CBCPNA November



CBC Pensioners and friends will be gathering in all three provinces for a cheery Christmas party.

Halifax Christmas Dinner Dec. 7th

Christmas Dinner in Halifax is set for Wed., Dec. 7 2022.

Location: Royal Canadian Legion, corner of Hillcrest and Main in Metro.

11:00am Meet-and-Greet with a cash-bar 12:00 noon Turkey dinner

Menu: Cole Slaw, Roast Turkey with Dressing and Cranberry Sauce, Whipped Potatoes, Gravy, Peas and Carrots. Dessert is Pound Cake with Chocolate Sauce and topped with a Cherry. Tea or Coffee.

There will be door prizes.

"Pause-indicatif Maritimes" est également disponible en français. Pour en obtenir une copie, envoyer un courriel à: cbcpam@gmail.com ou visiter le site web de l'Association nationale des retraités de la SRC (www.cbcpensioners.ca)

Again this year, a small charitable gift of something warm such as a scarf, pair of socks or gloves or a hat would be appreciated. Even a small cash donation would be great. All donations are entirely voluntary with no check being made as to who gives and what is given. The gifts are distributed to various charities. Please just enclose them in a small plastic or paper bag.

Price: Member and guest \$5.00 each (\$10.00 per two.) 3rd guest \$20.00. Payable at the door and cash only please.

The caterer and David Carr need to know by Dec. 1, how many and who will be attending.

So please let him know at <u>davidscribe@aol.com</u> or (902) 457-1837.

Moncton Christmas Dinner Dec. 10th

Saturday, December 10th , at the Patrice LeBlanc Centre, 91 Murphy Avenue in Moncton. Meet and greet at 5pm followed by dinner at 6pm.

Reservations must be made no later than Monday, December 5th by calling Ronald Cormier at 506-830-8435 or by e-mail to <u>rcormier8563@rogers.com</u>.

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Price for members and their spouse or partner is \$5.

The meal will be a turkey dinner with all the fixings. Dessert, tea and coffee are included.

Chef Michael Cormier will be catering this event. There will be a cash bar available.

PEI luncheon Dec. 9th

The PEI Chapter of the CBC Pensioners National Association will gather with partners and friends for a Christmas celebration in Charlottetown on Friday, December the 9th . The event will be held at the Quality Inn (Inn on the Hill) starting at 12 Noon with a chance for catch up with former colleagues and friends. A hot turkey dinner will be served at 12:30 followed by a dessert buffet.

There will be a draw for door prizes and a bit of entertainment to finish off the event. You need to send in your booking to **largekathy22@gmail.com** before Monday, December 5th if you want to come.

This year is our inaugural food drive. If you can, please bring non-perishable food items with you to the party and we'll pass them on the Food Bank. The top five items in demand are canned meat, canned fruit, soups, canned vegetables and beans.

Cape Breton dinner Dec. 15th

All Cape Breton chapter members and their spouses are invited to our Christmas dinner on Thursday, December 15, at the Cambridge Suites in Sydney, at 6pm. There's no charge for the event. Members are asked to submit their meal choices to Wendy Martin by Sunday November 22. Wendy's email is <u>wendymartin64@gmail.com</u> and her phone number is 902-563-6695.

President's Report

Since our annual general meeting in May, I have attended national board meetings in Toronto and Ottawa, and the PEI lobster sandwich fest in June. There have also been many meetings by Zoom with the national standing committees on recruitment and EDI (equity, diversity and inclusion), a couple of other small national ad hoc committees, and three or four regional Zoom board meetings.

I tell you all this by way of saying the PNA has become a very active organization with the aim of looking after the wants and needs of CBC retirees. In the past couple of years we've had to focus on winning a fair share of pension surplus funds. In 2019 the CBC decided our ten year old agreement on sharing was no longer valid, just in time for the pension fund finally to get back in a surplus position.

At the moment we are in arbitration under the aegis of a highly respected retired justice. There is to be at least one more arbitration session before Christmas, and while I would like to tell you we can expect a present in time for the holiday, I'm afraid that is not likely. Our legal and strategy team features Dan Oldfield, one of the original drafters of the 2009 agreement. They are still confident in the strength of our position, so we are looking forward to better news in 2023.

