

Station Break / Pause-indicatif

CBC Pensioners Association
Maritime Region Newsletter

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

Fall / automne 2016

PRESIDENT'S BULLETIN

RAPPORT DU PRÉSIDENT



John McKay

Notes from Halifax:

Halifax monthly meetings restarted in September after the summer hiatus. The count at most meetings is still about 35 to 40 CBC pensioners. But keep in mind that we would welcome any and all members to attend our lunch meetings. They are held on the first Wednesday of the month at the Legion Branch 142 Halifax on Main Ave, Fairview.

Looking back at the May Annual General Meeting, Doug Kirkaldy was elected to the board. Doug joined the group after recently retiring from teaching Journalism at University of Kings College. Earlier in his career he worked in various CBC news rooms, including Ottawa and Toronto.

The board is now quite diverse with Lorne Izzard, former local CMG President; Barb Service, widow of Nigel Service; Olga Milosevich, former member of the Halifax announce staff, and now Doug.

It is difficult to imagine that the annual Christmas Dinner is only weeks away. The event is usually our best-attended gathering of the year. Mark December 7th on your calendar and make sure you reserve a seat. This is an open invitation to all members to join us in December for a Christmas turkey dinner. The only prerequisite is to inform Treasurer David Carr of your intentions so he will know the numbers to expect.

Over the summer we had an interesting money situation arise. One of our associate members, the late Harry Roberts, left a \$500 bequest to CBCPAM in his will. There has been a discussion about what to do with the money. Several people spoke in favour of widows and widowers, and a consensus seemed to develop in favour of the idea that we use the money in support of our own members who might be in need. The board is taking that direction into account and will finalize a plan. In the meantime, the treasurer has set aside the \$500 until a plan is in place.

Recruitment is an ongoing issue and is continually on the Board's agenda. In Halifax, there are three members who regularly check the local unions as well as the CBC for prospective members. We continually stress the importance of recruitment to the Chapters. Sometimes it does pay!

On the National agenda, the move to improve the SHCP (Supplemental Health Care Plan) has been started. George Mount (Halifax) has agreed to serve as the Atlantic representative. In October, there was a National meeting in Ottawa and several changes were discussed. This is a very large and complex undertaking and there probably will be public discussions later in 2017.

Quelques bribes de Halifax:

Les réunions mensuelles ont repris à Halifax en septembre après avoir fait relâche pendant la période estivale'.

La plupart de nos réunions attirent en moyenne entre 35 et 40 retraité.e.s. Il nous ferait grand plaisir d'accueillir tous les membres à ces déjeuners qui ont lieu le premier mercredi du mois à la Légion canadienne, filiale Halifax 142, située sur l'avenue Main, à Fairfax.

À notre dernière assemblée générale annuelle, Doug Kirkaldy a été élu au bureau de direction. Avant de prendre sa retraite et joindre l'association, Doug était professeur de journalisme à l'Université de Kings College. Il avait précédemment occupé des postes dans plusieurs salles de nouvelles de la CBC, dont celles d'Ottawa et de Toronto.

Il y a maintenant une certaine diversité au sein de la direction avec l'arrivée de Lorne Izzard, un ancien président local de la Guilde des médias; Barb Service, veuve de Nigel Service; Olga Milosevich, ancienne annonceur-maison à Halifax, et maintenant Doug.

Il est difficile de croire qu'il ne reste que quelques semaines avant le dîner annuel de Noël à la dinde. C'est habituellement l'activité la plus fréquentée de l'année. Tous les membres y sont invités. Inscrivez le 7 décembre à vos agendas et assurez-vous de réserver votre place en donnant votre nom à notre trésorier David Carr, ce qui lui permet de connaître le nombre de participants.

Nous avons eu une belle surprise au cours de l'été. Un de nos membres associés, feu Harry Roberts, a légué 500 \$ à la section des Maritimes de l'Association des retraités de la SRC. Des discussions ont eu lieu sur la disposition de ce legs. Plusieurs ont suggéré de l'utiliser pour venir en aide aux veufs et aux veuves et on semble être arrivé à un consensus voulant qu'elle serve à venir en aide à nos membres nécessiteux. Le bureau de direction a retenu cette idée et doit finaliser un plan. Entre temps, notre trésorier a mis ce 500 \$ en réserve jusqu'à ce que ce plan soit finalisé.

Le dossier du recrutement ne cesse de retenir notre attention et est toujours à l'ordre du jour du bureau de direction. À Halifax, trois membres communiquent régulièrement avec les syndicats locaux et la direction de la CBC pour recruter d'éventuels membres. Parfois ça donne des résultats.

