

# CBC PLAYS HARDBALL

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CBC officials have advised the PNA and the Unions that notwithstanding this latest valuation it has no intention of abiding by the terms of the Memorandum of

Agreement and will not agree to any distribution of pension surplus.

At the same time, the CBC has confirmed that it will take a contribution holiday and will not be contributing to the

plan. The CBC's annual contribution normally averages somewhere between \$40 and \$50-million. That contribution will be made up from the surplus funds.

**Dan Oldfield has more on Page 7.**

## SPRING THAW



**Paul Zammit** takes centre stage in the **Rock Garden** at the RBG, 1185 York Boulevard, Hamilton. Join us on **Wed., June 1st at 11 am**. Mingle with old friends before a buffet lunch at 11:45 and a draw for door prizes. Then be informed and entertained by the passionate gardening guru until 2. All PNA members welcome. A ticket costs **\$20** and must be paid for **in advance** by CBC PNA members. Receive your ticket and name tag on arrival at the Rock Garden. **EASY PAY** — [payghchapter@gmail.com](mailto:payghchapter@gmail.com); **MAIL** — John Bainbridge, 77 Arcade Cres., Hamilton, ON L9C 3J1 (Make cheques out to Golden Horseshoe Chapter CBC PNA.) **Cut-off date May 20**. Free parking. Accessible. **Wizard Page 3 —>**



—> **CHANGE OF TIME, DATE & VENUE** <—

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# Celebration of life for Fred Walker



## **WHEN?**

Tuesday, May 24, 2022  
4:00 PM – 6:00 PM EDT

## **WHERE?**

Credit Valley Golf and  
Country Club  
2500 Old Carriage Road  
Mississauga, ON L5C 1Y7

## **HOW TO REGISTER?**

R.S.V.P. by E-mail to [bridget.otoole53@gmail.com](mailto:bridget.otoole53@gmail.com)

—> **CHANGE OF TIME, DATE & VENUE** <—





Marie Clarke-Davies, VP - G. H. Chapter



Paul Zammit, Professor of Horticulture

## The Wizard of Green tells our Marie Clarke-Davies why gardening can make us all feel better about life

**MARIE:** Paul, you've been a strong advocate for the role plants and gardening can play in boosting a sense of well-being, something we all have needed during the Pandemic and coming out of it, so what evidence is there to support this?

**PAUL:** There are studies, medical studies, that have proven this. We see this. There's one older study -- I think it's from the 80s -- that shows people recovering from surgery, when they can look out into a garden will recover a lot quicker

than those who are looking into just a brick wall. They don't ask for as many meds or they're much kinder patients as the nurses report. But we also see all sorts of evidence like in the horticultural therapy programmes that really help to transform peoples' feelings and emotions and I've certainly seen it first-hand even when I was at the Toronto Botanical Garden and we had a horticultural therapy programme. We've seen people coming in and you can tell they were in a great deal of pain and when we get them to interact with

plant material, with container soils, etc., their spirits really change and it's not only those individuals but I also say that people who are administering the programme I was kind of really taken aback. I didn't know what to expect and I was quite overwhelmed emotionally with the gratitude from those people, how appreciative they were of me sharing but I would also say from a more personal perspective it was not just COVID that we've seen but the act of cultivating and nurturing plant material,

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we're seeing that resurgence right now, particularly with the younger demographic and what they call the new plant parents and all of them doing their tropical plants inside. My son, who was never a plant person, now lives in Ottawa and he has more tropical plants than I do so that sense of being able to cultivate the idea that we know that plants clean the air and purify the air, I also think there's the whole aspect of physical movement. Physical exercise is really important, being outside kind of clearing the mind, breathing the pure air, feeling the sunlight on your skin. All of those factors there's evidence to support that as well.

**MARIE:** So it's both the presence of plants and the physical act of tending soil that is beneficial?

**PAUL:** Absolutely! I think it's tending *something*. It's caring for *something* and seeing the potential results of caring for something and in most cases it is plant material. For sure. It gets us moving. It's even getting people talking when we think about people exchanging plants and communicating and even in the case of social media it's connecting people together, this interest. I also think

there's -- and I don't mean it in a spiritual kind of way -- I think we all feel we want to be able to do something and we'll talk about this I'm sure a little bit later on that the whole idea of caring for a garden helps us, we're realizing now, it helps us look after the Earth and give back and making us feel better about ourselves as well.

**MARIE:** Were you really appreciative that you have this connection with plants and gardening during COVID? Did it help you?