Maybe our biggest news in the past few months was the recognition by our national board of the new Fredericton/Saint John (FSJ) Chapter. This was the culmination of several years of work begun by our former regional president, John McKay. Don Langis and Carole Ryan in Moncton played important roles in supporting the initiative, along with Susan King, Joyce Reinhart, Chris Morris and others in the FSJ chapter. I was personally gratified to appear before most of the 39 new chapter members in Fredericton in April as they signed the official request documents, and to host the group's founding AGM by Zoom at the end of May. Congratulations to Susan, Michael Holmes, Joyce, Chris and all the FSJ members.

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As the end of the year approaches, I want to thank all the volunteers who help in big ways and small to serve CBC retirees in the Maritimes. We may forget from time to time that this association plays a vital role in supporting and protecting the rights of former CBC folks. I hope when it's your turn to step up that you will not hesitate to do so. Helping others is what we are all about. And when it's your fellow, long-suffering friends and colleagues, the burden is not heavy!

Happy holidays to you all! Merry Christmas, Happy Hanukkah, exquisite Kwanzaa, Excellent Eid, Terrific Tet, and a boffo Bara Din... and may you celebrate them all!

And let me know if I've forgotten one.

Geoff Turnbull, Maritimes Region President, CBC Pensioners National Association g.turnbull1645@gmail.com 902-441-4978 3 Clearview Crescent, Dartmouth NS B3A 2M7

New Chapter Formed in Fredericton/Saint John by Chris Morris

After years of discussion and more than a few delays caused by the pandemic, the Fredericton/Saint John Chapter of the CBC Pensioners National Association is finally a reality, offering new opportunities for members in New Brunswick.

The chapter formally came into existence early in the summer with the election of an executive and with more than 40 members from the Fredericton and Saint John areas, many of them newly signed to the association after an intensive recruitment effort.

There are numerous people to thank for the formation of the new chapter, including former Maritime president John McKay and current president Geoff Turnbull; the members of the Moncton chapter especially current national vice-president Donald Langis and local president Carole Ryan and the new chapter's executive -- copresidents Susan King and Mike Holmes, treasurer Joyce Reinhart and secretary Chris Morris.

For all of the people involved, the formation of the FSJ chapter is an opportunity not only for socializing with old friends and former colleagues, but also a chance to have a seat at the table in critical regional and national discussions relating to our pensions and benefits.

"I felt in forming the FSJ Chapter that it was important to keep pensioners aware of issues being discussed on a national level," says Joyce, who had several roles in the CBC and retired as Resources Producer for Fredericton/Saint John.

"No matter where we live, these discussions will ultimately have an effect on all of us whether or not we are members of the PNA. I would rather be a member and have a real seat at the table. We are a group that has much collective knowledge of the workings of the CBC and how it deals with issues that involve 'our money'. The more of us who have a voice in these discussions whether they involve use of excess funds in the pension or how much health care coverage we should receive the better it is for all of us."

Susan is a former television journalist whose career spanned several decades covering political and social issues in New Brunswick. She sees the chapter as a way to keep in touch with the many people she worked with at the CBC.

"Bringing together those who have worked in the world of journalism throughout several decades is a great experience," Sue says. "We all have wonderful stories to share.

"Being a chapter also means we can keep up to date on the latest issues affecting pensioners and inform them of services which they may not realize are available to them."

For Mike, a retired television journalist based in Saint John, the idea of a chapter was not a hard sell. He found

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many former colleagues did not know a great deal about the association and were eager to learn more about the pension surplus and benefits such as the special assistance fund.

"For me, forming a new chapter was largely about getting in touch with former colleagues that I hadn't seen in years," he says. "That was also part of our recruitment campaign to get new members into the CBC pensioners association. Many who weren't members saw it in much the same way and weren't aware of the benefits of becoming a member, such as the financial help with certain health issues. My experience has been it's not a hard sell to convince people to join considering that the cost is so very modest."

While the recruitment process for the new chapter showed that some people are just not interested in becoming involved in what they dismissed as a social club, others were very interested in the socializing aspect of an association made up of former colleagues.

"As a senior, I have become more aware of how easy it is to become isolated, as evidenced by conditions during Covid," says Joyce. "I look forward to opportunities to catch up with some of my former co-workers and spend some time recalling shared experiences of our time at the CBC. Shared memories are precious things as are shared friendships."

