

# Contact

October 2020



**The CBC Pensioners  
National Association**

**L'Association nationale  
des retraités de la SRC**



## President's Report

**2020** will be a year not easily forgotten. Most of us have never experienced such uncertainty in our daily lives. Like you, I miss the warm hugs, the handshakes, the smiles that are often hidden behind face masks and all the friendly gestures that are so needed and, sadly, so missing these days. Nevertheless, I remain optimistic that normality in our lives will arrive sooner than later and a resumption of cherished daily activities without fear of contracting the much-dreaded virus is not too far off.

My colleagues and I at the PNA national, regional and local levels have all been supportive of decisions to cancel planned in-person meetings and social gatherings until it is safe to resume them. The safety of all CBC retirees is and will always be our first priority when carrying out our duties in our respective roles and attending to the business of our Association. Like most organizations worldwide, we have learned to manage the ongoing affairs of the PNA by communicating virtually.

In this special issue of Contact sent to all 10,000 CBC/Radio-Canada retirees we are reaching out to pensioners who have not as yet decided to join the ranks of the only organization advocating on behalf of CBC pensioners.

**Preserving  
our  
future,  
Sharing  
our past**

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Since its incorporation in 2000, the PNA has been very active and effective in dealing with matters of importance to former CBC employees such as the security of the Corporation's pension plan and the sharing of accumulated pension plan surpluses as well as the maintenance of a viable and affordable supplementary health care plan. Association representatives have also been involved in national lobbying efforts to preserve and improve acquired benefits for all Canadian seniors. Their knowledge and leadership skills have been recognized nationally when arguing successfully against the introduction of target benefit pension plans (Bill C-27) and advocating for post-retirement surviving spouses and partners who do not receive pension benefits.

The PNA membership fee -- amounting to less than a third of a cent for every basic pension dollar -- is a worthwhile investment in preserving your future. Every new member strengthens the PNA's voice when we're called upon to defend the rights and maintain the acquired benefits of all CBC/Radio-Canada pensioners. So we urge you to stand with your former colleagues and current friends -- don't just leave it to others to protect the benefits we all share!

If you need additional information before completing a membership application form -- available on our Website ([www.cbcpensioners.ca](http://www.cbcpensioners.ca)) or inserted in the printed version of this newsletter -- please contact one of our Board members or Chapter Presidents. Their names and contact information are listed in this issue.

We are very fortunate to have two talented and dedicated individuals in the employ of the PNA. They dutifully carry out the vision of the Association when providing members with much needed assistance. Two years ago, we profiled Dianne St-Germain, Administrative Coordinator, in the pages of Contact. In this issue we introduce Suzie Bougie who carries out the duties of Administrative Assistant, Webmaster and Information Technology Specialist.

I hope you will be attending our first virtual Annual General Meeting on November 3<sup>rd</sup> (see notice and registration instructions in the next pages). Following the business portion of the meeting, Mr. Duncan Burrill, CEO and Managing Director of the CBC Pension Plan, will be reporting on the current status of the plan's investments.

Warm virtual hugs to everyone!

Denis

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EAP | PAE

We know that the COVID-19 lockdown is disrupting your lives and wreaking havoc on your daily routine. Some of you may be feeling vulnerable and anxious during this time of uncertainty, while for others, the isolation and loneliness may be taking a heavy toll.

We just want to remind you that CBC/Radio-Canada's Employee Assistance Program (EAP) is here to support you throughout the pandemic. Free psychological counselling services are available to you and your spouse by calling **1-866-838-2025**.

What's more, the EAP recently launched the **LifeSpeak wellness platform** ([link and password below](#)). It features animated videos presented by renowned experts on a wide range of topics, such as stress management, loneliness, resilience, sleep, and more. Be sure to check it out – it contains a wealth of exceptionally high-quality information!

<https://cbcrc.lifespeak.com/learn#/Categories/landing>

'Access through group account' - **Password: EAP-PAE**

### **Historical facts presented by Paul Gaffney, former PNA President**

June of this year marked the 20<sup>th</sup> anniversary of the founding of the CBC Pensioners National Association. Beginning in 1985, a national grouping of pensioners existed, based on the 20 Year Associations across the country and a more formally constituted Pensioners Association in Montreal. Over that time, the CBC had financially supported a national pensioners committee but there was a growing conviction that better attention to the needs and concerns of pensioners could be paid by a more independent and self-sustaining body. The CBC supported this position by funding special newsletters and mailings to enroll members in a self-sustaining retirees' organization. This led to the Montreal convention of June 2000, which approved a new constitution and bylaws, creating today's CBC Pensioners National Association.

