



NEWSLETTER

November 2025

The CBC Pensioners Association – National Capital and Nunavut

Editorial Committee

Thanks to all the contributors of this newsletter: Odette Alie, Élise Brunet, Jasmine Lalonde, Marc-Philippe Laurin, Tom New, Michel-Denis Potvin
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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 jalondejasmine2@gmail.com

Word from the president



By now you will have all received your pension lump sum payments and the good news is that we expect the Pension fund to make another surplus this year **so there is a very high possibility that there will be another payment next fall.**

There is a lot to share with you, and I begin with news from the National Office of the PNA. The National Board of Directors met recently to take stock of this past year and chart our course forward. These meetings help us to stay focused on what matters most to members across the country.

Here are a few highlights:

- **New and revised statements on our mission**, vision and values along with our strategic objectives.
- **A fresh new brand identity** which will be launched in Spring, along with a redesigned website that will be much easier to navigate.
- On the recruitment front: nationally, **we've reached 6,000 members**. This is a milestone for the PNA that reflects the strong efforts happening in regions across the country.

(word from president)

And finally, the advocacy committee is carrying forward with our core mission of protecting pensions and improving the quality of life for seniors. To support this effort, the Board approved a pilot project to **partner with a public relations firm with extensive experience on Parliament Hill** where we will continue to press on issues important to our members and seniors.

Please take time to visit the PNA website for more details on what we do for all of us where you will find other important updates such as the reduction in premiums for the Supplementary Health Care Plan for 2026.

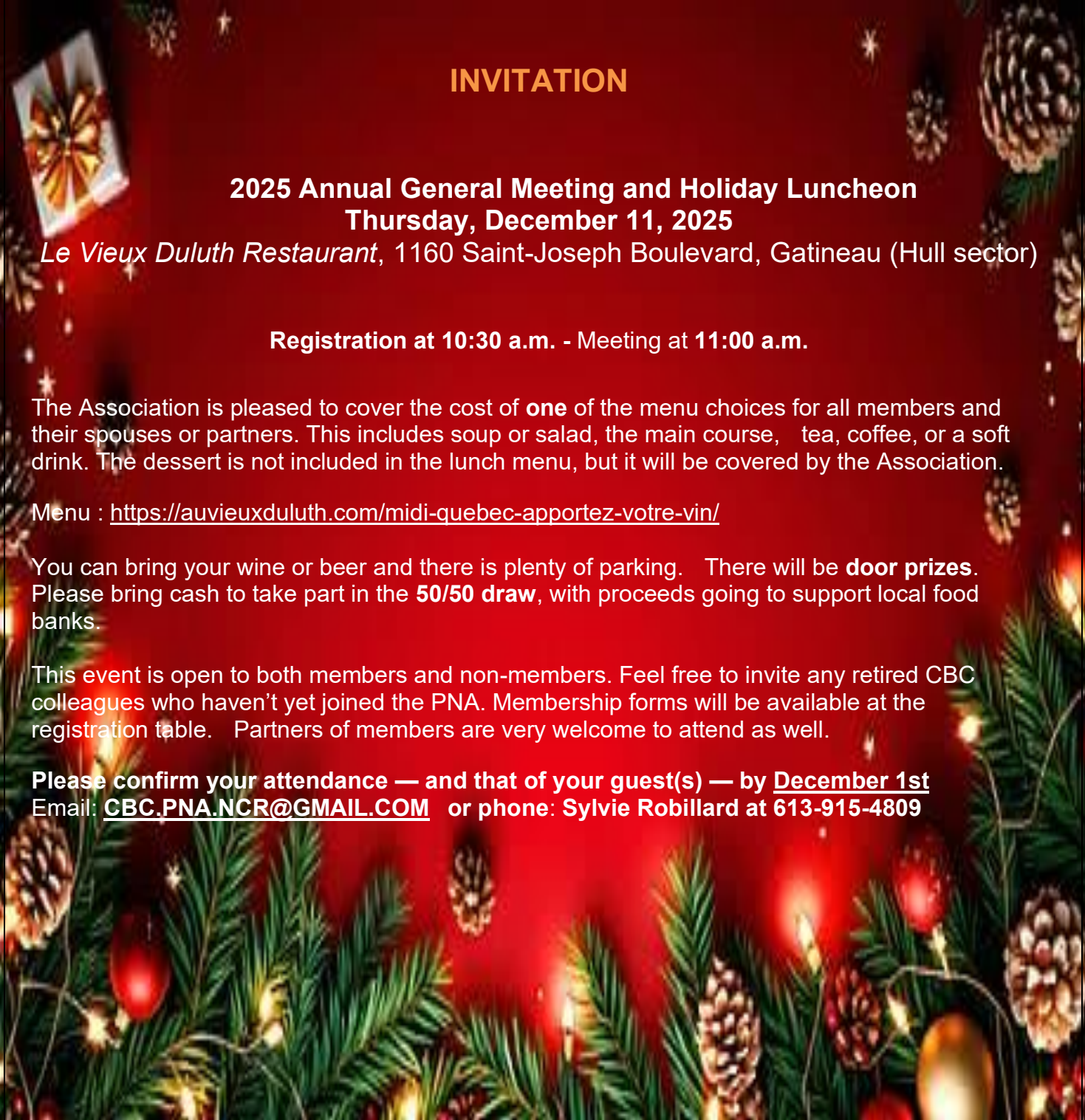
On the regional front: I am happy to report that our membership has increased. According to the last count, **we have 567 members in our region out of a potential 1000 plus retirees in the region**. This means we have close to 500 retirees who are not currently members. If you know any retirees that are not members, please encourage them to do so as soon as possible. The larger our numbers are, the louder our voice is in representing our interests. We have talking points available for anyone interested.