The first big event for the FSJ Chapter will be a Christmas get together, being planned for late November.

CBC Host undergoes Deep Brain Stimulation for Parkinson's disease

In the roughly 10 years since Harry Forestell first noticed a tremor in the little finger of his right hand, the affable TV news anchor has progressed from a diagnosis of

Parkinson's disease to cutting-edge treatment involving electrical stimulation deep inside his brain.

Throughout it all, Forestell, a veteran journalist and the host of CBC New Brunswick News at 6, has maintained a positive attitude and stayed on the job. Harry has been very open about his whole experience with his colleagues and his viewers. He is even bringing them along on his latest adventure with a leading edge treatment called deep brain stimulation.



He has referred to it as "the special assignment to beat all special assignments" and it has, at least temporarily, taken him away from the host's chair at CBC Fredericton. It is unclear when he will be back.

"That is still very much up in the air," he says in an interview. "I've had the device implanted and now it has to be essentially turned on and programmed to suit my needs. From there we will determine what the future holds in terms of returning to work."

Forestell and his physicians turned to neurosurgery after it became apparent that the medications he is taking to control the symptoms of Parkinson's are becoming less effective. Parkinson's is a chronic and irreversible condition that diminishes the brain's ability to produce dopamine. An important neurotransmitter, dopamine relays commands from the brain to the muscle cells that control movement. Without it, patients experience debilitating tremors, trouble walking and over time, even difficulty swallowing and talking.

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While dopamine can be replenished temporarily with medications, there are side effects including dyskinesia which produces involuntary muscle spasms.

In late September, Forestell underwent surgery at Toronto Western Hospital to have two electrodes implanted in his brain, along with wires connected to a controller placed in his chest. "There's a cord under the skin that comes from where they drilled two holes in my skull. Those wires go down under the skin, behind my ear, down my neck to a device implanted in my chest that looks very much like a pacemaker," he says.

"Once that is turned on it will provide electrical stimulation to the brain to send the right messages to whatever parts of the body are misbehaving due to the lack of dopamine." Forestell is heading back to Toronto in December to have the device turned on and, through trial and error, figure out what setting is best for alleviating his symptoms.

He has already experienced benefits from the surgery. "The brain has an immediate reaction to implanting the electrodes, referred to as the lesion effect," he says. "Because you are putting something foreign in the brain and probing and poking around in delicate corners, the brain responds to that. It leads to a diminishing of the conditions. So for about two weeks following the implants, it was as though the Parkinson's had abated. In fact, it was my brain responding positively so it is a good sign. For me, it lasted about two and a half weeks and during that time the tremors disappeared as did the dyskinesia. But those conditions have begun to reappear."

Forestell says no one is quite certain how or why deep brain stimulation works. "Researchers here In Canada have suggested deep brain stimulation may help the brain restore some of its plasticity, its ability to reroute signals around damaged neurons."

Whatever the reason, Forestell is looking forward to the next stage of treatment, when he learns how to operate the technology. He will have a special hand-held device that will allow him to control the settings himself. "I will be able to turn it up and down," he says. "It's a little bit like when we had TV aerials and you had to make adjustments to get just the right signal."

Rob North Remembers: The arrival of CBC TV in Cape Breton

In a universe driven by invisible digits, it's hard to imagine building a TV station from scratch in the 1970s. There was no YouTube tutorial; no box of Lego parts to snap together. The early days of TV programming in Sydney were created to a very large extent with obsolete equipment. Much of it had been discarded from other stations.



At times it seemed like we were creating a new version of Mission Impossible. But there were a few things going in our favour. Cape Breton was on a collision course with circumstance, crushed by an industrial collapse and reinvigorated by a parallel revolution in Celtic music and culture. Cape Bretoners wanted their stories told. Our staff included a cadre of talented electronic tinkerers and creative dreamers. But it wasn't that simple. And while there was considerable success, there were also some grand failures.

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I was an accidental journalist. I just happened to be standing in the CBC station on the night the TV interviewer quit. I knew nothing about TV. Nothing at all. So naturally, they hired me. I could tell you a lot of things about those days, but it is calamity that makes for the best stories, so that's where I'll start.

