



## The CBC Pensioners Association—National Capital and Nunavut

### Editorial Committee

Thanks to all the contributors of this newsletter: Odette Alie, Elise Brunet, Jeanne Choquette, Jasmine Lalonde, Marc-Philippe Laurin, Paul Morisset, Michel-Denis Potvin and Lyne Marcil.

You have an idea for an article but you don't want to write it? Or would you like to become one of our contributors? You are more than welcome. Contact Jasmine Lalonde at [lalondejasmine2@gmail.com](mailto:lalondejasmine2@gmail.com)

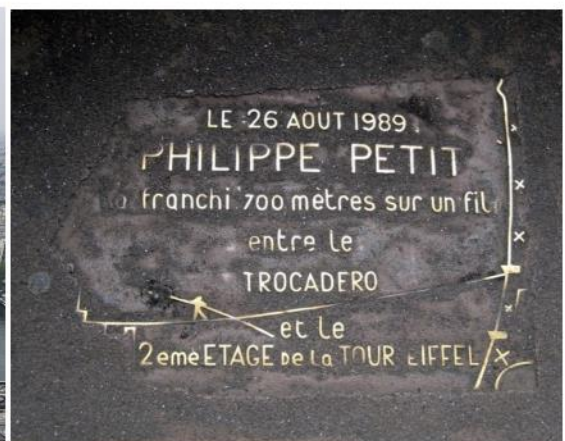
### Word from the president

Hello everyone,

Here it is! A brand new newsletter. I hope you're all doing well and getting ready for the summer ahead. I'm not sure what each of you did with your share of the surplus we received last year, but as for me—having never had the opportunity to set foot outside of North America—I'm writing to you today from Paris!

Yes, three wonderful weeks in France with my beloved, visiting the City of Light and the castles of the Loire Valley. My personal highlight was our visit to the Eiffel Tower, seeing Paris in all its splendor. It was also moving to stand where, in 1989, the high-wire artist Philippe Petit completed a 700-meter walk from the Trocadéro to the Eiffel Tower. I now have a better appreciation for the saying, "Those French are crazy!" What a feat!

I hope you were also able to make good use of your share of the surplus—whether it helped fulfill a dream, allowed for renovations, or simply made life a little easier. We'd love to hear about it! Please feel free to share your stories by writing to [lalondejasmine2@gmail.com](mailto:lalondejasmine2@gmail.com). We'll publish them in the next newsletter.



*(word of president)*

And we're not done yet! Before the summer, you'll be receiving your share of the 2023 surplus, and in October, your share of the 2024 surplus! Even better, there won't be a vote required for this one. Make the most of it—this is largely thanks to the hard work of your retiree association.

Also worth noting: the National PNA has selected the date for the 2025 annual meeting. **The members' meeting will take place on May 15, 2025, and this time, all members across the country are invited to attend via a virtual session.** This is the first time the PNA is trying this approach to make the event accessible to as many members as possible. Details can be found on the national -level website and at the link below:

<https://www.cbcpensioners.ca/events/pna-agm-via-zoom-may-15-2025/>

**The event planning committee is currently working on the next luncheon, which will take place on June 5.** You'll find all the details below.

Finally, I want to thank everyone who helped with or attended the meeting held on December 10. Your strong turnout truly warmed the hearts of all the volunteers working on the regional council.

With warm regards, and on behalf of the regional council, thank you—and we wish you a wonderful summer!

Marc-Philippe Laurin  
President, PNA-NCR



## INVITATION SPRING LUNCHEON

The CBC Pensioners Association - National Capital Region and Nunavut - is once again inviting you to our annual Spring Luncheon. Come celebrate the gains achieved by the Association in the redistribution of the pension fund surplus and re-connect with your former colleagues at **Canal Ritz, 375 Queen Elizabeth Drive (Ottawa), on June 5 at 11:30 am.** Spouses are welcome!