This past year, our region hosted two well attended events: the spring luncheon at the Canal Ritz and a golf tournament this past September. I, as well as your board members, were encouraged to see so many new faces enjoying their time together. For 2026, we are looking to explore a variety of events in the hope that will encourage others to participate. **How about an Ottawa River boat cruise late next spring?** It's in the works as well as other outings such as bowling. If you have any suggestions, feel free to share them with us and we will add them to the list of possible future gatherings.

Our annual meeting and holiday luncheon is coming up on the 11th of December, and we look forward to seeing you there. You will find the details further on. During our meeting, we will be seeking to **fill one position on the board**. Louise Petitclerc has decided to step down. On behalf of all of us, I want to express our sincere thanks and appreciation to Louise for all she has done for the region as a member of the board. We will miss you, my friend.

On behalf of the regional board, be well and see you in December!

Marc-Philippe Laurin, *president PNA-NCR*



INVITATION

2025 Annual General Meeting and Holiday Luncheon Thursday, December 11, 2025

Le Vieux Duluth Restaurant, 1160 Saint-Joseph Boulevard, Gatineau (Hull sector)

Registration at 10:30 a.m. - Meeting at 11:00 a.m.

The Association is pleased to cover the cost of **one** of the menu choices for all members and their spouses or partners. This includes soup or salad, the main course, tea, coffee, or a soft drink. The dessert is not included in the lunch menu, but it will be covered by the Association.

Menu : <https://auvieuxduluth.com/midi-quebec-apportez-votre-vin/>

You can bring your wine or beer and there is plenty of parking. There will be **door prizes**. Please bring cash to take part in the **50/50 draw**, with proceeds going to support local food banks.

This event is open to both members and non-members. Feel free to invite any retired CBC colleagues who haven't yet joined the PNA. Membership forms will be available at the registration table. Partners of members are very welcome to attend as well.

Please confirm your attendance — and that of your guest(s) — by December 1st
Email: CBC.PNA.NCR@GMAIL.COM or phone: Sylvie Robillard at 613-915-4809

We now have 87 reservations. It's going to be quite a meeting!

ACTIVITIES



GOLF DAY – SEPT. 9th, 2025

September 9th was a beautiful sunny day at the Château Cartier Golf Club in Gatineau. A perfect day for some thirty golf lovers, members of the National Capital and Nunavut chapter of the CBC Pensioners National Association.

Dinner followed and prizes were awarded for the longest drives and closest to the pin and for the best and most honest scorecards.

Kerry Adams, member of our executive, and his guest Kevin Hogan took the honours handing in a score of 3 under par!



It so happens that our chapter president Marc-Philippe Laurin and our national president Dan Oldfield were in a meeting nearby. Accompanied by Jon Soper who is our representative on the Pension Board of Trustees, they joined the group for dinner.

Élise Brunet

Living a Longer, Healthier Life

There's an interesting Ted Talk about the main indicators for a healthier, longer life. The Talk is given by psychologist Susan Pinker, and it's based on her book *The Village Effect*. There will be debate about the order of importance – for instance, **many researchers say that exercise is the best thing you can do to support your continued health** – but all of these activities will help you live a richer life.



While exercise is, in effect, a longevity pill, **Pinker believes that other things may be even more important.** We all know that quitting smoking and curtailing drinking (or “quit boozing”, as the author writes) is important, but how about this one: getting regular vaccinations (flu, COVID-19, RSV).

For Pinker, the top indicators of longevity are close relationships and social integration. Close personal relationships and face-to-face interactions matter: “Tight bonds of friendship and love heal us, help children learn, extend our lives and make us happy. Looser in-person bonds matter, too. Not just any social networks will do: **we need the real, in-the-flesh encounters that tie human families, groups of friends and communities together**”.