It all began in the dining room of the Isle Royale Hotel where the Chamber of Commerce was holding its luncheon. The guest speaker was the Deputy Prime Minister, Allan MacEachen. Known as the Laird of Lake Ainslie, he was a legendary politician. He was flanked at the head table by Cape Breton's business elite, and by the former broadcaster Ann Terry MacLellan. She was revered like Island Royalty. She was now a head honcho at Devco, the federal agency designed to shower Cape Breton with cash to offset its shroud of doom.

Our CBC crew set up to record the announcement of yet another anticipated cash drop. By that time, we were using colour cameras. But TV lighting was tricky. The cameras needed a lot of candle power. That meant lights were hot, very hot. On this day portable lights mounted on tall stands shone brightly as the soup course was served on white linen tablecloths. The locally famous Chef looked on to make sure everything was just right. And it was. Nearly perfect. Until it wasn't. That's when one of the hot bulbs in the TV lighting stands exploded. There was no shield on the light. It went off like a grenade. It shattered shards of glass. Of course, the soup was ruined. Bits of glass lay like confetti on expensive business suits, and even worse, on Ann Terry's dress.

But in an unusual twist of fate, we got lucky. Folks did get cross, but they didn't get hurt. And at least it wasn't a very big bulb. It could have been so much worse. What happened next is not entirely clear. Our crew was busy beating a retreat. I'm sure there were apologies; lots of apologies. I am told that the head table was cleared and reset, and that clothing was whisked with a hand broom. Someone undoubtedly spoke the words, "No soup for you!" But the beef bourguignon and strawberry short cake was reportedly delicious. And as always, the speeches offered the much anticipated and magnificent bureaucratic oratory. After all, "The Show Must Go On!" But it goes without saying that none of these uptown theatrics were broadcast on our suppertime show. What I remember most is the look of shock on Allan MacEachen's face, and that of disgust apparent from the Chef.



Over time CBC TV in Sydney got much better gear. The station got lots of national exposure and developed a really solid reputation. But it was not a journey without hurdles. I remember the night we interviewed Joe Clarke before he became Prime Minister. We recorded him standing in the parking lot because the studio gear was broken, again. On the recording, his face was green. We were told it would be colour corrected. But by airtime he still looked like Kermit the Frog.

That said, over the years Cape Breton Report became an important and much beloved local program. I was working at stations out west by the time the show was shut down in Sydney.

The remains of those glory days are kept in an archive at the Beaton Institute at Cape Breton University. They speak of a different time and place. If you ever get a chance, they are well worth a look.

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A Financial Note

Eight months into the current fiscal year, our financial state is in good shape with a bank balance of \$18,383.53.

There will be a full reporting on March 31, 2023 at the end of the fiscal year.

David Carr

Ronald Cormier Book Launch

The English translation of Ronald Cormier's book **"Bombs** and Barbed Wire - Stories of Acadian Airmen and Prisoners of War" has been launched by Goose Lane Editions this month. Cormier is the long-time secretary of the Moncton Chapter of the PNA. This book was published in French in the 1990's. It has been updated and new material added for the English edition which is now available. A book launch will be held Nov. 30th at 6 pm at Resurgo Place in Moncton.

Chapter Reports

Halifax Report

Geoff Turnbull

We have started back meeting in person this year, including our AGM in May. There is no question our members enjoy having the chance to see each other and reconnect... but this fall we have noticed a drop off in our numbers at the regular meetings. This is leading us to consider ways of attracting more people. We are already scheduling some lunch and learn sessions, which have proved popular in he past. And we are convening a small group to put together some other ideas, including outings and perhaps a special spring event. Then of course there is our ever popular Christmas dinner coming up on Dec. 7. With the announcement that there will soon be a virtual retirement session for CBC employees across the country, we will be hoping to gain access to the local station to hold a PNA awareness session on site. Getting some of the younger retirees involved is going to be important for this and other chapters going forward. We've counted on the old timers for over 20 years to develop this into an active and important voice for retirees. The next few years of transition are going to be key.

Moncton Report

Carole Ryan

November marks a year since the new Moncton board of directors was voted in. The only person remaining from the previous board was our secretary, Ronald Cormier. We are all very grateful to Ronald for being there during this transition.

As I look back on my year, I am pleasantly surprised at all that has been accomplished.