**PAUL:** Absolutely! What I will say is the garden has been a long-time friend of mine. I was never really a social person growing up, having some challenges, so the garden became my friend where I spent a lot of time as much as my parents tried to kick me out and get out into the real world but absolutely during COVID. And even right now the state of the world is so depressing almost feeling hopeless that the idea of planting seeds and watching them germinate. I mean, I've been doing it for over 30 years and it just never gets tiring when I see the students being able to do this. During COVID I also created a vegetable garden on our driveway that we never had before. I was at home. I was teaching. It allowed me to do a lot of

other things. I just focused my attention into gardening and it also allowed me to spend more time even with my grandkids when we were able to expand the size of our bubble, which was super, And it felt good to grow some edibles. And it was only a small household, my wife and I, now that our boys are out of the house, but just from the driveway garden we were able to get fresh greens from April up until the latter part of October. That was just a nice feeling, you know. Here I am. There wasn't a garden here and now I'm able to enjoy that, not to mention all the insects that I saw But I would also say that with individuals like my mother -- I was in Emergency with her on Sunday as she suffers from very bad arthritis -- if she did not have the garden or plants inside I don't know what she would do because it keeps her moving her fingers, it keeps her forcing that bending because she's terrified of becoming a solid board. So it is that push.

**MARIE:** That's interesting because it leads to another point. The audience for this newsletter and your upcoming talk is made up of CBC retirees, some of whom may have downsized and



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may have limited mobility like your mom, so what are some of those ways that people like that can participate in gardening?

**PAUL:** Well, what I would say when you mention the word "downsizing" during my garden centre years, because I was there for 20 years, I got to know a lot of clients and in some cases some of them were downsizing and they weren't scared of giving up their house and the size of their house more of them expressed "Oh, my gosh, I'm not going to have a garden." You know that was their kind of focus so as people are downsizing we're seeing the resurgence of tropical plants. With the younger demographics more and more people I think are getting into them but hopefully we can remind people you don't necessarily have to have a traditional in-ground garden. There's all sorts of things you can do. Container gardens of all sizes and the mechanics of putting these together -- we see all sorts of balcony and rooftop gardens, vertical gardens, wall gardens, hydroponics, growing things under lights -- so there are all sorts of options that way, inside and out. I would say there are more limitations

on growing things edible inside depending on how much light you have but there are options. As long as you've got some sunlight you've got conditions that are going to be favourable for a plant that you want to grow and I would say before everything happens there are always opportunities to be engaged so at the Toronto Botanical Garden we maintained our gardens to a large extent through volunteers. These were individuals who had retired or downsized or needed a way to keep active and most of them were over 50 and some even into their 70s but it was what they could do every week, it was an opportunity to exercise, be out there, pull weeds, talk to other people, socialize, be out in the community. And I hope that as we come out of this there will be lots of those opportunities whether they be in community gardens, even perhaps helping with therapy programmes in seniors' homes, etcetera, There are lots of options.