Here's Pinker's list, in descending order of impact on longevity. Use it as an excuse to look up old friends, volunteer, or to pursue that life experience you've always wondered about:

- Social Integration
- Close Relationships
- Quit Smoking
- Quit Drinking
- Get Vaccinated
- Cardiac Rehab
- Exercise
- Lean vs Overweight
- Hypertension
- Clean air

Tom New
<https://Longbottom.News>

Links:

the Ted Talk: <https://youtu.be/ptlecdCZ3dq?si=vM36rQO4kbEMLkUf>

The Village Effect: <https://susanpinker.com/the-village-effect/>

What have they become?



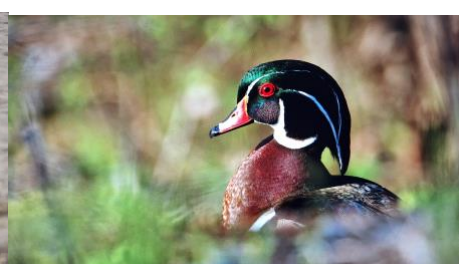
Glenn Dunn has a keen eye and has been fascinated by images since childhood. He would laugh at Super 8 family films and spend long minutes admiring his grandfather's photo albums. He was equally attracted to National Geographic photos and the Grolier encyclopedia. What's more, he was a child of television.

No wonder Glenn became a television editor for Radio-Canada in Ottawa in 1978. He was already taking photos, back in the days of 35mm film cameras that had to be “developed.” Travel photos, landscapes, shows including Bluesfest—that's his track record. His early attempts were sometimes comical... a perfectly framed Eiffel Tower decorated with a fingerprint... oops! It was only when the film was developed that the flaws became apparent.



As the years passed, Glenn perfected his editing skills, which helped him in his photography. Then came the 21st century... the era of digital imaging, which allowed for more creative TV editing. Glenn realized that he could now crop, edit, and correct his photos at will. But he needed a new camera... goodbye old 35 mm, hello 2009 Canon AI digital, two lenses, instant viewing, computer correction... pure bliss.

Bliss, a few years later in retirement, to sketch a bird sought after and waited for hours. **Snowy owls, great blue herons, big mouth, sparrowhawks—these are the winged friends that fascinate and attract Glenn, his Canon, and his lenses.** Passion and patience go hand in hand, since Glenn's subjects are often dozens of kilometers away from Gatineau, in Mud Lake or Mer Bleue, for example. These birds cherish isolated places, far from humans. “I don't mind walking two or three hours at all”... and then shhh... about ten meters away... a solitary predator staring at the photographer as if he were prey. Click, click... **Another success: a great blue heron in flight.** One day, Glenn spotted a barred owl with a seriously injured eye. He notified the rescue organization Safewings, which took care of it, and, good news, Glenn saw his owl again shortly after, perched on a branch and in great shape.



For some time now, Glenn has been slowing down a little, reducing his “expeditions” by car, on foot, and on snowshoes to take The Photo, because another challenge awaits him... **Sorting through more than 10,000 photos.** These are eloquent witnesses to a passion that is still alive and well, and which will continue to draw him to the nature he loves, where he will cast his sensitive and respectful photographer's eye.

When Seeing Isn't Believing

"Not interested; I don't use it". That's a common reaction to yet **another story about AI** (Artificial Intelligence).

Of course, you do use it, every day. Standing at an ATM, sending an email, wearing a health tracker: you're using AI. When you scroll through social media or make a phone call, **you're using AI.** It's used for good, like medical imaging and global e-commerce, and for bad, like malicious algorithms spreading misinformation and discord around the world.



AI permeates everything we see, hear and read in our cyber-linked world. It powers frothy global stock markets. And it mutates at lightning speed. A year ago, it was easy to spot AI-generated nonsense, in print or on-screen. In the last few months, in the last few weeks in some cases, advances in AI image-generation have swamped social media with clips of politicians or celebrities or everyday citizens saying and doing things that in fact they didn't say or didn't do. Some are clear invention; others are not so obvious. AI-generated fakes, deepfakes, and

misinformation sometimes clog our news sources.

Anyone who has worked in broadcasting - past, present, and future - knows that **public trust in media continues to erode.** So where do thoughtful people find honest information? There will always be cynics and ideologues with their outrage and rabbit-hole conspiracy theories, but how long will anyone continue to believe Joe Blogger screaming into the wind, or Jane TikTok with her AI-generated 'proof'?