Au niveau national, les travaux en vue d'améliorer le régime supplémentaire d'assurance-santé sont commencés. George Mount (Halifax) a accepté d'agir comme représentant des provinces de l'Atlantique.

PRESIDENT'S REPORT – 2

Moncton:

Local activities resumed in October and the first of four luncheons was set for Wednesday, October 19th. Followed by the annual Christmas party to take place on Thursday, December 1st. Moncton's AGM is scheduled for Wednesday, May 24th and once again the annual lobster party is on the Moncton spring agenda.

The Moncton group keeps working on recruitment. An ad hoc committee was formed and contacted a number of retirees by mail and followed up with calls, but the results were disappointing. The difficulties are the usual: obtaining names of retirees from the Corporation and then making retirees understand the importance of the association. The committee has scheduled meetings with the local union representatives in hope of opening a line of communication which might be another avenue to reveal names of upcoming retirees.

CAPE BRETON :

Cape Breton had a meeting mid-November and are now planning the annual Christmas dinner for early December. At the spring meeting, a number of members expressed discontent with the supplementary health plan. They felt they weren't getting any real value from it.

Cape Breton continues to lose chapter members as many pensioners move off-island to be with adult children who have moved away to find work. Unfortunately, the local CBC has been reduced to about 26 people. There is little hope of replenishing retiree memberships from the diminishing pool! Recruitment is not really an issue.

PEI:

There appears to be a good relationship with the local CBC and there have been some sharing of ideas and expenses. Kathy Large and Linda Young are working on a lunch meeting for December 3rd. There will be a representative from Halifax in attendance.

We wish you all the best for the holiday season and hope that the winter facing us will be a mild and maybe snow-less one!



RAPPORT DU PRÉSIDENT – 2

Plusieurs changements ont été discutés lors d'une rencontre nationale en octobre. Il s'agit d'un projet vaste et complexe. Il y aura probablement des consultations plus tard l'an prochain.

Moncton:

Les activités locales ont repris en octobre. Le premier déjeuner-conférence a eu lieu le mercredi 19 octobre. Le dîner de Noël aura lieu le jeudi 1^{er} décembre. L'AGA est prévue pour le mercredi 24 mai et encore une fois, il y aura un party annuel de homard au printemps.

Le groupe de Moncton poursuit ses efforts de recrutement. Un comité ad hoc a été mis sur pied et a envoyé à plusieurs retraités des lettres d'invitation qui ont été suivies d'appels téléphoniques, mais les résultats déçoivent. Les difficultés sont toujours les mêmes : obtenir les noms des retraités de la Société et faire comprendre aux retraités l'importance de l'association. Le comité prévoit une réunion avec les représentants syndicaux dans le but d'établir une ligne de communication qui pourraient servir à obtenir les noms des futurs retraités.

Cap-Breton:

Le groupe du Cap-Breton a tenu une réunion à la mi-novembre et prévoit un dîner de Noël au début décembre. À la réunion printanière, plusieurs membres ont fait connaître leur mécontentement vis-à-vis le régime supplémentaire d'assurance-santé. Ils estiment ne pas en avoir pour leur argent.

La section du Cap-Breton continue de perdre des membres puisque plusieurs retraités quittent l'île pour rejoindre leurs enfants qui ont dû déménager pour se trouver un emploi. De plus, il ne reste malheureusement que 26 employés dans la station locale. Une telle réduction écarte tout espoir d'augmenter le nombre de membres. Le recrutement n'est plus une priorité.

Ile-du-Prince-Edouard:

Il semble y avoir un bon esprit d'entente entre les retraités et la station locale. Il y a eu échange de suggestions et partage de dépenses. Kathy Large et Linda Young prévoient un déjeuner le 3 décembre. Un représentant de Halifax s'y rendra.

Nous souhaitons à chacun et à chacune nos vœux les plus sincères pour la saison des fêtes et aussi un hiver doux avec peut-être moins de neige!

Personne n'est à l'abri du cancer : il est présent chez soi, notre parenté, nos amis ou encore nos collègues de travail. C'est un mot émotionnellement chargé. Son annonce bouleverse une vie dans une fraction de seconde : tout change dans nos relations, notre travail, nos loisirs. Habitué à vivre avec une certitude, il est un moment de perte de confiance dans notre santé et notre corps.