## PART 2 - NEXT MONTH

### What's for lunch?

**Chef's Soup of the Day**

**Mixed Greens with Balsamic Dressing**

**Grilled Vegetable and Pasta**

**Salad**

**Fresh-made Deli Sandwiches on Artisan Breads (turkey, beef, ham, veg wraps)**

**Assorted Dessert Squares**

**Coffee, Tea , Juices & Water**

## Door prizes



**For starters we have tasty maple syrup donated by Jay Mowat & Clare Booker of Willow Creek in Erin.**

**There'll also be \$25 gift cards for the wonderful shop in RBG Centre.**

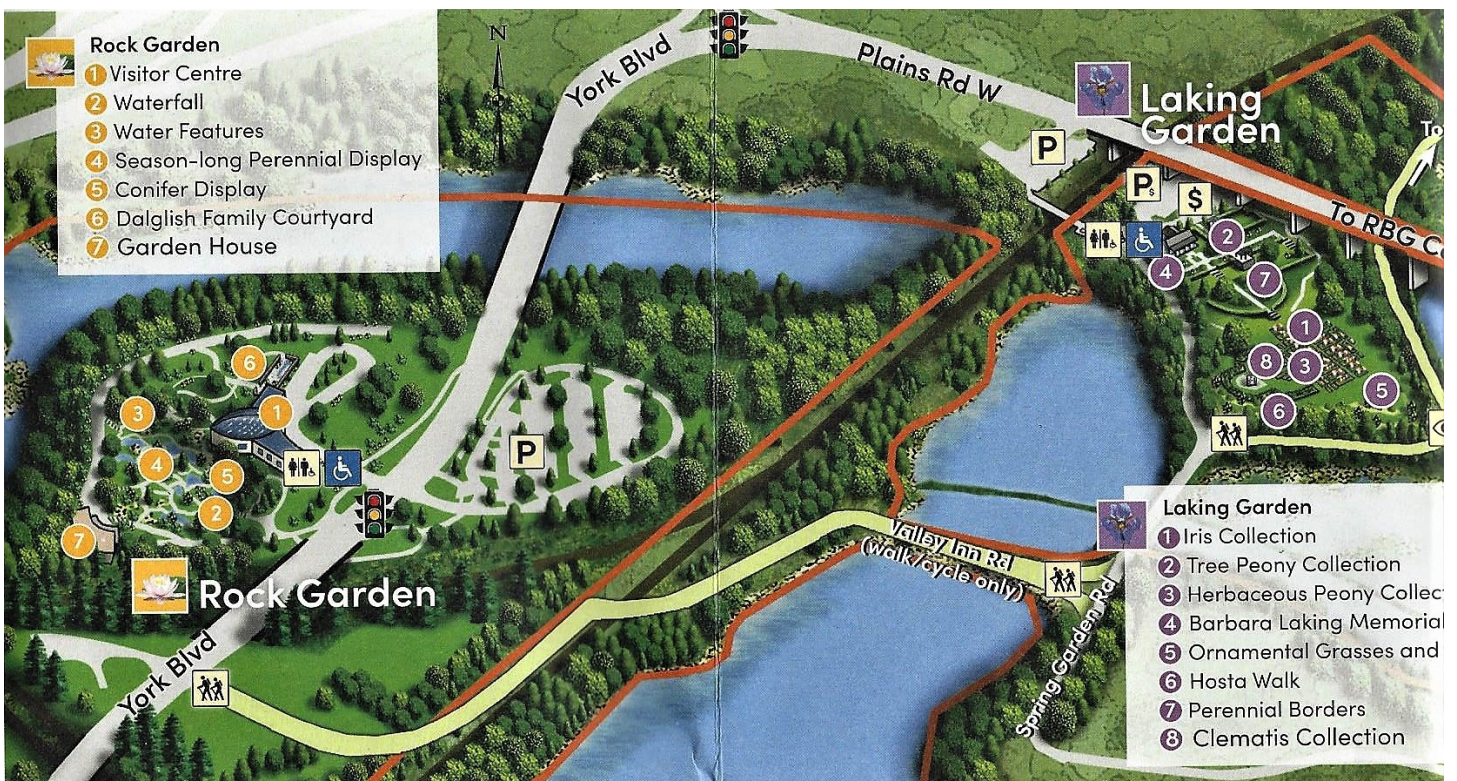




# Where we'll gather on Wed. June 1 <sup>6</sup>



*The spacious Visitor Centre looks over a spectacular valley garden*





# Paying attention to our pension <sup>7</sup>

## ***That's what Dan Oldfield is doing***

Dan has updated the piece he wrote in the April 1 edition of the **GHC UPDATE**. There's a new top and some other edits to reflect the latest information about the surplus.

You may have noted in the **communique** put out by the pension board it refers to a surplus of more than \$1-billion but for the PNA's purposes the amount is surplus beyond 105% which is closer to the \$700 million cited in Dan's report.

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### **CBC Pension plan reports record surplus**

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Dan Oldfield  
CBC PNA Rep - CCSB



of abiding by the terms of the Memorandum of Agreement and will not agree to any dis-

tribution of pension surplus.

At the same time, the CBC has confirmed that it will take a contribution holiday and will not be contributing to the plan. The CBC's annual contribution normally averages somewhere between \$40 and \$50-million. That contribution will be made up from the surplus funds.

The news gives a new urgency to the arbitration which began in February which will determine whether an agreement on pension sharing between the CBC, the PNA and its Unions is still valid.

The PNA along with its union partners are challenging a position taken by the CBC that an agreement (the MOA) signed more than ten years ago has expired.

The CBC plan had a very good year and now has assets of more than \$8-billion. It provides pensions to approximately ten-thousand retirees and surviving spouses. The MOA provides for an equal 50/50 sharing of any declared surplus beyond 105% of plan liabilities.

**Pension --> 8**



### **Memorandum of Agreement arbitration process explained**

The arbitration process is similar to a court proceeding in that it involves the appointment of an individual – the arbitrator - often referred to as the neutral. Like a judge, the arbitrator is the person who makes a final decision on the matter in dispute. In other words, who wins and who loses.

Arbitrators are engaged and paid for by the parties in dispute.

As with a court proceeding, the parties are represented by legal counsel and present evidence to support their case. That evidence can take the form of sworn testimony from witnesses, documents, notes, and supporting law (decisions from similar cases).

### **Why is it taking so long?**

The first hearing dates were held on February 24 and 25. One witness was called and

has completed his evidence and cross examination. It's anticipated the proceedings may take another 4 or 5 days. Unfortunately, the CBC has rejected hearing dates that would have seen the hearings resume in April and/or May. But as of now, dates for resumption are being held in September and October.

