

Station Break / Pause-indicatif

CBC Pensioners Association
Maritime Region Newsletter

Association des retraité(e)s de la SRC
Bulletin régional des Maritimes

Fall / automne 2014

PRESIDENT'S BULLETIN



John McKay

Change is always a bit unsettling, but change is part of life and our past employer is now in the midst of implementing major changes.

A few weeks ago the Pensioners' Association National Board met in Ottawa and on the last afternoon the meeting was addressed by Roula Zaarour, Vice President, People and Culture.

She talked of pending cuts and indicated that there will be more in the coming years. But the discussion quickly came around to what the CBC and broadcasting would look like in future. The CBC is forging on and trying to keep ahead or at least on top of the technology changes that they are facing.

Other things were discussed. Some of the information from the meetings has a direct impact on all of us.

First, Supplementary Health Care (SHC). The SHC premiums in the Maritimes dropped a bit last year. The same will happen in 2015. The reason is simple. The Maritime Great West plan was not used as heavily as in past years. The plan is self-financed with only the cost of administration charged. So last year members put in more money than was taken out. The Maritimes was one of the few regions where the costs went down and not up. You will see the changes in your 2015 deposits slips. The CBC will inform you before the end of the year about these new deductions. At the same time the pension indexing amount will be announced but at the moment it appears to be 1.66%.

There was a major discussion on the age 85 dues situation. When our members turn 85 they get their dues reimbursed. This is not sustainable. This last fiscal year the total rebate was over \$50,000 and it is projected that by 2017 the bill would reach over \$80,000. It was decided to grandfather the plan and not offer it to any new members.

The Triennial Convention in May 2015 will be in Montreal, probably at a studio in "La Maison de Radio-Canada". Apparently a third of their studios are not in use.

Howard Simpson, our National President, has indicated that he will not reoffer and Jean-Paul Rouillard (Vice-President - Francophone) is also not reoffering. Howard's replacement has to go to a Francophone under the National By-laws. The search has begun for replacements. The convention will be an important one for the future of the Association. I hope to see you at our Christmas dinner on December 3rd.

RAPPORT DU PRÉSIDENT RÉGIONAL

Le changement dérange presque toujours, mais il fait partie de la vie et notre ancien employeur s'affaire présentement à mettre en œuvre des changements majeurs.

À ce sujet, la vice-présidente, Personnes et Culture, Roula Zaarour, a rencontré les membres du conseil d'administration de l'Association nationale des retraités de la SRC à Ottawa, il y a quelques semaines.

Mme Zaarour nous a entretenu sur les compressions imminentes et a indiqué qu'il y en aurait d'autres au cours des prochaines années. Mais la discussion a vite porté sur l'avenir de la SRC et du secteur de la radiodiffusion. La SRC traverse une période difficile et tente de devancer ou à tout le moins de s'adapter aux nouveaux changements technologiques.

D'autres sujets ont été discutés. La réunion a abordé certains points qui nous touchent directement.

Il y a d'abord le régime d'assurance-maladie complémentaire. Les cotisations au régime ont fluctué légèrement l'an dernier, ce qui se répétera en 2015. La raison est simple. Les recours au régime de la Great West sont moins nombreux dans les Maritimes que pendant les années précédentes. Le régime s'autofinance, les frais d'administration étant le seul coût additionnel. L'an dernier, les revenus des cotisations étaient plus élevés que le coût des réclamations. Les Maritimes figurent parmi les quelques régions où les coûts ont diminué au lieu d'augmenter. Vous verrez les changements sur vos bordereaux de pension de 2015. La SRC nous fera connaître les nouveaux taux avant la fin de l'année. Elle nous fera également connaître, à ce moment-là, le taux d'indexation des pensions qui serait de l'ordre de 1,66%.

