members are welcome to attend. That meeting will include financial reports ending August 31st (our fiscal year end date), reports by the President and Vice-President, by-law updates and Chapter reports. After the meeting an election will be held for the members of the executive. All positions are available: President, Vice-President, Treasurer, Secretary and Toronto Directors (4). Some of the current position holders have declared their interest in re-seeking election. Nominations will be accepted from the floor. An election edition of “Livewire” will be published in September with a complete update on those candidates who have declared their interest to seek office.



Following the election, a lunch will be served. If you can’t make it to Toronto, please consider filling out a proxy vote form and giving it to someone who will be attending. If you wish to nominate someone, please fill out the nomination form. Both forms are currently published in Livewire. If you need a copy, please contact me, or any member of the Board and it will be forwarded to you.

If at anytime you have questions, suggestions or comments please do not hesitate to contact me or any member of the Board.

Again, looking forward to the BBQ and then a wonderful Christmas dinner in December.

Respectfully,
Gerry Head
President Ontario Region
CBC Pensioners National Association



Local – Southwestern Ontario (SWO)

"Wherever you go, no matter what the weather, always bring your own sunshine."

Anthony J. D'Angelo – Author



BBQ-TIME

Chefs: Manny & Gerry will be at the grills



A reminder that our annual summer BBQ is definitely on for Saturday, July 23; starting at 3:00 pm. Gabe and Linda have graciously opened their home once again for this event (completely outside). The address is 1342 Stuart Blvd, Lasalle. Your Chapter will provide the hamburgers, sausages, bottled water, soft drinks, etc.

A dessert or pre-BBQ snack is always welcomed; please remember to bring your lawn chair

Dietary Restrictions - NO PROBLEM: Please notify us and we will take care of it!

Free for all PNA Members and welcome guests - RSVP by email or telephone if possible to any one of the Board members. This is a great time to introduce someone to CBCPNA.

DIRECTIONS: Take E.C. Row Expy West to Matchette Road and turn left, go straight and turn left on Stuart Blvd.; the corner house (1342)!

****NOTE: THE BBQ WILL TAKE PLACE RAIN OR SHINE****

GUEST SPEAKER: With what we have all been through these past couple of years, I have asked Chris Gevaert to give a short talk on: *Finding Direction in Grief*

The death of a loved one is a life-altering event. The conflicting emotions of grief can often be hard to understand and navigate. Although you did not ask for this, the fact is you now have a "new normal."

In this seminar you will:

- *Understand that grief is a process and not a series of stages.*
- *Learn the Compass Model of Grief.*
- *Learn that you are not alone in your grief.*

Chris is a Social Worker with a Master in Divinity at the Heart and Soul Project

News Updates

'A Standing Committee on Recruitment was established by the National; Phil Peck became the Ontario Region rep on the committee this year. He was elected as co-chair along with Debbie Hussey who is the rep for NL.'

More details at the BBQ and upcoming newsletters

Gino
President



Sandy
Vice-President



Jackie
Treasurer



Gerry
Director



Manny
Director



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

'THE CONTINUING SAGA OF: HERE IS WHAT I HAVE BEEN UP TO'

Manny Pacheco (Supervising Technician)



It was October 12, 2021 and I was having a great round of golf at Dominion Golf Club. I thought I heard my cell phone ringing in my golf bag. I answered the phone, and it was my wife telling me that University Hospital in London had just called and there was a cancellation for tomorrow and I was scheduled for surgery at 6:00 am. I said well I am up next to tee off and she replied no, you need to go to Windsor Regional Hospital and get a PCR Covid test for your surgery.

I guess I should start at the beginning. I was diagnosed with Aortic Stenosis about 3 years ago. In July of 2021 my cardiologist performed an Angiogram and realized that I not only had a bad aortic heart valve but also a slight blockage in one of my arteries. It was time to refer me to a heart surgeon.

In July of 2021 I met with Dr. Mary Lee Myers a heart surgeon at University Hospital in London. Dr. Myers agreed that surgery was needed to correct my heart valve and also bypass surgery for my blocked artery. She estimated surgery would probably happen in late September of 2021. I received a phone call in early September of 2021 to let me know that because of Covid surgery would be delayed to late October at the earliest.

Now back to the story:

I left the golf course got my covid test and came home. My wife (Elizabeth) had made hotel reservations in London for that evening. I had to be at University Hospital at 6:00 am, so I would need a good night's rest. My wife and daughter dropped me off at University Hospital on October 13th at 6:00 am. They were not allowed to go with me, so we said our goodbyes and in I went.

I went to the pre-admission clinic and filled out all the necessary paper work. I went to the pre-surgical ward and got ready for my surgery. There they inserted an IV in my arm and checked my covid test results. The nurse explained to me what was going to happen and that there would be a team of 10 medical specialists in the operating room.