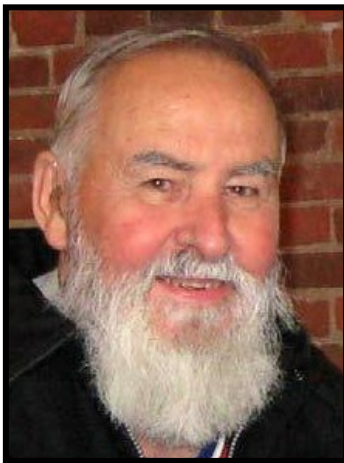
## The PNA Executive Committee from year 2000 to today

This summer, the CBC Pensioners National Association celebrated its 20<sup>th</sup> anniversary. To mark this special event, we are pleased to feature in this issue of Contact the Executive Committee members who have served as President, Vice-President Francophone, Vice-President Anglophone and Treasurer since the Association's founding Convention in June 2000. These members represent nearly all regions of the country and worked in a range of professions at the CBC. While in office they all shared a true sense of commitment and high regard for the continued well-being of all CBC pensioners and their surviving spouses. Also featured in this newsletter are the staff members at the National Office in Ottawa who have diligently answered phone calls, letters and emails and provided assistance to PNA members on pension or supplementary health care related matters since the beginning of the PNA.

**2000**

**PNA Presidents**

**2020**



**Don Waterston**

**Errington, BC**

Elected at the 1st PNA Convention in June 2000 and served two 3-yr terms until May 2006. Deceased in September 2014.



**Pierre Racicot**

**Ottawa, ON**

Elected at the 3rd PNA Convention in May 2006, and served two 3-yr terms until May 2012.



**Howard Simpson**

**Aurora, ON**

Elected at the 5th PNA Convention in May 2012 and served a 3 yr-term until May 2015.



**Paul Gaffney**

**Ottawa, ON**

Elected at the 6th PNA Convention in May 2015 and served a 3-yr term until May 2018.

**Denis Collette**

**Winnipeg, MB**

Elected at the 7th PNA Convention in May 2018 and is currently serving a 3-yr term ending at the next convention.





Many PNA members have deceased since the early days of our Association. They are remembered fondly as proud CBC employees, former colleagues as well as active participants at all levels of our organization. We have highlighted in this newsletter past and present elected officers of the National Board. Let us not forget those who have served or are currently members on Regional and Chapter Boards, as well as PNA representatives on national committees such as the CBC Pension Board of Trustees, the Consultative Committee on Staff Benefits and the Employee Assistance Program. Additionally, there are members involved in organizing social activities at the local level or calling members on their birthdays. At last count, they total more than 125 individuals. There are many opportunities for CBC pensioners to get actively involved within the PNA and provide assistance to former colleagues. Please contact us if you would like to lend your skills and talents for the benefit of all CBC retirees.

**2000**

## **Vice-Presidents Anglophone**

**2020**



**Bill Laing**

**Edmonton, AB**

Elected at the 1<sup>st</sup> PNA Convention in 2000 and served two 3-yr terms until May 2006.



**John O'Mara**

**St. John, NL**

Elected at the 3<sup>rd</sup> PNA Convention in May 2006 and served until 2007. Deceased in August 2007.



**Howard Simpson**

**Aurora, ON**

Served in an acting role from Sept. 2007 until his election in May 2009. He then served a 3-yr term until May 2012.



**John H. Kennedy**

**North Vancouver, BC**

Elected at the 5<sup>th</sup> PNA Convention in 2012 and served two 3-yr terms until May 2018.

**Dave Jeffrey**

**Kanata, ON**

Elected at the 7<sup>th</sup> PNA Convention in May 2018 and is currently serving a 3-yr term ending at the next convention.



**2000**

**PNA Vice-Presidents Francophone**

**2020**



**Denis Lamontagne**

**Montréal, QC**

Elected at the 1st PNA Convention in June 2000 and served until January 2001. Deceased in December 2018.



**Jacques D. Landry**

**Québec, QC**

Served in an acting role from February 2001 to September 2002.