Une importante discussion a eu lieu sur les cotisations des retraités âgés de 85 ans et plus. Lorsque nos membres atteignent l'âge de 85 ans, les cotisations leur sont remboursées. Cette pratique n'est plus soutenable. Pendant la dernière année financière, le total des remboursements a dépassé 50 000 \$ et la facture pourrait dépasser 80 000 \$ en 2017. La décision a été prise de mettre en place une clause grand-père qui aurait pour effet d'exclure tout nouveau membre de cette politique.

Le congrès trisannuel de mai 2015 aura lieu à Montréal, probablement à la Maison de Radio-Canada. Il semblerait que le tiers des studios ne sont pas utilisés.

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RAPPORT DU PRÉSIDENT RÉGIONAL – 2

Notre président national, Howard Simpson, a indiqué qu'il ne se représentera pas tout comme Jean-Paul Rouillard (vice-président – francophone). D'après la charte nationale, la présidence doit, cette fois, être comblée par un francophone. Les recherches sont en cours pour trouver des remplaçants. Ce congrès sera important pour l'avenir de l'association. J'espère vous voir à notre dîner de Noël le 3 décembre.

John McKay

Moncton

Fredericton
Moncton
Saint John

MONCTON REPORT

Don Langis

Grouille ou rouille

Un programme de conditionnement physique peut améliorer notre qualité de vie et nous éviter des blessures sinon, à tout le moins, en réduire les conséquences.

Lors du lunch-causerie du mercredi 15 octobre, Denise LeClair, entraîneuse personnelle et conseillère en nutrition au YMCA du Grand Moncton, a expliqué l'importance de se maintenir en bonne forme même pendant la retraite. Elle ajoute toutefois qu'un programme doit être adapté aux besoins et à la situation de chacun et chacune.

La rencontre avait lieu au restaurant Garden Breeze, à Dieppe.

Parmi les avantages et les bienfaits de s'exercer, Mme LeClair précise qu'un programme peut, entre autres, diminuer les chances de développer le diabète de type 2, contribuer à réduire la haute pression et le taux de cholestérol, augmenter les chances de survie à une crise cardiaque, améliorer l'équilibre et ainsi réduire les chances de faire des chutes.

Somme toute, dit-elle, un programme améliore la qualité de vie et réduit les risques de maladies.

L'intérêt pour le sujet était manifeste, le lunch-causerie se déroulant sous forme d'échange ce qui a permis aux quelque 25 participant.e.s de poser plusieurs questions tout au long de la présentation.

Denise LeClair



Use it or lose it

A physical fitness program can improve one's quality of life and even help avoid getting hurt or at least reduce consequences of getting hurt.

At the Wednesday, October 15th, luncheon conference, Denise LeClair, a personal trainer and nutrition consultant at the Greater Moncton Y, explained the importance of remaining physically fit even after retirement. She added that programs need to be adapted to one's needs and situation.

The luncheon was held at the Garden Breeze restaurant in Dieppe.

Speaking on the advantages and benefits of exercising, Mrs. LeClair explained that a program can, among other things, reduce the chances of developing type 2 diabetes, help lower high blood pressure and cholesterol levels, increase one's chance of survival after a heart attack, and increase balance and reduce the risk of falling.

In other words, the speaker said that a fitness program improves the quality of life and reduces the risk of disease.

The 25 participants found the topic quite interesting since the presentation was more of an exchange where everyone felt free to ask questions at any time.

Moncton - Dates à retenir :

Le jeudi 4 décembre 2014 : party de Noël au Club de curling Beauséjour, rue Essex.

Le mercredi 28 janvier 2015 : Le fiscaliste *Doug Northrup* traitera des questions relatives aux impôts personnels lors du lunch-causerie au restaurant *Garden Breeze* situé à l'angle des rues Paul et Kennedy à Dieppe. Cette présentation aura lieu en anglais.

Le mercredi 18 mars 2015 : thème provisoire du lunch-causerie – qu'advient-il du logement et des ressources financières d'une personne au moment de son admission dans un foyer de soins. Conférencier-ière à être déterminé.