One of the major differences between a court proceeding and an arbitration concerns the appointment of the neutral. In court, judges are appointed to cases by the Chief Justice. In arbitration, the selection of the arbitrator is by agreement of the parties. In the courts system, the judge normally dictates hearing dates and times. In arbitrations. The arbitrator has the power to oblige parties to attend on certain dates should he feel any of the parties are being unreasonable. However, the normal practice is that dates, times and locations are generally established by mutual agreement of all the parties and the arbitrator.

Complicating matters in the current situation is the number of parties and individuals involved. There are more than 20 individuals attending. Scheduling the arbitration involves picking dates and times that work for the arbi-



trator, legal counsel, witnesses, advisors and others who may be required. The arbitrator, in particular, is in high demand and his availability is limited.

### **What will the arbitration decide?**

The arbitrator is being asked to determine whether the deal signed in 2009 is still valid and whether the pension surplus must be shared consistent with the agreement. It will not set amounts that may be paid out. Those details are covered within the MOA itself.

We understand the concern of PNA members and fully appreciate the importance of this issue to all CBC retirees. We have made it clear the PNA is prepared to accept any earlier dates that may become available.

We will keep you advised of any developments as they occur.



If you know of a CBC pensioner who is not a member of the PNA please encourage them to join and give them a copy of this enrolment form. Membership dues are 0.32% of a member's gross pension payment. For every \$1,000 of monthly pension, a member would pay \$3.20.



**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*

## ENROLMENT FORM – RETIREE

**Please print**

Name			
Street	City	Prov.	Postal Code
Telephone	Email		

☐ **I wish to join now** (please fill in the remaining sections of this form).

☐ I am uncertain about joining at this time. I understand that, with the information given above, a representative of Association may contact me and, upon request, provide assistance with the enrolment process.

I, \_\_\_\_\_, wish to join the CBC Pensioners National Association and hereby authorize the CBC to deduct monthly membership dues from my pension cheque and remit them to the Association. I also authorize the CBC to provide the Association with such personal information relating to me as the Association may require to facilitate the administration of dues and other services related to the welfare of pensioners.

All personal information provided to the Association by you or by the CBC is held in strict confidence.

**Membership dues are 0.32% of a member's gross pension payment. For every \$1,000 of monthly pension, a member would contribute \$3.20.**

CBC ID (See Notification of deposit, above your name)	Date of birth (dd/mm/yyyy)	Gender (optional)
Civil Status <input type="radio"/> Single <input type="radio"/> Married <input type="radio"/> Widow/er <input type="radio"/> Divorced <input type="radio"/> Separated <input type="radio"/> Common-Law		
Preferred language <input type="radio"/> English <input type="radio"/> French	Date of retirement (dd/mm/yyyy)	

## Spousal information

Name			
Date of birth (dd/mm/yyyy)	Gender	CBC Employee <input type="radio"/> Yes <input type="radio"/> No	CBC Retiree <input type="radio"/> Yes <input type="radio"/> No

\_\_\_\_\_  
Signature Required

\_\_\_\_\_  
Date

This form can be mailed to:  
**The CBC Pensioners National Association**  
P.O. Box 8570  
Ottawa, ON K1G 3H9  
or press the submit button to send via  
email to [info@cbcpensioners.ca](mailto:info@cbcpensioners.ca)

**Submit**

# Golden Horseshoe Chapter Executive



**President:**

**Bob Waller**

**(905) 278-1267**

**bobbywaller@hotmail.com**



**Vice-President:**

**Marie Clarke-Davies**

**(416) 529-8294**

**marie.clarke.davies@  
gmail.com**



**Secretary-Treasurer:**

**John Bainbridge**

**(905) 522-9873**

**john.bainbridge2015@gm  
ail.com**



**Past President:**

**David Knapp LVO**

**(905) 331-5435**

**dknapp7@cogeco.ca**

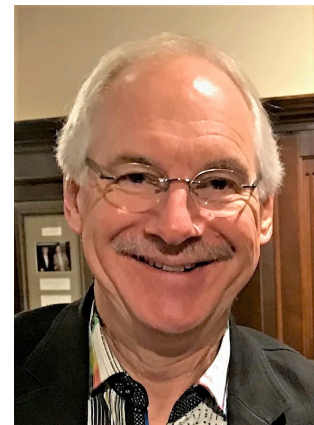


**Director:**

**Cindy Beatty**

**(905) 823-7887**

**cbeatty7887@rogers.com**



**Director:**

**Don Reynolds**

**(416) 333-4228**

**dreyo22@gmx.com**

**Have you changed your E-mail address recently or perhaps set up an E-mail account for the first time?  
If so, please let us know**