Voilà le thème de la présentation de Marie-Ève Gagnon, psychologue au Centre d'oncologie Dr-Léon-Richard du CHU Dr-Georges-L.-Dumont au cours du déjeuner-causerie de la mi-novembre.

Les réactions à l'annonce diffèrent d'une personne à l'autre. Il y a d'abord l'état de choc quasi universel, l'incrédulité, le pire scénario et le déni. Le cerveau a besoin de temps pour décortiquer le message. Suivent les réactions émotives : l'anxiété, la colère, le désespoir, la question de mortalité, le pourquoi moi. On essaie de comprendre.

Mme Gagnon souligne qu'il est sain de vivre toutes ces émotions : elles font partie de l'adaptation. L'important c'est de ne pas y rester. Il est tout à fait normal de pleurer, mais il faut tenter de vivre en douceur à travers l'épreuve, d'être bon envers soi-même.

Les proches vivent souvent plus de stress : ils vont même se distancer de la personne atteinte, ne sachant pas comment réagir. L'important c'est d'être à l'écoute de l'autre.

Plus tôt, une vingtaine de membres avaient participé à la première rencontre de l'automne à la mi-octobre. Pour cette occasion, la formule se limitait à un simple déjeuner.

Dans un tout autre ordre d'idées, rappelons que le souper de Noël aura lieu le jeudi 1^{er} décembre au Club de curling Beauséjour, à l'angle des rues Essex et Lockhart. L'accueil se fera dès 17 h puis suivi du souper à 18 h.

D'autres dates à retenir : deux autres déjeuners-conférences sont prévus pour le printemps : le premier le mercredi 29 mars et le deuxième, le mercredi 26 avril. L'Assemblée générale annuelle AGA aura lieu le mercredi 24 mai. La date du souper annuel au homard n'a pas encore été arrêtée.

À sa réunion de septembre, le bureau de direction a discuté des difficultés encourues dans le recrutement de nouveaux membres. Le comité ad hoc responsable de ce dossier a envoyé des lettres d'invitation à plusieurs retraités et les a par la suite joints au téléphone. Quoique les retraités joints signifient leur intention de joindre l'association, ils ne semblent pas prêts à passer à l'action. Selon le comité, les non membres ne semblent pas comprendre l'importance d'avoir une association forte pour protéger leurs intérêts. Le comité trouve également difficile d'obtenir les noms des retraités en raison de la *Loi sur la protection de la vie privée*. Il doit se réunir prochainement pour reprendre son travail.

Depuis la dernière édition de *Pause Indicatif*, deux membres nous ont quittés : Ronald Babin, ancien chef de production, en juin dernier, et Denise Thellab, du secteur des finances, en octobre.

le 16 novembre 2016

No one is safe from cancer: it could affect me, my relatives, my friends or my co-workers. It's an emotionally charged word. It can upset your life in a fraction of a second: everything changes in our relationships, our work, our leisure. Accustomed to living in certainty, it can make us lose confidence in our health and bodies in a blink of the eye.

The mid-November luncheon guest speaker was Marie-Ève Gagnon, psychologist at the Dr.-Leon-Richard Oncology Center of the Dr.-Georges-L.-Dumont UHC.

Reactions differ from one person to the other. There is the universal state of shock that affects just about everyone, the disbelief, the worst case scenario and denial. The brain needs time to process the message. Then the emotional reactions set in: anxiety, anger, desperation, the question of mortality, the 'why me'. One tries to understand.

Mrs. Gagnon explained that it is healthy to go through such emotions: they are part of the adaptation process. The important thing is not to remain fixated in that state. Crying is normal, but one needs to take it easy when going through such an ordeal, to be kind to oneself.

Relatives are often stressed in these times: they will even distance themselves, not knowing how to react. The important thing is to be attentive to the other person.

Some 20 members attended the mid-October luncheon held without a guest speaker.

On an entirely different subject, don't forget the Christmas supper which takes place on Thursday, December 1st, at the Beausejour Curling Club, at the corner of Lockhart Avenue and Essex Street. It begins with a meet and greet at 5:00 p.m., followed by supper at 6:00 p.m.

Two luncheons are planned in the New Year: both on Wednesdays, the first on March 29th, the other on April 26th. The annual general meeting AGA takes place on Wednesday, May 24th. The date for the annual lobster supper has not been confirmed.