Le mercredi 13 mai 2015 : assemblée générale annuelle. Détails à suivre.

Moncton - Upcoming events:

Thursday, December 4th, 2014: Christmas party at the Beausejour curling club, Essex St.

Wednesday, January 28th, 2015: Taxation specialist *Doug Northrup* will talk on questions relating to personal income taxes at our luncheon which will take place at the *Garden Breeze* restaurant located at the corner of Paul and Kennedy Streets in Dieppe.

Wednesday, March 18th, 2015: the suggested topic for this luncheon meeting is: what happens to one's property and finances when they are admitted to a home care center. Speaker to be confirmed.

Wednesday, May 13th, 2015: annual general meeting. Details to follow.

Charlottetown

PEI REPORT

Ian Petrie

It's the lot of we pensioners to watch our friends and former colleagues passing on, and we here on PEI have been touched by the death of Mac Campbell in early November. BUT we did one thing right.

You know how so often we'll go to a wake and people will tell wonderful stories, say wonderful things about the recently departed and we all wonder why didn't we tell him or her these things while they were still with us. It's crazy. We did that for Mac. There was a benefit on October the 24th with wonderful music, memories and stories from people who knew him, a killer routine from comedian Patrick Ledwell, and much more.

(There's some of it here: <https://www.youtube.com/watch?v=6Rohg3-GKdA>)

The money raised went to the palliative care program on the Island, and the pensioners on PEI did make a contribution. I know we can never know for sure when someone is leaving us (Mac was diagnosed with esophageal cancer six years ago), but when the opportunity comes along to celebrate a life I would heartily recommend doing it while the person can enjoy it too.

There are several CBC Charlottetown employees within a few months of retirement, so the pensioners association will be getting more active. We have had some success here partnering with the staff association, and again in small locations where pensioner numbers may be small, this is a good way to stay in touch, and let those approaching retirement know about the benefits of joining the pensioners association.

Sydney

CAPE BRETON REPORT

Bill Doyle

The Cape Breton Chapter of the CBCPA has two November events.

- There will be a fall meeting on Tuesday, November 18, at the Westmount Legion. It begins at 2:00 p.m.
- The annual Christmas Dinner takes place at the Holiday Inn, Esplanade, in Sydney on Thursday, November 27. It begins at 6:30 p.m.



Our Annual General Meeting in May, was a huge success with possibly the largest attendance ever with 55 enjoying the free buffet. Part of the 55 was representative attendance by our three chapters, with 2 from Moncton and 1 each from Charlottetown and Sydney.

The agenda included the approving of the audited Financial Statement of last fiscal year along with the proposed budget for this year. Also, a proposal to retain the same auditor for this current year was approved.

There were no elections due this year, so the four Executive consisting of President John McKay, Vice-President Don Tremaine, Secretary Geoff Turnbull and Treasurer David Carr along with 6 Directors-at-Large, remain in office.

In general business discussion, John presented an update on the status of our pension fund. Despite low interest rates, the fund is in good shape, but alas, no surplus funds for distribution.

Board and General Meetings were held in May and September (Summer hiatus in July and August) to manage the ongoing affairs of the Region; two items among many were the change of our bank account from RBC to Scotiabank and the finalising of plans for our Christmas Dinner.

Our Christmas dinner is being held on 03 December at our usual location, the Legion on the corner of Hillcrest and Main, in Halifax. Meet and greet from 11am to noon and dinner at 12 noon. Please mark this on your calendar and make it a must...the more the merrier.

The turkey dinner is free to members and their spouse or friend. Additional guests are most certainly welcome, but with the usual charge of \$20.00 collected at the door. Along with this, there will be a "cash" bar (no free drink again this year) and, arrangements are being made for some door prizes: a plethora of grocery gift certificates along with some donated prizes. Arrangements by the very able Claire Brownell and Bert Skinner.