You only need to pay \$20 per person for the lunch. The Association will cover the rest—\$25 plus tax and tip. **To confirm your attendance, please send an e-transfer of \$20 to [cbc.pna.ncr@gmail.com](mailto:cbc.pna.ncr@gmail.com) and confirm your menu selection by sending an email to the same address.**

You can consult the Canal Ritz table d'hôte menu here:

<http://www.canalritz.com/download/lunch-dinner-table-d-hote-menus.pdf>

We're really looking forward to seeing you there!



## Welcome to the new members of the NCR!

### October 2024

Pierre Prud'Homme

### November

Deborah Bryant  
Arnold Johnston

### December

Trish Dyer  
Daniel Lepage  
Sylvie Richard  
Jeanne Turmel

### February 2025

Joyce Adams-Bisson  
Julia Chandler  
Monique Coupal  
Laurie Fagan  
Jacqueline Normandin  
Francine Auger  
Gilberte Parisien  
Lynn Hupé  
Suzanne MacIntyre

### March 2025

Mabel Salwyn

Mary Steele  
Rachel St-Jean  
Ray Abould

Robert Albota  
Roger Côté  
Irène G. Dagenais  
Lomogene Morrison  
Philippe Murat

Catherine Paquet  
Carol Peterson  
André Prud'homme  
Charlotte Gagnon

### April

Guy Ouellet

If you know any retirees who are not yet members of the PNA, don't hesitate to encourage them to join the group. All the benefits and registration forms are available on this page:

<https://www.cbcpensioners.ca/join-us/>

### Join our Facebook page!

Do you want to share information with your colleagues quickly?

Or do you simply want to see what's going on with your fellow retirees in the Ottawa-Gatineau region?

Join the CBC Pensioners National Association NCR/RCN Nunavut Facebook page. It's simple and it doesn't commit you to anything. You can share photos of your meetings or activities with colleagues.

Please note that you do not need to be part of the CBC Pensioners National Association to be a member of the Facebook page.

To join, go to <https://www.facebook.com/groups/anrs24>

Click "Join the Group" and one of the administrators will approve your request. You must have a Facebook account to join.

*Jasmine Lalonde*



# What have they become?



**Simon Gardner**

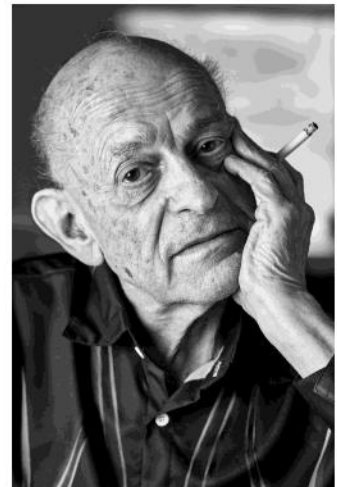
**Keeping busy in retirement!**



VideoJournalist Simon Gardner retired from CBC Ottawa in 2017. Simon may have retired but that hasn't meant spending his days sitting on a couch watching television. He maintains a vibrant social network that fuels his passion, photography.

As an active member of the Camera Club of Ottawa, Simon's photographs have garnered numerous awards. He also loves to share his knowledge of cameras, lenses and paraphernalia with the group.

Simon's eclectic taste includes nature photography as well as close-up photography. **Being a former journalist, his curiosity of people has led him to his favorite pastime, portraiture.**



***"As a child, I suffered from dyslexia, which caused me great difficulties with writing. I believe I turned to visual communication as a way to compensate for this challenge. Unlike video, photography captures so much information in a single image. It's a moment frozen in time."***

In the entrance to his Kanata home hangs large color and black and white prints of people he has encountered over the years. But Simon is not one dimensional. He is a board member of the Canadian Centre for Men and Families. The center provides mental health support services for men dealing with trauma and violence.

Being a senior, Simon is also a member of Men's Shed Ottawa Centre which meets every Tuesday morning for companionship and chitchat. Simon is also a founding member of "Friday Beers at the Carleton Tavern" which includes Dan Seguin, Steve Fischer, Chris Goldrick, Sean Upton and Paul Morisset among others. All CBC retirees.

