

NEWSLETTER

October 2024



The CBC Pensioners Association—National Capital and Nunavut

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? Contact Jasmine Lalonde at lalondejasmine2@gmail.com

New committee

Here is the first newsletter from our new committee. Thanks to all contributors: Odette Alie, Suzie Bougie, Elise Brunet, André Dallaire, Laurent Dupire, Pierre Labelle, Jasmine Lalonde, Marc-Philippe Laurin, Paul Morisset, Michel-Denis Potvin, Sylvie Robillard

Word from the president

I hope this newsletter finds all of you in fine shape and that you enjoyed the wonderful summer. Let's start with some pension news.



Once again, the pension fund declared a surplus for 2023. The work has begun in order to distribute approximately \$55-million which represents our share of the surplus. Meetings with the Office of the Superintendent of Financial Institutions (OSFI) were held to try and make the process for the 2023 surplus and future payouts simpler and quicker. Here is what we know.

In short, **OSFI will oblige us to go through the same process as we did for the recent 2021 and 2022 payout.** There will be the mail-out of a first notice and we will be subject to the same timelines as last time. As well, the same threshold of 2/3rds approval of all plan participants is required. Please keep an eye out for an email or mail out via Canada Post for this first notice and respond quickly. So, assuming the vote will be in the affirmative, distribution of the surplus will not likely happen until the spring of 2025.

On the positive side, OSFI has agreed that once this vote is completed, an approval will cover the next five years, so no more votes will be required for any surpluses within that period. All indications are that there will be another payout for 2024.

Recruitment of retirees and surviving spouses is still a very present and important ongoing effort at the PNA. Even though our numbers are slightly up, we do unfortunately lose many precious souls every year. May they forever rest in peace. Still, the best method has proven to be one on one contact. **So if you know a retired colleague or the surviving spouse of a retiree that are not members, reach out to them and try to convince them to join.** Here are some of the reasoning you can use:

- The CBC PNA is volunteer retirees just like YOU working as a single unified voice advocating for your rights and benefits.

(Word of president)

- The PNA is also your voice on the Benefits Advisory Committee and we are a phone call away to help you with pension, health insurance and special assistance fund issues.
- The PNA provides help and support to spouses in the event of the death of a member.
- The PNA provides information, support, activities, and social links as well as group savings at several merchants and insurers.

But in my view, this is the most important point: **the agreement with the CBC stipulates that the PNA must have more than 50% of the retirees as members to represent us. We are currently at 50.2%. We need to increase the membership; otherwise we lose our right to be represented.** We want, no, need the PNA to survive so PLEASE JOIN NOW. The cost is a mere \$3.20 per \$1,000 of pension and is tax deductible, just around \$100 per year.

Our Annual General Membership and Holiday luncheon is coming up on December 10th. On the agenda and as per our regional by-laws, we will be holding elections for the full slate of positions on our Board.

On a personal note, over my career and retirement, I have had the honor of serving most of you in several capacities as a member representative in Unions and over the past year as your PNA regional president, not to mention the staff benefits committee. This past year, I have worked with a wonderful board of dedicated retirees and I thank them for all their support in the work we do. **Unfortunately, I am being called elsewhere to help a non-profit organization that is close to my heart** and although I will not be able to continue on as President, I will be volunteering to stay on as a director if needed.

Our current Board is staffed with many wonderful and talented people and it is my fervent hope that they will seek re-election and that many of you out there who may be interested in serving will also take up the mantle. I thank you for the trust you put in me as your regional President.

You will always have my most sincere respect and appreciation,

Marc-Philippe Laurin, President, PNA-NCR

Chateau Laurier Studio1980



Visit of the Pope John-Paul II

Welcome to the new members of the NCR!

January

Michel Beaulne
Paul Bélanger
Carole Bériault
Germain Chauret
François Frédéric
Kathryn Anne Gadbois
Danièle Grenier
Robert Miron
Johanne Samson
Monique Trotier
Christine Bertrand
Carolle Duval
Frances Trant
Michel Champagne
Maurice Godin

May

Martin Sherman
Carmen Vincent

June

Christopher Goldrick
Michèle Prud'homme
Laurence Wall
Sylvie Robillard

July

Andrew Clarke
Carole Gaulin
Debra Leduc
John McDougall
Patrick Nagle
Tom New
Nancy Swetnam

September

Martin Bégin

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

My career at CBE

Marie Jutras

The first female technician hired full-time in Ottawa

It was in the summer of 1974 that Marie Jutras began working at Radio-Canada Ottawa, a summer job between her two years of studies in Broadcasting at Algonquin College.