At its September meeting, the executive discussed how difficult it is to recruit new members. The Ad Hoc Committee mailed out a number of invitations to join the association and followed up by reaching the retirees by phone. In each case, the retiree showed interest in joining the association but did not follow up. The committee feels that non-members don't realize the importance of having a strong association to protect their interests. The *Personal Information Protection Act* makes it difficult to obtain the names of the retirees. The committee is set to resume its work shortly.

Since the last edition of *Station Break*, two members have passed away: Ronald Babin, production manager, in June, and Denise Thelab, finance department, in October.

November 16th, 2016

Charlottetown

PEI REPORT

Kathy Large

CBC Pensioners in Prince Edward Island are invited to gather for a festive lunch on **Saturday, Dec. 3rd at 12 noon** at the **Inn on the Hill** in Charlottetown. This is the first social occasion for the group in a number of years so the organizers are hoping for a strong turnout.

The menu will be a hot roast turkey dinner and dessert. Lunch is provided compliments of the Association. Each member is invited to bring one guest. It will be a chance to see old friends and also catch up on the work the CBC Pensioners National Association. Maritime branch president John McKay will be the special guest. He is preparing an update from a recent board meeting and will be open to any questions that pensioners have about the Association and the benefits offered to members.

The Association is also hoping to make contact with CBC pensioners or surviving spouses in PEI who haven't joined the organization. Anyone in that category is warmly invited to join us for this luncheon to learn more.

For more information and to RSVP for the luncheon, please contact Kathy Large by email at largekathy22@gmail.com or by phone 902-394-4966.

Sydney

CAPE BRETON REPORT

Bill Doyle

On July 13, in a ceremony at Pier 21 in Halifax, Governor General David Johnston presented former radio technician Paul Young with a Meritorious Service Award. It was in recognition of his advocacy for people with disabilities. Paul was featured in the spring edition of the newsletter.

This summer, 95-year-old Iver Gillis, former transmitter supervising technician, shot his age - twice - on the 18-hole Lingan golf course in Sydney. Although he put away his clubs for the winter, Iver plays three times a week during the summer. Next year's goal is to break 90. Iver continues his active life as a community volunteer, although he admits that in winter he doesn't shovel as much snow as he used to.

Peter Kavanagh, who started his career as a radio producer at CBC Cape Breton before moving to network shows Sunday Morning and the Journal, among others, died of complications from cancer on September 7. He was 63. Among the notable achievements in his distinguished career, Peter introduced the idea for Canada Reads.

The annual dinner for members of the Cape Breton Chapter of the CBCPNA will be held at the Sydney Holiday Inn on Thursday, December 1, at 6:00 p.m.

Halifax

NOVA SCOTIA REPORT

Geoff Turnbull

The late Harry Roberts left a 500 dollar bequest to us in his will, and there was much discussion about what to do with it. It was suggested we use the money in support of our own members who are in need. The board will take that into account and come up with a plan. If you have any ideas, please pass them along to John McKay or another board member.

Debra Alves told the national AGM the pension plan returned 9.4 per cent last year during a year of market volatility and poor returns for many other plans.

The Employee Assistance Plan has undergone constitutional revisions, and there was some concern at one point that the Pensioners' Association might be left out in the cold. In the end, all we had to do was agree to pay our own representative's expenses to two annual meetings and we retained our seat and our voice.

The Second Spouse Initiative has done well. The committee, which is fighting to grant pension benefits to surviving spouses of CBC pensioners who were married after the member took retirement, has joined forces with the public service sector, the armed forces and the Mounties and have also found an MP willing to help shepherd amendments through the House.

In the new year, we will need to find someone to make lunches for our meetings. Barb Boudreau, who has looked after us for years, retires in December after the Christmas dinner. We are working on it.

There has been a lot of discussion about the need to sign up newly retiring members and those who have declined to join yet. We are hobbled by the corporation's refusal to tell us who is retiring and when, so we are often left floundering when we try to track folks down.



TREASURER'S REPORT - CBC Pensioners' National Association (Maritimes)

David Carr

30 September, 2016

At the half-way point of our fiscal year, black is the definite tone of our finances.

The 15/16 audited Financial Statement was approved by the Annual General Meeting in May/16, along with the budget for this fiscal year.

As of 30 September/16, the bank balance stood at \$13,477.47, reflecting a surplus of \$1,494.71.

Heavy expenses are coming up however in the next few month, notably Christmas Dinner, Charities, equipment and, our annual share to the 'over-85' programme.

We remain on track however, to ending the fiscal year on 31 March/17 with a small surplus of \$163.00.