When I first assumed the role of interim president in July 2021, we were still experiencing covid restrictions. Fortunately, by November 2021 we were able to host our AGM where a new BOD was voted in and I was confirmed as president.

The first suggestion from both Moncton past president Donald Langis and the Regional president Geoff Turnbull, was to work on getting a chapter for the Fredericton/Saint John area. That was something that they had been committed to for years but were unable to actualize. I am pleased to say that in June 2022 I was able to bring this task to fruition. This however would not have been possible without the hard work from the Moncton BOD, members from the Fredericton and Saint John areas and financial support from the region. The second suggestion was to organize a Christmas gathering. As previously mentioned, due to covid restrictions there had been no get-togethers for over a year and a half. We pushed forward ensuring to follow provincial guidelines and we were thrilled to see such a successful 45-member turnout.

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The Moncton BOD continued working via Zoom but also included some informal meetings where we could sit together at a restaurant, providing we had the appropriate vaccination cards. Remember these? It seems so long ago...

Many things were accomplished as a result of these meetings, one of which was the creation of our Facebook page. Three members of the BOD worked on setting up a Facebook Group Page for NB. We're happy to announce the group is now 87 members strong.

On July 22 the Moncton Board of Directors applied to the National Board for New Brunswick to become its own Region. This request would mean that New Brunswick would have a direct seat (a voice) on the national board with all the other regions in Canada. This application has not been accepted as of yet. Discussions are to continue in 2023.

Our focus for this year is **Engagement**. We are hosting more and more social gatherings to bring us together. We are thrilled to see such great turnouts and I think it's safe to say, fun was had by all!!

"My wife Janine Blanchard and I just attended our first CBC Pensioners event at Crooked River. We had a fabulous time and met some wonderful people. Thanks to all for your wonderful hospitality. See you at the next event!" -Graeme McCreesh, spouse of Association member Janine Blanchard.

A list of past events:

- June Annual Lobster dinner. (70 in attendance)
- **September** visit to the Crooked Creek Distillery, this consisted of a guided tour along with small tasting samples. (40 in attendance)
- November "Lunch & Learn" with a working paramedic as our invited guest. She explained to us the most common ailments suffered by seniors. (30 in attendance)
- December, our annual Christmas dinner.

Happy Holidays Everyone, Carole Ryan Moncton Chapter President

Cape Breton Chapter Report

Wendy Martin, president

Not a lot to report from the Cape Breton chapter. We are still reeling from the recent passing of past president Mary Munson. The current executive consists of President Wendy Martin, Treasurer Jean Levesque and Secretary Joan Weeks. Our next gathering will be the Christmas dinner on Thursday, December 15 at 6pm.

PEI Chapter Report

Kathy Large, Co-president

PEI Chapter held a highly successful annual meeting in June including a lobster sandwich lunch. The business of the chapter is now in the good hands of a revived executive as follows: Co-presidents Kathy Large and Linda Gillan Young, Treasurer Steve Stapleton, Secretary Sally Pitt, director Barbara MacPherson along with the sage contributions of past-president Ian Petrie. We plan to get together for our Christmas luncheon on Friday, December 9th at the Quality Inn (Inn on the Hill) at 12 noon.

We also recognize the loss of a long-time member of our association, Craig Mackie, a former PEI radio manager who passed away in October. Craig didn't attend our social events but was always interested in supporting the Pensioners Association and its work.

Report from the Fredericton/Saint John Chapter

Susan King Co-President

A new chapter was formed this summer in New Brunswick. After a recruitment drive, the Fredericton Saint John Chapter was officially recognized by the CBC National Pensioners Association. At present, we have 36 members and are continuing to search for others to join. We had a gathering this past summer, and it was wonderful to see our former colleagues and to catch up.

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An executive was formed: Susan King and Michael Holmes will serve as co-presidents, Chris Morris as secretary and Joyce Reinhart, treasurer.

This November, we will have Christmas Lunch in Fredericton. It will be an excellent opportunity to reconnect with our colleagues and update our membership on the latest news from the national organization.

How to Access CBC Hotel Rates as a retiree

Last summer on our NB Group Facebook page, one of our members questioned if anybody knew how to get better hotel rates when traveling. I answered that I go onto the CBC iO portal and look up the CBC negotiated rates. This incited a lot of interest from the NB members. So, I am going to share with you how to sign in and navigate to finally get to the CBC negotiated rate.