**Gilles Thibault**

**Gatineau, QC**

Elected at the 2nd PNA Convention in May 2003 and served a 3-yr term until May 2006.



**Hélène Roberge**

**Outremont, QC**

Served in an acting role from October 2002 to May 2003. Elected in May 2006 and served until Sept. 2008. Deceased in May 2018.



**Jean-Paul Rouillard**

**St-Hubert, QC**

Served in an acting rôle from October 2008 until the 4th PNA Convention in May 2009. He then served two 3-yr terms until May 2015.



**Hélène Robillard-Frayne**

**Outremont, QC**

Elected at the 6th PNA Convention in May 2015 and served a 3-yr term until May 2018.



**Suzanne Aubin**

**Longueuil, QC**

Elected at the 7th PNA Convention in May 2018, and is currently serving a 3-yr term ending at the next convention.



**2000****PNA Treasurers****2020**

**Larry O'Grady**  
**Ottawa, ON**

Elected at the 1<sup>st</sup> PNA Convention in 2000 and served a 3-yr term until May 2003.



**Don Lambton**  
**Victoria, BC**

Elected at the 2<sup>nd</sup> PNA Convention in 2003 and served three consecutive 3-yr terms until May 2012.



**Denis Collette**  
**Winnipeg, MB**

Elected at the 5<sup>th</sup> PNA Convention in 2012 and served two 3-yr terms until May 2018.



**Réjean Labrie**  
**Montréal, QC**

Elected at the 7<sup>th</sup> PNA Convention in 2018 and is currently serving a 3-yr term ending at the next convention.

**2000****PNA National Office Staff****2020**

**Dianne St-Germain**  
**Ottawa, ON**

Administrative Coordinator since 1999, before the Association became incorporated and still working to this day.



**Marcel Miller**  
**Ottawa, ON**

Assistant since 1999, before the Association became incorporated. Deceased in January 2014.



**Suzie Bougie**  
**Ottawa, ON**

In 2013 started as an IT resource. She is now the PNA's Webmaster and Administrative Assistant.

## THE SPECIAL ASSISTANCE FUND – HELP FOR CBC PENSIONERS

Even though it's been in existence for nearly 20 years there are still a lot of people (retirees and employees) who are unaware of the potential benefits the Special Assistance Fund (SAF) can provide.

The CBC Pensioners National Association was an instrumental player in the creation of the fund along with the Unions. It was developed by pooling and investing monies that had been held in trust over the years by various insurance companies.

The purpose of the SAF is to assist pensioners and employees in paying for medically related expenses that are not covered by regular insurance plans. Since it's inception SAF has helped hundreds of retirees and employees and paid out more than \$2-million in benefits.

### WHAT TYPE OF EXPENSES ARE COVERED?

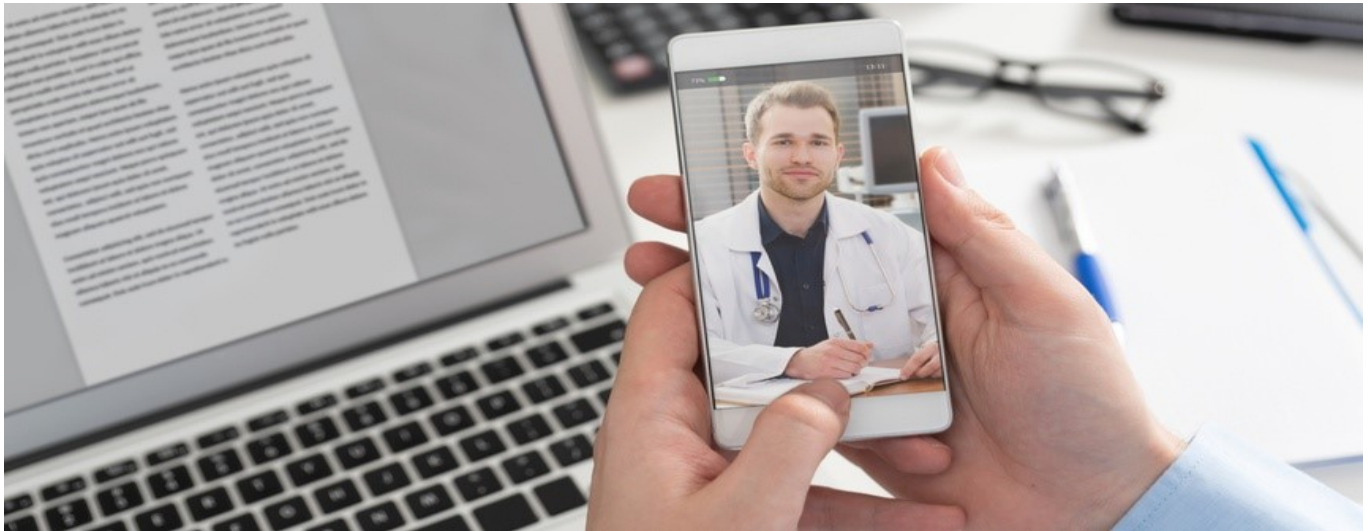
Every CBC retiree and employee and their dependants are eligible for assistance up to a lifetime limit of \$12,500. To be eligible, expenses must meet federal tax guidelines for a tax-deductible medical expense. For many retirees, the fund has reimbursed for things such as hearing aids and mobility devices. Requests under the fund are reviewed quarterly by the Consultative Committee on Staff Benefits which includes representatives from the PNA, the CBC's four unions and CBC management.