If anyone would like more information and/or a copy of the audited statement, please contact me at financialwonk@aol.com or 902-457-1837 (which has a voice mail) or at 413-50 Barkton Lane, Halifax, NS B3M 4H8

Respectfully,
David Carr, Treasurer (Maritimes)

Rapport du trésorier

le 30 septembre 2016

David Carr

À la mi-chemin de notre exercice financier, le noir est la couleur définitive de nos finances. L'assemblée générale annuelle a approuvé, en mai 2016, nos états financiers vérifiés pour la période 2015-2016, ainsi que le budget pour la présente année financière.

Au 30 septembre 2016, nous avons un solde bancaire de 13 477,47 \$, soit un surplus de 1 494,71 \$.

D'importantes dépenses sont toutefois à prévoir au cours des prochains mois, notamment le dîner de Noël, les dons de charité, des équipements et notre part au programme annuel pour les 'plus de 85 ans'.

Nous sommes dans la bonne voie et prévoyons finir l'année financière au 31 mars 2017 avec un léger surplus de 163,00 \$.

Si vous désirez plus d'informations et/ou une copie de nos états financiers vérifiés, prière de communiquer avec moi par courriel à financialwonk@aol.com ou en composant le 902-457-1837 (numéro doté d'une boîte vocale) ou en vous rendant au 413-50 Barkton Lane, Halifax, NE B3M 4H8

Respectueusement
David Carr, trésorier (Maritimes)



Christmas Dinner / Souper de Noël

Moncton:

le jeudi 1er décembre au club de curling Beauséjour, angle de la rue Essex et de l'avenue Lockhart. Accueil à 17 h suivi du souper à 18 h.

Réserver avant 17 h le lundi 28 novembre en communiquant avec Ronald Cormier au 383-8563 ou par courriel rcormier8563@rogers.com

Prix : 12 \$ pour les membres et leurs conjoint.e.s ou partenaires et 24 \$ pour les non-membres.

Thursday, December 1st, at the Beausejour Curling Club, corner of Essex Street and Lockhart Avenue. Welcoming at 5:00 p.m. followed by supper at 6:00 p.m.

Reserve by 5:00 p.m. on Monday, November 28th.

To reserve call Ronald Cormier at 383-8563 or send an e-mail to rcormier8563@rogers.com

Price: \$12 for members and their spouse or partner; \$24 for non-members.

Charlottetown: festive lunch, **Saturday, Dec. 3rd at 12 noon at the Inn on the Hill** in Charlottetown

Information and RSVP to Kathy Large: largekathy22@gmail.com or phone 902-394-4966.

Sydney:

Christmas Dinner will be held at 6 p.m. at the Sydney Holiday Inn on Thursday, December 1.

Halifax:

Wednesday, December 7. Meet and Greet opens at 11:00 a.m. Cash bar. Turkey dinner at noon. Royal Canadian Legion, 50 Hillcrest Avenue (at Main Street), Halifax.

The dinner is free to members and one guest. Additional guests are welcome, at \$20.00 cash.

Door prizes. There will be tickets for the draw. Additional donated prizes will be most welcome. We are collecting items for charity and invite you to bring a small gift such as gloves or scarfs or woolly hats...something warm and useful. A small cash gift in lieu would also be most welcome. Gifts should not be wrapped but just brought in in a plastic bag or something.

To reserve, please reply by November 30 with your names and how many are coming to David Carr

Phone: 902-457-1837 (voice mail)

E-Mail: financialwonk@aol.com

Last Winter in Italy

by Kathy Large

A recent series of messages I exchanged with another CBC retiree has brought back a flood of memories from my winter in Italy. The questions came fast and furious – how did I get there, where did I live, how much did I budget per month and what was the weather like? It made me realize that others probably have all those same questions as they plan their own retirement travel.



Eating lunch in Piazza Navona

I am sure many people who leave the CBC with a pension feel the wonderful sense of release that I did. Suddenly, life starts over again after years of an intense career where almost every day was filled to overflowing with demands and uncertainty. I made plans to move home to PEI and live in a summer house that my ex-husband and I had built in the late 1980's. But it sits on a long country lane which opens onto a quiet dirt road which isn't plowed in the winter. So, I needed a plan about what to do for the winter.

I decided what has been missing from my life is big "C" culture – art galleries, museums, theatre and opera as well as the new experiences that can only be found in big cities. Coupled with the fact that I had been taking Italian lessons for several years, Rome seemed the perfect destination.