You can access the site two different ways.

1. Going through our National Association website

- From a web browser (Google Chrome, Microsoft Edge, Safari etc.) go to: www.cbcpensioners.ca.

- To the top right-hand side, select MEMBER LOGIN

- Enter Username/ email and password OR if you do not already have an account select REGISTER NOW

o IF you are registering for a new account scroll through the page and fill in required information.

o To complete this step, select the REGISTER button at the bottom of the

page.

o Once the national office has verified that you are a PNA member. They will contact you and you will be able to log in.

Once logged in:

- Hover over Members Only in the top menu
- Select Resources
- Scroll down and select Access CBC's Employee Portal.
- A PDF will pop up, follow instructions.

- Friendly tip – copy or write down the username and password, once you select the hyperlink this info is no longer visible. (Username pension-iO (letter O) and password serviceso (number o).

This would be my preferred route. There is a lot of great information and resources available on our National Pensioners Association site. I highly recommend taking the time to browse the site.

- At this point you are at the CBC portal (io portal) select Authentication.

- Login using the username and password previously provided on the PDF.

- Select Resources from the top menu.

- Under the GETTING THINGS DONE tab, scroll down and select Travel.

- Scroll down too 2C and select Hotel Rates.

- You should now see a selection of Canadian cities, select your city of choice.

2. Direct to the CBC portal (iO portal)

- From a web browser (Google Chrome, Microsoft Edge, Safari etc.) go to: <u>https://io.cbcrc.ca/#/login</u>

- select Authentication.
- Login using the username pension-iO (letter O) and password serviceso (number o).
- Select Resources from the top menu.

- Under the GETTING THINGS DONE tab, scroll down and select Travel.

- Scroll down to 2C and select Hotel Rates.

- You should now see a selection of Canadian cities, select your city of choice.

When reserving, mention that you are a retired CBC employee. Most often they will ask you to bring ID. I always bring my CBC Pensioners National Association Card (white card you received when you joined the Association). If you did not receive one, contact Suzie or Dianne (Email: info@cbcpensioners.ca OR phone toll free 1-877-361-9242) at the Association office. I also bring

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my driver's license (because it has a picture). I have never been refused the corporate rate.

Carole Ryan Moncton Chapter President

For the record

Deceased Members

(since May)

Rheal Bernard -NB - Radio technician Fred Briggs - NS -Technician CBC TV Benoît Duguay - NB - Journalist, legislature correspondent and host of numerous Radio and Television programs Faye Grissom - NB Maureen Lemay - NB- surviving spouse of Jacques Lemay Craig Mackie – PEI - Manager, CBC Radio Mary Munson - NS - Producer TV Halifax Jacqueline Riemer - NS Pierre Sirois - NB - surviving spouse of Edmonde Sirois Marlene Stanton - NS - reporter and assignment editor for CBC TV in PEI

New Members

Renald Amos - NB - radio & television studio technician

Laura Bennet - NS- surviving spouse of Jim Bennet Nicole Bourque - NB - administration officer Jean-Guy Bourque - NB - supply store guard Robert Chelmick - NS - host, CBC Edmonton News Cecilia Cooke - NS - administration Cape Breton Alfred Cormier - NB - surviving spouse of Raymonde Robichaud Barbara Kennedy - NS - surviving spouse of Derek Kennedy/ CBC TV producer Mona Landry - NB - Lineup editor, newsroom M. Rosaire L'Italien – NB – Journalist Harvey McLeod - NB - Producer Radio Saint John

Robert Mersereau - NB- Producer /reporter CBC

Fredericton radio & TV Daniel Michon – NB – Technician -Stedicam Michel Nogue - NB - Journalist Gilbert Page - NB - Radio maintenance technician Daniel Poirier - NB - Rews Anchor RDI Normand Richard - NB - Senior Cameraman -Instructor Richard Robinson - NB - Producer Linda Shea - NS Louiselle Thériault - NB - Surviving spouse of Guy Thériault Roger Thériault - NB - Audio technician Jeff Reilly - NS - Senior Producer Radio Halifax Jan Wilshaw - NB - Supervising Tech, Radio Saint John NB

CBC Pensioners National Assoc. Website : <u>http://www.cbcpensioners.ca/</u>

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