### HOW DO I APPLY?

If you're a member of the CBC Pensioners National Association you can access an application form through the Association website: [www.cbcpensioners.ca](http://www.cbcpensioners.ca) or you can call the national office at 613-724-3003, **Toll free (US/CAN): 1-877-361-9242. By fax: 613-724-5951.** PNA staff are always happy to assist members in preparing the application and making sure it gets into the right hands.

The CBC Pensioners National Association is the official representative body for all CBC pensioners on matters related to pensions and benefits. If you'd like to know more about the SAF or the role of the Association and membership please feel free to contact us.





## **Virtual Health Network**

As you may be aware, the CBC Pensioners National Association along with the CBC and its Unions have agreed to provide the confidential services of a Virtual Health Network to its employees and retirees free of charge.

The one-year pilot project comes at a time when it's often difficult to make a doctor's appointment, fill prescriptions, get referrals to specialists or ask those personal medical questions.

The virtual health network called Dialogue is a service administered through Canada Life. It can be accessed through an app installed on a smart phone and through other mobile devices. It operates 24/7 in both French and English.

### **One click away from a medical consultation**

During this critical time of heightened need, the Consultative Committee on Staff Benefits (CCSB) has agreed to temporarily fund the new virtual healthcare.

### **What is Dialogue?**

Dialogue gives you access to healthcare professionals via a mobile or web app. You will be able to chat – or consult via a secure video – with a nurse for any questions related to your health, or a doctor if a diagnosis or prescription is required. All of this with complete confidentiality. You can also consult other health professionals that may be covered by our Supplementary Health Care Plan (SHCP). About 70% of typical walk-in clinic cases can be addressed via Dialogue, including:

- Receive or renew prescriptions;
- Request blood work or a referral to a specialist;
- Consult for minor conditions (allergies, UTI, infections, etc.);
- Ask questions related to your children's health;
- Consult the medical team for any questions related to stress, insomnia and anxiety.

## When and where can I use the service?

You can use Dialogue if you are physically located in Canada. The service is available 24/7, but the medical scope of practice will exclude some services outside of regular hours (for example, you will not be able to refill a prescription at 2:00 a.m.). The regular hours of the Dialogue clinic in all Canadian time zones, local time, are:

**Monday to Friday, 8 a.m. to 8 p.m.**  
**Saturday and Sunday, 10 a.m. to 4 p.m.**

## How do I sign up?

Go to <https://www.dialogue.co/canada-life-cbc> using **Google Chrome, Safari or Firefox**. You can also download the app **Dialogue Health** on your smartphone.

1. Click on 'Create Account'.
2. On the next screen, click on 'Get Started'.
3. Enter your first name, last name and date of birth.
4. Follow the instructions to create your account **(you will need to provide your CBC/ Radio-Canada ID number and the Canada Life Policy Plan number (177815)).**

## Information on COVID-19

Dialogue is also up to date on the latest information about COVID-19. They have made available a virtual medical assistant named Chloe who can answer your concerns about the virus directly in the Dialogue application, or online. For any questions, you can reach their team at [canada-life-support@dialogue.co](mailto:canada-life-support@dialogue.co). We hope this new benefit is helpful to you and your loved ones in this challenging time.