I had the guidance of another CBC retiree couple to help me out with the planning. Derek and Barbara Kennedy have made Rome their second home in recent years and they were more than willing to share their enthusiasm for its pleasures.

Months in advance of my departure, I was lucky enough to have Barbara vet an apartment for me. It is located in Trastevere, a wonderful neighbourhood near the centre of the city but self-contained with restaurants, grocery stores, open markets and dozens of historical sites. The apartment was listed on a helpful website called Sabbaticalhomes.com which has properties available for longer term stays. I made contact with the two American university professors who own it and booked it from Jan. 7th to late April. The costs are comparable with most I've seen for sun destinations in the US or Caribbean. What I didn't count on was a falling value of the Canadian dollar. Hard lesson learned. I could have avoided the extra expense if I paid the full rent up front but I didn't want to take that chance, sight unseen. So I was paying month by month through wire transfers. (Another unknown factor? There were major renovations going on in the apartment above me for several weeks. There was nothing I could do about the noise except get going early – or put on my headphones during working hours.)

With such an adventure ahead of me, I spread the word to my family and friends that I would have an extra bed in Rome anytime they wanted to visit. And they responded. I soon had visits arranged with a French exchange student who had lived with me in Halifax and his wife, an old college friend I hadn't seen for years, my sister and her husband, my daughter with the slate finished off by a friend of my daughter. Each visitor brought different interests with them.

I attended a cutting edge version of "The Barber of Seville" in Rome's best opera house, cheered on the city's favourite soccer team "Roma" at the Stadio Olimpico, travelled to Firenze to see the incredible art collection at the Uffizi Gallery, and spent Good Friday evening at the Colosseum with Pope Francis and thousands of Romans. I took a train to Naples which races down the tracks at up to 285 kilometres per hour. In sharp contrast, we were on our way back in time to see Pompeii. Those are just a few of the highlights. I also attended a Scottish church, helping with community projects including taking part in a food drive for Rome's food banks.

When I was on my own, I loved the quiet days of walking through ancient cobblestone streets, shopping for fresh food and reading. I lived a fifteen minute walk from one of the city's greatest look-outs - Janiculum Hill. The treasures of the Vatican were a twenty minute walk in another direction.

Most of the time, I cooked for myself. Shopping was easy with lots of choices nearby. I didn't keep records but I am quite certain I spent less on food in Rome than I do in PEI. And wine was everywhere and served at any time of day. Everyday wine is 5 Euros or less a bottle; superior quality only 10-15 Euros. Public transportation around the city is easy to use, reliable and inexpensive. Restaurants come in every variety. I will never forget a decadent item called suppli – which are served at pizza counters. You would be ashamed to eat this in North America since we are so careful of calories. It is a piece of cheese surrounded by rice moulded together with flavourful tomato sauce, then dipped in bread crumbs and deep fried, so the cheese comes out as a little surprise of melted strings when you bite into them. Delicious!

I made a budget of what I could afford and stayed within it. I can't say I could live just on my monthly CBC pension. But using savings to supplement for travel costs and the extra for rent, it felt very comfortable. I spent a similar amount of money or less in Rome as in Canada on things like haircuts and clothing and movies and books.

My one regret is that my ability to speak in Italian is pretty rudimentary. Eventually, I started going to a language coach that Barbara had referred me to. She quickly diagnosed one of my main problems. The classes I attended in Halifax were meant for people with a casual interest in the language. Our instructors didn't impose any strict memory work on us. So I arrived in Italy not knowing the 100+ irregular verbs and how to use the various tenses. Maria Grazia demanded more and I feel I made some progress in our few short weeks together. She charged me a "friends and family" rate of only 20 Euros for an hour and a half of one on one conversation and coaching. A visitor can do all the things you need to do without speaking Italian. But I would have preferred to be able to chat with more Romans about their fabulous city in their own language.



One of the many bridges over the Tevere River which runs through the centre of Rome

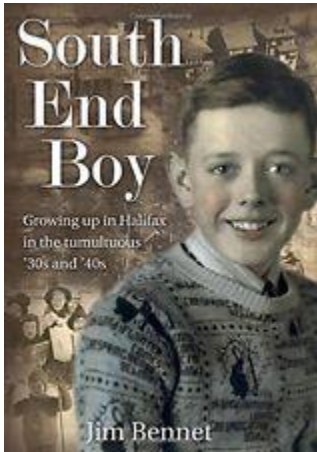
Oh, and the weather? Romans described it as a mild winter with hardly any rain. And I would have to agree. Many afternoons even in January were warm and sunny with buskers out on the sidewalks and people enjoying outdoor cafes with temperatures in the mid-fifties. By mid-February the days were getting even warmer. In March, we had a bit of rain

but lots of sun as well with temperatures inching up to the sixties. By April, it felt like summer in PEI with temperatures in the 70's for most of the month.