We are asking that you consider bringing a small gift with you for charity - maybe warm things such as a hat, or a scarf, or socks or gloves, etc. We will distribute these gifts to our worthy charities - Hope Cottage being one of them. This is entirely voluntary of course, but would be nice to be able to give some help to the needy, at this time of year. If you participate, please make sure that the items are NEW (not second hand) and not wrapped. If you bring them wrapped please have a tag indicating what is inside.

Please reply if attending with your name and how many: by phone, 902-457-1837 and leave a voice mail, or by snail mail to CBC Christmas, 413-50 Barkton Lane, Halifax, NS B3M 4H8, or if you have access to email, then cbcchristmas@aol.com will do it. All replies **must** be in by 27 November so our caterer can prepare.



Treasurer's Report - CBC Pensioners' National Association (Maritimes)

David Carr

At six months into our fiscal year, our finances are in good shape with a \$12,156.90 bank balance as of 30 September, 2014, reflecting an \$810.32 surplus for the period.

Our heaviest expenses of the fiscal year are coming up, such as Christmas Dinner, charity donations, web fees and our "over 85" contribution.

However, balanced against our predicted income, we should end up on 31 March, 2015, with the small budgeted deficit of approximately \$300.00.

David Carr
Treasurer, Maritimes.

MEMORIES

The Interview that went to hell in the first four words!

By Don Tremaine

I'm not making a claim here but I think I was the first host on Atlantic Airwaves, back when the earth's crust was cooling; if not the first, then one of them. Some shows we taped. Others were live and this was one of the latter.



Producer Marc-Andrew Cardiff informed me that today I would be interviewing Maureen Forrester who was appearing that night with the Nova Scotia Symphony. Airwaves went to air at 1:15 p.m. I was in our old studio "B" making few notes on where I'd take the interview when the producer ushered her in. Now let the record show that never before had I met someone of her standing who was more gracious, friendly and completely without any pretension, absolutely devoid of stardust!! Somehow we really connected. I told her what the first question would be (recommended for getting a smooth launch) and she said, "Take it anywhere you'd like, I'll just go with the flow."

At ten seconds to go I did what all good little broadcasters do before opening the mike; I cleared my throat loudly and vigorously, which seemed to shock her right out of her shoes. So when I pushed the mike switch to "on," the first words the audience heard were: "Don't do that ever!!!" She then realised that we were on the air and put her hand over her mouth, her eyebrows went up into her hair. I started to laugh and so did she. So when I got some sort of control of myself I said something like: "This is Atlantic Airwaves and the lovely voice you heard a moment ago, giving me a right royal rocket, belongs to Maureen Forrester, world renowned concert contralto, and please, Ms Forrester, would you explain to the audience that I didn't do something inappropriate."

She came right back and said: "Well, you did! You just committed an atrocity on your vocal cords!! If you keep clearing your throat the way you just did before we went on air, you'll have no voice at all by this time next week!" So I said, "Well, show me how to do it properly." She replied, "Now listen," - and she gave a soft little 'ahem' - "and if you have to do it twenty times, do it. No harder than that."



Bach Cantatas Website

So the entire twelve minutes was given over to "voices, the care and maintaining thereof." She had many great stories to tell, and we had a ball, and I have the fondest memories of one of Canada's truly great artists.



REJOINDRE NOTRE RÉGION PAR COURRIER, COURRIEL ET INTERNET

Courrier: Assoc. Retraités SRC (Maritimes), 413 - 50 Barkton Lane, Halifax, NS B3M 4H8

Courriel: cbcpam@gmail.com

Site Internet : Maritimes: <http://www.chebucto.ns.ca/culture/cbcpensioners/>

Page internet: section Moncton : <http://cbcpamc.yolasite.com/>

Page internet: section Charlottetown: <http://cbcpacc.yolasite.com/>

Page internet: section Sydney: <http://cbcpasc.yolasite.com/>

Page internet: section Halifax : <http://cbcpam.yolasite.com/>

Lien Internet (photos) – Maritimes: lien dans <http://www.chebucto.ns.ca/culture/cbcpensioners/>