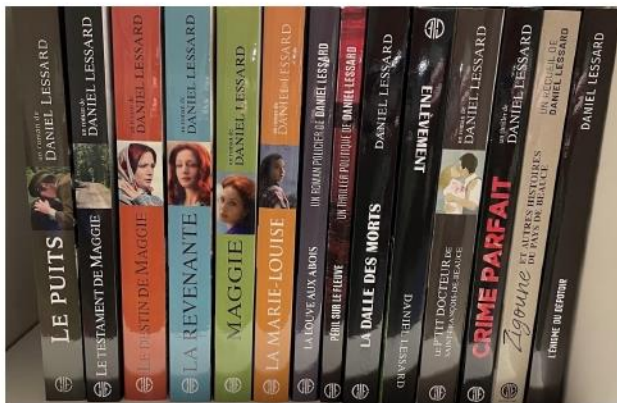
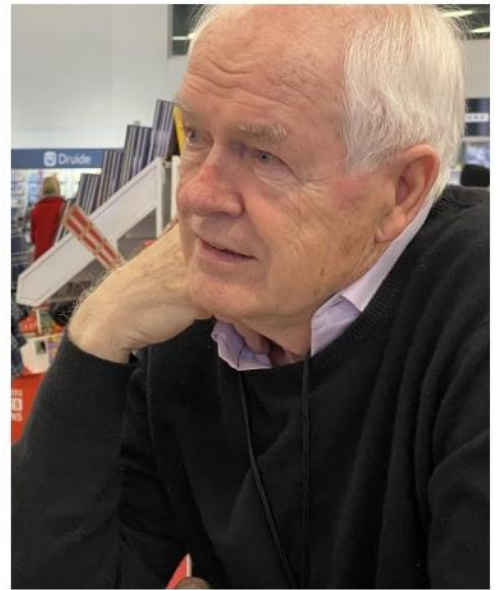
# What have they become?

## Daniel Lessard

His mother wanted him to become a priest. He had a dream of playing in the NHL. Luckily for us, nothing of this happened.

For over 40 years mostly covering federal politics, Daniel Lessard has a lot of interesting anecdotes that he generously shared with me over coffee. The Mulroney years pop to mind as soon as you ask him to reminisce. The scandals and the big debates over Meech, the GST and free trade were like candy for a hill correspondent. For the annual Press Gallery diner one year, Daniel invited not an MP as the tradition usually required, but Mila Mulroney herself, a charming guest whom her husband kept checking on from the head table!

Before the Mulroney years, Daniel remembers a G-7 summit in France when he met up with Pierre Elliott Trudeau in a Paris elevator and got a taste of his rather abrasive personality. With son Justin in tow, the Prime Minister mostly ignored Daniel's engaging greeting. Yet, shortly thereafter the PM agreeably sat down with Daniel who had to prepare for the « one on one » at the last minute because head anchor Bernard Derome missed his plane out of Montreal.



When Daniel started thinking of retirement, a good friend had some advice. **Find yourself something to do!** Well after years of television reporting, Daniel turned to fiction. **He now has 13 novels to his credit.** But like many authors, he does not write on a fixed schedule but rather prefers to let his inspiration guide him. He likes his books to have some historic value and so he goes through the national digitalized archives of Quebec. Daniel also has a more down to the ground passion... gardening! He is particularly proud of his many varieties of peonies, one of which he imported from Holland at the cost of \$185! I was not fortunate enough to see his flowerbeds covered in snow but he posts lovely pictures on Facebook.