I plan to go back to Rome sometime. But this year I am setting out on a new adventure to another big city. My daughter lives on Long Island so I will be staying a half hour train ride from Pennsylvania Station and plan to explore Manhattan with the same curiosity I did in Rome. And suffer through another winter with a weak Canadian dollar, no doubt!



Don Tremaine on



South End Boy

Growing up in Halifax in the
tumultuous '30s and '40s

by

Jim Bennett

"Drinking Black Rum and Eating Blueberry Pie," written and performed by Jim Bennett just about 35 years ago when he was co-host and featured performer on CBC Halifax's **Singalong Jubilee**, I always thought that should have been declared the Nova Scotian Provincial Anthem!

Jim and I have been friends and colleagues for elephant's years and I have always been aware of his exceptional writing ability. Poems, songs, letters, etc., he now has a book out that is a chronicle of his life through the 30s and 40s as a "South End Boy." If you'd like a look at Halifax back then, get a copy. It's a truly great read.

After I'd read it, we were surprised at the instances when we'd be within a block of each other and never knew of the other's existence. That was the case during the Royal Tour of 1939, with our grandparents and parents giving the impression that God and Mrs. God were among us. Six years later, we were seeing the sights around the V-E Day riots. We remembered the beer running down Spring Garden Road and drunken sailors prancing around in it. The lads and lasses of the RCN unwittingly giving everyone Lesson One in Sex Education (my eyebrows didn't come down for a week!)

We each started our careers at CBC Sydney and lived through the start-up of CBC television. If there were in fact none of that, "A South End Boy" is a vivid word picture of Halifax and the people who made it tick back in Jim's Good Old Days. Highly recommended.



There are a couple of other books written by CBC pensioners.

Frank Cameron's "I Owe It All to Rock and Roll (and the CBC): A Memoir" that reviewer Stephen Cooke said reads like a crash course in pop culture and broadcasting history in the Maritimes. We expect to have a report on Frank's book in our spring newsletter.

The late Bill Harper, a former news producer and director in Halifax, wrote "A Picture by Christmas," his account of the demands and difficulties of starting CBC television in the Maritimes



CBC PENSIONERS NATIONAL ASSOCIATION: GREAT REASONS TO BE A MEMBER

WE ARE YOUR VOICE...

The CBC Pensioners National Association is the sole unified voice advocating on your behalf – with the CBC, with government and in the national community of retirees.

- Thanks to the vigilance and determination of the CBCPNA and its members, we have an agreement with the CBC for sharing surpluses in the Pension Fund – a significant benefit for both today's pensioners and those who will follow us. There is power in numbers.
- The CBCPNA is a strong and effective advocate in the ongoing quest for improved survivor benefits, equitable treatment of same sex partners and the extension of survivor benefits to spouses or partners married after retirement.
- The CBCPNA regularly monitors and participates in the governance of the Supplementary Health Care Plan, helping to assure rates are controlled, services are maintained, and benefits are appropriate to the needs of the membership.
- The CBC recognizes the CBCPNA as the vehicle for appointing pensioners' representatives to critical corporate committees – overseeing the investment of our pension funds by the Pension Board of Trustees, defending pensioners' interests on the Consultative Committee on Staff Benefits and assuring needed services to retirees by the Employee Assistance Plan. Surveys of our membership have repeatedly cited this diligent advocacy as the first and most important benefit of membership in the Association.

WE OFFER YOU SUPPORT....We provide knowledgeable telephone support / advocacy and website information to members about the pension plan, the Pension Administration Centre, health care benefits, the special assistance fund and a wide range of retirement issues. Our National Office is a great source of information and advice. We can be reached by phone, letter or email.

WE KEEP YOU IN TOUCH....Our regional groups organize numerous social events promoting contact with other CBC retirees. National and regional newsletters provide members with pension and retiree news allowing members to keep in touch.

L'ASSOCIATION NATIONALE DES RETRAITÉS DE LA SRC: D'EXCELLENTE RAISONS DE DEVENIR MEMBRE

NOUS SOMMES VOTRE VOIX...

L'Association nationale des retraités de la SRC est la seule voix unifiée qui défend vos intérêts auprès de Radio-Canada et des gouvernements, et au sein de la communauté nationale des retraités.