Great West Life (GWL): www.greatwestlife.com Téléphoner au: 1 877 340-9082

Centre d'administration des pensions (CAP) Téléphoner au: 1 888 604 9258

HOW TO CONNECT WITH OUR REGION BY MAIL, E-MAIL, AND INTERNET

Postal: CBC Pensioners' Assoc. (Maritimes), 413 - 50 Barkton Lane, Halifax, NS B3M 4H8

E-Mail: cbcpam@gmail.com

Internet : Maritimes: <http://www.chebucto.ns.ca/culture/cbcpensioners/>

Website: Moncton Chapter: <http://cbcpamc.yolasite.com/>

Website: Charlottetown Chapter: <http://cbcpacc.yolasite.com/>

Website: Sydney Chapter: <http://cbcpasc.yolasite.com/>

Website: Halifax Chapter: <http://cbcpam.yolasite.com/>

Internet (photos) – Maritimes: link from <http://www.chebucto.ns.ca/culture/cbcpensioners/>

Great West Life (GWL): www.greatwestlife.com Telephone: 1 877 340-9082

Pensioners Administration Center (PAC) Telephone: 1 888 604 9258



Christmas Dinner / Souper de Noël

Moncton:

Jeudi 4 décembre à partir de 17 h accueil: souper à 18 h.

S.V.P. Réserver d'ici le vendredi 28 Novembre

Pour réserver, téléphoner à : Sylvie St-Onge 506-383-8653 ou

envoyer un courriel à Ronald Cormier, rcormier8563@rogers.com

Prix: **10 \$** pour les membres et leurs conjoint e s ou partenaire; **20 \$** pour les non-membres

Thursday, December 4, from 5 p.m. welcoming; 6 p.m. supper

Reserve By Friday Nov. 28th

To reserve, telephone: Sylvie St-Onge at 506-383-8653 or

e-mail Ronald Cormier: rcormier8563@rogers.com

Price: **\$ 10** for members and their spouse or partner; **\$ 20** for non-members

Sydney:

The annual Christmas Dinner takes place at the Holiday Inn, Esplanade, in Sydney on Thursday, November 27. It begins at 6:30 p.m.

Halifax:

Wednesday, December 3. Cash Bar opens 11:00 a.m. for a Meet and Greet. Dinner at noon.

Royal Canadian Legion, 50 Hillcrest Avenue (at Main Street), Halifax.

The dinner is free to members and their spouse or companion. Extra guests are most welcome, but with the usual fee of **\$20.00** each. (**cash please**). Door prizes.

To reserve, please reply by November 27 with your name and how many are coming to:

Postal: 413-50 Barkton Lane, Halifax, NS B3M 4H8

Phone: 902-457-1837

E-Mail: cbcchristmas@aol.com

Season's Greetings & Happy 2015!

Your CBCPAM Newsletter crew / Votre équipe de rédaction

Claire Brownell
David McClafferty

David Carr
John McKay

Bill Doyle
Ian Petrie

Jackie Fitzmorris
Geoff Turnbull

Don Langis
Mary Wilcox

Please contact us with your story suggestions or items for inclusion in Station Break/Pause-indicatif:

Mary Wilcox marywilcox@eastlink.ca

This is the sixth issue of the CBCPAM regional newsletter. We welcome comments, suggestions for future items, and contributions.

Mary Wilcox marywilcox@eastlink.ca

Postal: CBC Pensioners' Assoc. (Maritimes),
413-50 Barkton Lane, Halifax, NS B3M 4H8

Voici le sixième numéro du bulletin régional des Maritimes. Nous aimerions lire vos commentaires, vos suggestions d'articles futurs et vos contributions.

Mary Wilcox marywilcox@eastlink.ca

Adresse postale: Assoc. des retraités SRC(Maritimes)
413-50 Barkton Lane, Halifax, NS B3M 4H8