Maybe there is an opportunity here for CBC/Radio-Canada. **Maybe the erosion of trust in 'legacy media' will fade as people look for fact-based sources of information they can trust.** Which is the reason that any legitimate news organization has to be ruthlessly strict with newsgathering and news dissemination. You know, doing the little things, like verifying, fact-checking and avoiding bias.

The thing is, we don't have the luxury of taking our time to address the damage done by misuse of AI (especially given the political chaos we see on a daily basis). One of our former colleagues has a hand in the direction of Canada's AI strategy: **Evan Solomon, former host of CBC's Power & Politics, is Canada's Minister of Artificial Intelligence and Digital Innovation.** His challenge is to harness the potential of AI for industry and governance, while at the same time protecting Canadians' privacy and mitigating dangerous mis- and disinformation that erodes democracy.

Our challenge - everyone's challenge - is to **use AI as a useful tool while guarding against its potential for misuse.** That means being more aware of what we see, read and hear in our ever-more-connected world.

A note: this article was written by a real-live human, but AI was used to gather some of the information, and to generate the picture. All information was checked and verified before posting.

Tom New
Tom New's website: Longbottom.News



Anecdotes related to job

When you read the news, you are like a messenger. We are the ones the public sees, without knowing everything that goes on behind the scenes to produce the final product. Sometimes, you have to work hard to save face, as they say. Here is a summary of what happened to me while reading the Téléjournal Midi news in Ottawa.

Anchor: Blah, blah, blah... Here's Élise Brunet with the report.

I look at the camera and wait... nothing happens.

Assistant (Carole Bériault in my ear): We don't have it. Move on to the next one.

The teleprompter goes haywire. Okay. I look at my notes.

Anchor: Blah, blah, blah... More details with Michel-Denis Potvin.

I wait... and still nothing!

Assistant: Nothing's working. Let's go back to the nurses' protest! *(This was back in the days of the famous cassettes that we had to insert into the machines.)*

Phew! I remember that my colleague René Petit is on site.

Anchor: We are unable to show you this report, but we will return to the nurses' demonstration with our colleague René Petit, who is on site.

Assistant: René isn't here. You IMPROVISE!

OK. The problem in this situation is that you don't know how long you have to talk. So you reel off every detail you can think of until the assistant says:

Assistant: OK, that's enough. We'll end there.

Some days are harder than others!

Jasmine Lalonde

I'm sure I'm not the only one who has experienced some crazy situations. I'm sure you have some stories to share too. Send me an email at lalondejasmine2@gmail.com. I can also call you to discuss it.

Welcome to the new members of the NCR!

April 2025

Marco Dubé
Marlene Scullion

August

Valérie Morand
Yvonne Rochon
Danielle Sigouin

May

Lise Gratton

Alain Louis-Seize
Noreen Hayman

June

Daniel Lavigne
Diane Ferguson

September

Diane Hamelin
Helen McHaffie
Sharon Musgrave

July

Rosie Simon-Falvy
Maryse Graham
Sylvie Séguin
Ruth Zowdu

October

Karl Nerenberg

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

National Capital Region and Nunavut Board of Directors

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Director



Sylvie Robillard
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IN MEMORIAM 2025

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.

Glenn SCULLION (1924 - 2025)  Passed away on January 4 at the age of 90	Rosalind FARBER (1932 - 2025)  Passed away on January 22 at the age of 93	Lawrence WYLIE (1936 - 2025)  Passed away on March 21 at the age of 88	Frances ARBOUR (1954 - 2024)  Passed away on March 26 at the age of 82	Christiane BARIBEAU (1959 - 2025)  Passed away on March 30 at the age of 65
Eemeelayou Arnaqu  Passed away in April	Noreen YOUNG (1939 - 2025)  Passed away on April 18 at the age of 85	Ronald LALONDE (1944 - 2025)  Passed away on April 27 at the age of 81	Paul Trudel (1937 - 2025)  Passed away on May 29 at the age of 87	Gilbert Hamelin (1940 - 2025)  Passed away on June 19 at the age of 85
Richard INWOOD (1933 - 2025)  Passed away on June 25 at the age of 91	Raymonde BROWN (1930 - 2025)  Passed away on June 30 at the age of 95	André TROTIER (1946 - 2025)  Passed away on July 1st at the age of 78	Donna LARABIE (1942 - 2025)  Passed away on August 12 at the age of 83	Gilles VILLENEUVE (1962 - 2025)  Passed away on October 27 at the age of 63
Shirley Ann SWANT (- 2025)  Décédée le 12 novembre	Leslie Cole PEERS (1942 - 2025)  Décédé le 13 novembre à l'âge de 83 ans	Also deceased Doreen Parker Henry Janssens	The Association of CBC Pensioners National Association offers its most sincere condolences to the affected families.	