- Grâce à la vigilance et à la détermination de l'ANR et de ses membres, nous avons conclu une entente avec Radio-Canada pour le partage des surplus de la caisse de retraite – un avantage important à la fois pour les retraités actuels et pour ceux qui nous suivront. La puissance est dans le nombre.
- L'ANR défend d'une voix forte et efficace vos intérêts dans le débat en cours en vue d'améliorer les avantages pour les conjoints survivants, le traitement équitable des conjoints de même sexe et le versement de prestations aux époux ou aux partenaires post-retraite.
- L'ANR surveille la gouvernance du régime d'assurance-maladie complémentaire et y participe régulièrement, contribuant à s'assurer que les tarifs demeurent raisonnables, que les services soient maintenus et que les avantages conviennent aux besoins de ses membres.
- Radio-Canada reconnaît à l'ANR le droit de nommer des représentants des retraités à d'importants comités qui supervisent notamment le placement de nos fonds de retraite par le Conseil de fiducie de la Caisse de retraite, défendent les intérêts des retraités au Comité consultatif sur les avantages sociaux et assurent la prestation des services nécessaires aux retraités par le Programme d'aide aux employés. Les sondages auprès de nos membres ont constamment cité cette défense diligente de nos intérêts comme le plus important avantage de faire partie de notre Association.

NOUS VOUS OFFRONS DU SOUTIEN...Nous offrons aux membres un soutien téléphonique bien informé, la défense de leurs intérêts, ainsi que des renseignements par l'intermédiaire de notre site Internet sur le régime de retraite, le centre d'administration des pensions, les avantages médicaux, le Fonds d'aide spécial et un vaste éventail d'enjeux concernant la retraite. Notre bureau national est une excellente source

WE OFFER YOU ACCESS TO SPECIAL PRODUCTS AND SERVICES....Our members have unique access to home, auto and travel insurance plans designed for retirees and very competitively priced. We continue to seek out opportunities to add to our inventory of affinity programs.

AND MEMBERSHIP IS A GOOD INVESTMENT....The CBCPNA's important work is funded by low monthly membership dues - just 0.32% of a member's gross pension payment. For every \$1,000 of monthly pension, a member would contribute \$3.20. Thanks to an agreement we've negotiated with the CBC, your dues are conveniently deducted at source.

To contact us call 1-877-361-9242 or visit www.cbcpensioners.ca.



d'information et de conseils, accessible par téléphone, par courrier ou par courriel. with national issues and with each other.

NOUS VOUS PERMETTONS DE RESTER EN CONTACT...Nos groupes régionaux organisent une foule d'activités sociales qui favorisent les contacts entre retraités de Radio-Canada. Des bulletins d'information national et régionaux fournissent aux membres des nouvelles sur les pensions et sur les retraités qui leur permettent de se tenir au courant des enjeux nationaux et de rester en contact les uns avec les autres.

NOUS VOUS OFFRONS ACCÈS À DES SERVICES SPÉCIAUX....Nos membres ont accès unique à des régimes d'assurance habitation, automobile et voyage conçus pour les retraités à des prix compétitifs. Nous continuons à chercher des occasions d'ajouter à nos programmes privilège.

ET DEVENIR MEMBRE EST UN BON INVESTISSEMENT....Le travail important de l'ANR est financé par de faibles cotisations mensuelles, soit seulement 0,32 % du montant brut de la pension des membres. Ainsi, pour chaque 1 000 \$ de pension mensuelle, le membre paye 3,20 \$. Pour plus de commodité, grâce à une entente négociée avec Radio-Canada, votre cotisation est déduite directement à la source.

Pour vous joindre à nous, téléphonez au 1 877 361-9242 ou visitez notre site Internet, à l'adresse : www.retraitessrc.ca.





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 Télérer au: 1 877 340-9082

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

STAY CONNECTED

Keep your Association informed:

If you move, change your phone number or e-mail address, please make sure you notify both the National office and the Regional office of your new contact information, especially your e-mail address so we can keep in touch with you by newsletters.

Dites-le à votre association:

Si vous déménagez, changer de numéro de téléphone ou d'adresse courriel, assurez-vous d'en informer les bureaux national et régional. Votre adresse courriel nous permet de rester en contact avec vous à l'aide de notre bulletin.

national: cbcpensioners@on.aibn.com

613-724-3003

1-877-361-9242

régional: cbcpam@gmail.com

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



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

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

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