# Let's talk

The CBC Pensioners National Association is committed to helping you live a secure and fulfilled life beyond CBC/Radio-Canada. As our mission states: "We are the sole voice for all CBC pensioners, an active advocate and defender of pensioners' rights, benefits, and a reliable source of information on matters of interest to its membership."

We have a vibrant community of members with a broad range of talents, experience and interests, spread around the globe. We all share a common bond through our varied experiences with CBC/Radio-Canada. For the past 20 years we have been there for you. During these unprecedented times we want to ensure we continue to be relevant, trusted and important to the things you do and face.

Please help us deliver the services that will make a positive difference for you by reaching out to us at [info@cbcpensioners.ca](mailto:info@cbcpensioners.ca).

- ◆ What is top of mind for you today? As you look to the future?
- ◆ What information or services can we provide that will help you?
- ◆ What interests/talents/experience would you like to share/explore with others?
- ◆ What kind of connection, if any, would you like to maintain or rekindle with CBC/Radio-Canada? What could that look like?
- ◆ What would enable us to be even more relevant to you?

Thank you for reaching out. We look forward to hearing from you. We will respond to every contact.





**AN INTERVIEW  
WITH  
SUZIE BOUGIE**

I met Suzie at the Pensioners National Association's office in Ottawa, which she shares with Dianne St-Germain, who manages the National Office.

To get to know Suzie better, let's start by talking about her work at CBC/Radio-Canada, where she spent 36 years. Suzie held several positions in the Planning department and worked in Information Technologies for 25 years. Suzie thus became a very sought-after computing specialist. Before retiring from the CBC, she was responsible for the IT Department in Ottawa, Moncton and Quebec. She also worked in Halifax and at the 2000 Summer Olympics in Sydney, Australia.

After she retired in 2009, she was asked to take charge of the PNA's computers, in the Association's office on Picton Street in Ottawa. When Dianne's assistant, Marcelle Miller, got sick, Suzie was asked to replace her. She has been assuming the assistant's functions for 6 years.

Suzie's work can be divided in three categories. First of all, as Administrative Assistant, she has to keep the PNA members' database up to date, address their requests or direct them appropriately. She prepares reports for the Treasurer, the regions and chapters. She prepares a welcoming kit for every new member. She ensures the Special Assistance Fund requests are complete. Prepares all the documents for the Board meetings and the Triennial Conventions. Suzie is responsible for the layout and distribution of the PNA's newsletter Contact, by email or by post. She carries out other related tasks of the administrative assistant which would be too long to list here.

Suzie's second responsibility at the PNA's national office is as IT Specialist. She is responsible for the acquisition, installation, maintenance of all computer media and oversees the proper functioning of all the hardware. She protects the members' database against all external intrusions and offers computing assistance for all users.

Thirdly, Suzie is the PNA's Webmaster. She oversees the Association's website content, ensures that the site is up to date, stays in contact with the site's developers, activates the account of new members and helps them modify their password or configure their account. Every month, Suzie posts an article on the site with pertinent information for members. She works three days a week and her days are pretty busy as you can see.

In her personal life, Suzie has one daughter and two granddaughters, aged 25 and 17 that she loves to spoil. In her free time, she volunteers for the Shenkman Arts Centre in Orléans, a cultural centre offering concerts, plays and several cultural events.

Thank you Suzie for all you do for the Association. We are very happy and lucky to be able to count on your numerous abilities.

Louise Hamelin

# **ANNUAL GENERAL MEETING**

## **of the CBC Pensioners National Association**

**Due to current legislation and the health and wellness of our members,**

**please join us virtually on**

**TUESDAY, NOVEMBER 3, 2020**

**A 1:00 P.M. (Eastern Standard Time)**

**The meeting will be held for the following purposes:**

- ⇒ **to receive the President's annual report;**
- ⇒ **to receive the financial audited statements for the year ended March 31, 2020; and**
- ⇒ **to appoint an auditor for the current financial year.**

**The AGM will be followed by an update of the CBC Pension Plan presented by Mr. Duncan Burrill, Managing Director & CEO.**

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**Pre-registration is required to attend the virtual meeting. Click on the link below to register:**

**<https://live.webcastcanada.ca/webcast/registration/66563e91-5764-4452-808a-73d8bd91b9f7>**

### ***A NOTICE TO OUR READERS....***

This issue of *Contact* is being sent out to *all* CBC pensioners, not solely to Association members. This is an annual distribution allowed by the PNA's Memorandum of Understanding the Association has with CBC/Radio-Canada . The agreement also recognizes the CBCPNA as the organized voice of CBC pensioners. The printing and mailing expenses of the newsletter are borne by the CBCPNA.

