



Contact NL Fall 2024

Welcome new members to our pensioners association

This year, the CBC Pensioners National Association has put an emphasis on signing up new members. We now have more than 5,800 members country-wide, an increase of more than 500.

Here in Newfoundland and Labrador our membership has grown past 180. Since the spring, Gerry Amey, Keith Churchill, Arlene Dillon, Anthony Germain, Lisa Gushue, Derek Howell, Chris O'Neill-Yates, Gertrude Sheppard and Nancy Walsh have come on board. A big welcome to all of them. If you know CBC pensioners who may be interested in joining, let one of us know. Signing up online is now easier than ever at <https://www.cbcpensioners.ca/join-us/>



This year's barbeque was a good chance for members to catch up.

Great turnout for our June Barbeque

The weather co-operated in June, which made for a bright evening at our annual barbeque at the RCAFA Club. About 90 members and their guests filled the room, probably our largest turnout since before COVID-19 interrupted so many activities.

During the barbeque, President Jon Soper presented this year's N.L. Pensioners Association Memorial Scholarship to Kim Jacobs, a kinesiology student at Dalhousie University in Halifax. Kim couldn't make it in person, so her grandmother, Ann Daniel, accepted the \$500 scholarship on her behalf. Kim plans to continue her studies toward a master's degree.



Turkey time coming up in early December

We're heading back to the RCAFA Club in Pleasantville on Wednesday, Dec. 4 for this year's Christmas holiday luncheon. The cost for members and one guest will be \$15 each, the same as last year. Tickets for additional non-member guests will be \$40. We encourage you to pay by electronic transfer to debbiehusseypna@gmail.com. Cheques also can be mailed to Jon at 34 William St., St. John's, NL, A1C 2S1. We'll have a choice of turkey or salmon. Meals will be served around 1 p.m., with the doors opening at 12:30 p.m. We'll circulate more details soon, but the deadline for buying tickets will be Wednesday, Nov. 27.

Premiums for supplemental health plan about to rise

The national board of directors has approved a recommended increase in the premiums for our supplemental health care plan in 2025. Claims in 2024 have been running higher than the premiums paid by CBC pensioners. The increases vary by province and age group, a reflection of the different levels of provincial prescription drug coverage. The board also approved using some of the plan's historic surplus to keep the national average increase at 4.9 per cent. The CBC will contact plan members to update their premium amounts.

Pensioners Coalition doesn't take the summer off

Our association is an active partner in the NL Seniors and Pensioners Coalition. During the summer, the coalition held meetings with the provincial ministers responsible for seniors and health. The coalition also met with two NDP MPs, in part to discuss the potential impact if the Alberta government follows through on its plan to leave the Canada Pension Plan. You can check out what happened at the meetings by clicking [here](#).



Coalition members, including NL PNA President Jon Soper, following their meeting with MPs Heather McPherson and Lindsay Mathysen.

Help the pensioners association help you

In a few months, the Newfoundland and Labrador region will be calling for nominations for the positions of vice-president and treasurer. The terms last two years and take effect at our annual general meeting in the spring.

Please consider running to help keep our association at its best. We're also looking for volunteers who can give us a hand with association activities.

That includes suggestions for things you'd like to see during the year.

Pension plan surplus distribution déjà vu

Last, and certainly not least, get ready for the latest pension surplus distribution process. And it looks a lot like what we did last year. The CBC will be contacting you soon, seeking your consent to share the pension surplus declared following the Dec. 31, 2023 actuarial valuation.

Approximately \$55 million dollars will be shared between 20,000 pension plan members. Like last year, the federal pension regulator (OSFI) requires the consent of two thirds of pensioners. That means you will have to fill out a form like last year's. This time OSFI will recognize the consent for five years. Assuming our pension plan continues to generate large enough surpluses, we will not have to fill out the consent forms for another five years. We'll be in touch to help you out when the CBC circulates the forms.

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