*Elise Brunet*





# Hearing—Such a Precious Sense

by Jeanne Choquette

If you've spent your career at Radio-Canada with headphones on your ears—whether as a host, anchor, sound technician, editor, producer, journalist, researcher, or in another role—the chances of developing hearing issues (hearing loss or tinnitus) are high. **I strongly encourage you to get a hearing test, as untreated hearing loss can cause long-term harm.**

When I began my career in August 1981 at Radio-Canada's radio station in Regina, Saskatchewan, I was already hard of hearing... but I didn't know it! I was a researcher-interviewer at the radio station, back in the good old days when we recorded interviews on tape and edited them with razor blades. My boss at the time pointed out that I consistently cut right into the breath my guest would take before starting to speak. I couldn't hear it! So I went to see an audiologist, and that's when my journey with hearing loss began.



My journey with tinnitus, however, had started a few years earlier, while I was studying at Laval University. The doctors who examined me should have warned me! It's often a symptom of hearing loss.

I don't know exactly why I began experiencing tinnitus at age 18, but I remember very clearly the moment I suffered an acoustic shock that made it much worse. I was in an editing room, sitting next to the speaker, and my right hearing aid was poorly calibrated. It failed to block the excessively loud sound (the infamous tone) that accidentally came through the speaker.



Today, as President of Audition Québec, I'm much more aware of the importance of protecting our hearing from loud noise! That's why the theme of Québec's 2025 National Hearing Day is so meaningful to me: **Acoustic Shock: Don't Wait Until It's Irreversible.**

The JNAQ (Journée nationale de l'audition du Québec) is held every first Tuesday in May, which is also Hearing and Communication Month. On May 6, Audition Québec held three panel discussions about acoustic shock and trauma. What's the difference between the two? **Acoustic**

**shock is caused by a loud, brief, and unexpected sound coming through a headset.** It can cause temporary or permanent disruptions to the function of the ear or nervous system. **Acoustic trauma, on the other hand, is characterized by hearing loss and temporary or permanent damage to the ear or nervous system following exposure to a loud sound in the environment.**

While acoustic shock is an unpredictable accident, the risks of acoustic trauma can sometimes be reduced by adopting good hearing protection practices.

To learn more about these best practices, I invite you to watch the recorded panels presented by Audition Québec on May 6. All the information can be found here:

<https://auditionquebec.org/jnaq-2025/>

# A Mood Piece

By Michel-Denis Potvin

Phew... the road to the Stanley Cup is well underway... Some teams have already heard their swan song — "Na na na na... hey heeey... goood bye." Others are still hanging on. **For die-hard fans, this quest for the Stanley Cup — the Holy Grail, the ultimate goal — is practically a religion.** And as always, only one team will reach it... the chosen one. Maybe even a Canadian team?

These great hockey liturgies draw 15,000 to 20,000 faithful to each "service". And millions more attend from home. At least 116 playoff games will be played. By the time the last game is played in June, at least 2 million people will have taken their place in the pews, hoping to witness the consecration of their team. This long pilgrimage for players and fans alike is riddled with pitfalls, steep climbs, and sudden elimination. The faith of the faithful is often shaken...

Stress runs high in the arenas and living rooms. Phew... it's tough following hockey. It's like doing the Camino de Santiago — two months walking from France to Spain, toward the majestic Cathedral of Saint James. Playoffs and Santiago: same battle, proclaim the devout. In the stands or on the couch, these "coach potatoes" bear their wounds — pride, and sore throats from shouting and swearing.

Sometimes with arms raised to the heavens, sometimes with hands clasped in prayer, they profess their unwavering devotion to hockey, un-matched during playoff time. These two months culminate in the final match — in the arena or in Santiago. And just like in Spain, the quest is rewarded.

The faithful of the winning team reach their heaven... and the victorious players receive their Compostella, the passport that attests to their epic journey — their names forever engraved on the Cup: The Santiago Stanley Cup.

Enjoy the playoffs... or Netflix, your choice.