At about 9:30 am on Wednesday October 13th I was wheeled into the operating room. It was quite large and very bright with a lot of stainless steel. The surgery was very successful and I found myself in ICU some 4 hours later. I open my eyes and boy was it noisy in there. ICU is not a place where you go to rest. The ICU nurse asked me if I was in any kind of pain and how much pain. I did not really feel much pain just discomfort. He gave me pain medication just in case things got bad.

A few hours later they had me out of bed and sitting in a chair for about 20 minutes. I was given a small muffin and a drink of water, then back into bed.

The next morning I was taken to the 6th floor cardiac ward, but not before another covid test. They wheeled me in to my new room on Thursday October 14 and I got off the ICU bed and walked to my new bed. I was still wired up to all kinds of monitors so I did not have a lot of mobility yet. There on my bed was my very own little red pillow that is issued to heart patients. If you need to sneeze or cough just hold and cuddle the pillow to your chest.

On Friday October 15 all my tubes were removed and I was hooked up to a portable monitor the hung around my neck so I could get up and go to the bathroom and walk outside in the halls (with a mask on). I was encouraged to walk as much as I could have a rest and walk again. I have my first shower on Friday and it felt great, I felt like a new man.

The staffs at University Hospital were all exceptional people and I received great medical care. My surgeon and her assistant came to see me each day and were very pleased with my progress. All my test came back very favourable.

On Saturday October 16, Dr. Menassa, the assistant surgeon came to see me and let me know that probably tomorrow I could go home. On Sunday October 17th at 12 noon I was discharged and my wife brought me back to home.

Follow up visits to my Cardiologist and Family Doctor was all very positive. I went to London for a follow up visit in February of 2022 and was given the all clear by Dr. Myers my heart surgeon.

I was enrolled in the Cardiac Wellness Care program at Hotel Dieu Grace Hospital on Prince road. It is a 6-month program to restore your cardiac health. Twice a week I went to the gym and took part in the program. The staff there are very knowledgeable and do a wonderful job.

I feel great and I am looking forward to many more years of good health.



Phil Peck (Producer)



July 2010. After a retirement BBQ, I packed up my souvenirs and left CBC Windsor with 30-years worth of treasured memories. I also had a promise that they would keep sending me money.

I had a bunch of personal projects to work on, but before long I needed a new challenge. So, without much arm twisting, I accepted my wife's invitation to work with her in Michigan.

Rosalind owned a Mad Science franchise, which operated in Metro Detroit. Its programs were designed to educate and entertain children. Engaging kids in fun Science.



Once I had my U.S. work Visa, I began the daily trek across the Ambassador Bridge. My main job was to hire and train the people to be "Mad Scientists". I enjoyed teaching people how to use a lot of science equipment – from flasks, molecule models, and coloured light mixers to hydrogen fuel cell cars, Van de Graaff generators, and model rocket launchers. This was also fun for the instructors.



Beside my office job, I would don a lab coat to be an instructor for after-school enrichment classes at elementary schools. I did many science-themed birthday parties for very excited kids. I entertained large groups with the Mad Science stage shows.

Obviously, working in Michigan, one had to contend with the daily line-ups at the border. The plus side was we got to know a lot of border agents and they knew us, in our colourful vehicles.



Using certain words to those north of 49th parallel sometimes required a small explanation. We use “toque”, they use “wool hat”. “Bag of milk” drew some strange looks, as did “hydro” when talking about electricity. Of course, “eh” was a dead giveaway and “zed”? Busted!

In 2018, we decided it was time to hang up our lab coats. We bought a travel trailer and a truck to haul it. We went on a few trips: south in the winter, northern Ontario and Eastern Canada in the summer.

Then Covid hit, so travel was limited. The pandemic did mean we had more time to spend with our grandchildren when they had online school, at our house.

Recently, I have been dabbling in media again. I work at Leamington Raceway (August to October) producing their weekly online Live Harness Racing show. I also create podcasts for a website called alifeworthliving.ca, which aims to change the “Disability Narrative, one story at a time”. It’s rewarding and I get to use some of the skills I honed at CBC.

And our journey continues.



SAVE THE DATES BULLETIN:

1 – A possible trip to Frankenmuth, Michigan is being planned for Saturday November 19th. This is an all day trip (8:00 am – 8:00pm?) at a cost of \$45. Three stops throughout the day will include shopping at Great Lakes Crossing, Bronner’s Christmas Wonderland and Frankenmuth. The bus holds 56 and more information will follow at the BBQ and our Fall/Winter newsletter.



2 – Our Christmas Party is scheduled for Saturday, December 3rd, once again to be held at the Giovanni Caboto Club. We have been idle since 2019 and as our Treasurer (Jackie) pointed out, our bank statement has grown. We anticipate a special gathering this year, with a very special menu, more door prizes and a few extras. The all-inclusive, price remains the same as in previous years. All PNA members and their guest are **FREE!** Our Associate members can pay their dues either at the BBQ or at the party.