In keeping with the terms of the MOU, we wish to advise that the names and addresses of non-members have not been provided by CBC/Radio-Canada to the CBCPNA but were provided directly to the CBC/Radio-Canada's own printing and mailing facilities. The CBC/Radio-Canada did not approve the content of this communication. The CBCPNA is solely responsible for its contents.



The CBC Pensioners  
National Association

# Preserving our Future, Sharing our past

The PNA preserves the future of all CBC Pensioners by advocating for them on matters related to the Pension Plan, the Supplementary Health Care Plan (SHCP) and the Special Assistance Fund (SAF) just to name a few.

It promotes collective work experiences and friendships through social events organized by Regions and Chapters and by keeping members informed of important events and issues.

## The PNA is the official voice and representative for all CBC pensioners.

It is run by volunteers across Canada and maintains a national office in Ottawa. As a member you will be well served by the PNA in the following areas:

### Communication/Connection

We provide vital information to members about their benefits, pensions and issues of importance to all CBC retirees.

### Advocacy/Affinity

We speak out on behalf of members to ensure they get the help and services they need. We also negotiate special arrangements and discounts on travel insurance, home-auto insurance, and hotel stays.

## Membership is a Good Investment.

For less than one third of one percent of your monthly pension, you can help fund all of our important activities.

### Representation

We recommend a retiree representative to the CBC Pension Board of Trustees and appoint PNA representatives to the Employee (and retirees) Assistance Program National Board and the Consultative Committee on Staff Benefits.

### Engagement

We create opportunities for retirees to come together and continue to share their life experiences through holiday parties, barbeques, lunches, and more.



[www.cbcpensioners.ca](http://www.cbcpensioners.ca)

Telephone  
613-724-3003

Toll-free  
1-877-361-9242

Email  
[info@cbcpensioners.ca](mailto:info@cbcpensioners.ca)



**CBC Pensioners National Association  
Board of Directors**

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Dave Jeffrey Vice-President (Anglophone) 613-592-6962 dave.jeffrey1@gmail.com	Suzanne Aubin - Vice-President (Francophone) 450-674-6375 suzanne.aubin@gmail.com
<b><u>Directors</u></b>	
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Ernie Nairn (MB Region) 204-942-4554 enwpggcf@mts.net	Gerald Head (ON Region) 519-250-8516 gercarhead@gmail.com
Kerry Adams (National Capital Region) 613-623-2612 kerry_b_adams@hotmail.com	Raj Narain (ON Region) 416-467-9292 raj.narain@gmx.com
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Geoffrey Turnbull (Maritimes Region) 902-465-1074 g.turnbull1645@gmail.com	Larry O'Brien (NL Region) 709-747-5110 obrienlw@gmail.com
<b><u>Employee Assistance Program (EAP)</u></b>	<b><u>Pension Board of Trustees</u></b>
Donald Langis (Representative) 506-854-7407 donald.langis@gmail.com	Alain Pineau (Representative) 613-293-6199 apineau3@gmail.com
<b><u>Consultative Committee on Staff Benefits (CCSB)</u></b>	
Dan Oldfield (Representative) 905-404-1334 dan_oldfield@hotmail.com	Jean-Paul Rouillard (Observer) 450-676-9017 jp.rouillard@sympatico.ca
<b><u>Administration</u></b> <b>1-877-361-9242 (Toll free) or 613-724-3003 (Ottawa and Gatineau Area)</b>	<b>(Office hours: Tuesday to Thursday inclusive, from 10am to 4pm)</b>
Dianne St-Germain (Admin. Coordinator) dst.germain@on.aibn.com	Suzie Bougie (Admin. Assistant & Webmaster) info@cbcpensioners.ca

## Chapter Presidents

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<b>PEI Chapter</b> Kathy Large largekathy22@gmail.com (902) 886-2053	<b>Cape Breton Chapter</b> Bill Doyle bill@cbclocals.com (902) 562-1224
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