## Some useful links

- **CBC Pensioners National Association**  
<https://www.cbcpensioners.ca/programs/pension-administration-center/>
- **Service Canada (Canada Pension Plan, Old Age Security, Guaranteed Income Supplement)** <https://www.canada.ca/en/employment-social-development/corporate/portfolio/service-canada.html>
- **Canada Life (for members enrolled in the retiree insurance plan)**  
<https://www.canadalife.com/>

# National Capital region and Nunavut Board of Directors

**Marc-Philippe Laurin**  
President



**Kerry Adams**  
Vice-president



**Lyne Marcil**  
Treasurer



**Sylvie Robillard**  
Secretary



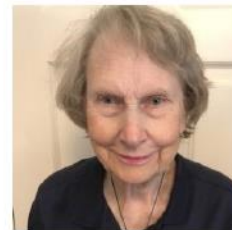
**Odette Alie**  
Director



**Elise Brunet**  
Director



**Fran Cutler**  
Director



**Marie Jutras**  
Director



**Jasmine Lalonde**  
Director



**Louise Petitclerc**  
Director






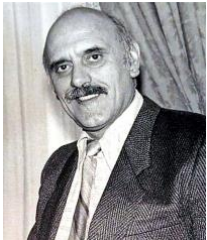


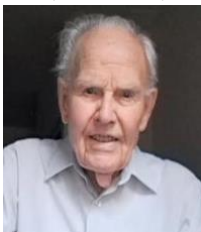




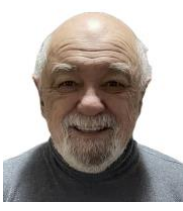




# IN MEMORIAM

**Digital version (PDF) only:** you can access the obituaries of most of the people below.

By clicking on the underlined first and last names, you will access the notice published on the funeral complex's website or, failing that, on another electronic publication. The notice may no longer be available at the time of consultation, as some funeral complexes only keep data for short periods.

<p>Jacques <a href="#">THIBAULT</a> (1932 - 2024)</p>  <p>Passed away on August 25, 2024 at the age of 91</p>	<p>Madeleine <a href="#">Bigras</a> (1927 - 2024)</p>  <p>Passed away on September 29, 2024 at the age of 97</p>	<p>Charmaine <a href="#">FORTIER</a> (1954 - 2024)</p>  <p>Passed away on October 16, 2024 at the age of 69</p>	<p>Marcel <a href="#">Gauvin</a> (1954 - 2024)</p>  <p>Passed away on October 27, 2024 at the age of 70</p>	<p>Warren <a href="#">Klages</a> (1947 - 2024)</p>  <p>Passed away on October 30, 2024 at the age of 77</p>
<p>Andre <a href="#">LONGCHAMPS</a> (1943 - 2024)</p>  <p>Passed away on November 28, 2024 at the age of 81</p>	<p>William <a href="#">HAYMAN</a> (1933-2024)</p>  <p>Passed away on December 20, 2024 at the age of 91</p>	<p>Leonard <a href="#">BERNIER</a> (1934-2024)</p>  <p>Passed away on December 26, 2024 at the age of 90</p>	<p>Louis E. <a href="#">WEBB</a> (1930-2024)</p>  <p>Passed away on December 31, 2024 at the age of 100</p>	<p>Glenn <a href="#">SCULLION</a> (1924 - 2025)</p>  <p>Passed away on January 4, 2025 at the age of 90</p>
<p>Rosalind <a href="#">FARBER</a> (1932 - 2025)</p>  <p>Passed away on January 22, 2025 at the age of 93</p>	<p>Lawrence <a href="#">WYLIE</a> (1936-2025)</p>  <p>Passed away on March 21, 2025 at the age of 88</p>	<p>Christiane <a href="#">BARIBEAU</a> (1959 - 2025)</p>  <p>Passed away on March 30, 2025 at the age of 65</p>	<p>Camille <a href="#">DUBÉ</a> (1944 - 2025)</p>  <p>Passed away on April 4, 2025 at the age of 80</p>	<p>Also deceased Allen Cassidy Eemeelayou Arnaqua</p>

The Association of CBC Pensioners National Association offers its most sincere condolences to the affected families.