A Radio-Canada executive called Mr. Jean De Villier, program coordinator at the College, and asked him to send him a good student.

Mr. De Villier: it's Marie Jutras.

RC Executive: But it's a girl!

Mr. De Villier: You asked me to send you my best student, well it's her!

This is how Marie got her start at Téléciné.

"I was a TV freak since I was young. I spent my evenings watching 3 stations at the same time: Radio-Canada, CBC and CTV. When I watched Bobino, I wanted to know what was happening behind. I was in love with Alex Trebek who often spoke to his technicians behind the camera. It gave me the idea to go see what was there."

In 1975, at the end of her broadcasting course, she was hired full time, first at telecine, then at VTR where she spent almost her entire career. When we ask her what was her biggest challenge, she tells us that it was women directors who were the most suspicious. Men were a little more open to working with a female editor.

"As for the harassment, I've never experienced that in my entire career, maybe they were a bit scared of me, I don't know. I had a good character. Ha ha! When I got married in 1975, I told Les Peers all about my wedding preparations. Poor him! The other girl technicians didn't arrive until 1977."

"I loved everything about my career. Listen, I was paid to watch TV! I don't want to diminish our responsibilities, but if we made a mistake, nobody died. We just did bloopers!

As an editor, Marie saw herself as a midwife. She helped journalists deliver their babies. "If you've prepared well for your pregnancy, then done your exercises, you'll be fine. I can help you up to a certain point. "The worst question she could be asked was, "What do you think?" "How can I know what you want if you don't know what you want?"

Her greatest projects were the programs recorded at Camp Fortune that aired on Beaux Dimanches, such as the one with Edith Butler, or the Canadian Brass with CBC. She also remembers the play "A Christmas Carol" where there were 8 hours of 2-inch tape and she had to make it into a one-hour show only.

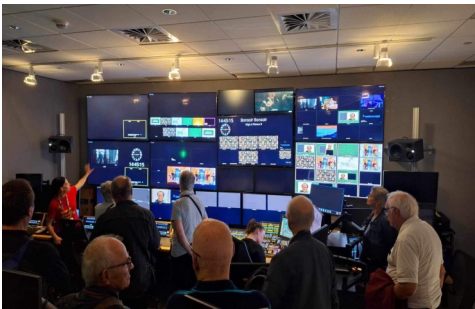
"Thanks to Suzie Payette who had made the complete list of all the plans. She was one of the best assistants I ever had. I had good arms in those days. The 90-minute ribbons weighed 18 lbs each and I took 2 from each hand."

Her best blooper was the one she did with René Petit back in the days when journalists would record a fake intro to their story. René arrived at the last minute with his footage because the shoot was in Maniwaki. He had recorded 2 intros. As time was of the essence, Marie took the first version....which unfortunately was followed by a heartfelt "bastard" when René got it wrong.

"I had fun. I don't have many bad memories. It wasn't a job that kept me awake at night. When it was over, it was over."

Jasmine Lalonde

Visit to the Radio-Canada offices in Montreal



Last May, nearly **35 retirees from Radio-Canada Ottawa-Gatineau** traveled by charter bus to Montreal to visit the studios of CBC/Radio-Canada, an outing organized by the association. We were able to visit the 24/60 studio, the one of Bonsoir Bonsoir as well as several control rooms and radio studios. Several people had the chance to chat with the studio crew on duty. A memorable day for everyone.

If you have suggestions for outings or you would like to participate in the organization of one of them, do not hesitate to contact Odette Alie at O.alie@hotmail.com.

Jasmine Lalonde



AGM and holiday dinner

Mark December 10th on your calendar!

It is in fact on Tuesday December 10, 2024 that the next general meeting of the NCR Association will take place followed by our Christmas dinner. For the occasion, we reserved **Biagio's restaurant** located at 1394 Richmond Street in Ottawa. You will receive an official invitation on November 4th in which you will have to confirm your presence

During the meeting on December 10th, **there will also be elections for all 12 positions** on the board of directors. An election president will be appointed as well as 2 scrutineers. You will be able to vote on site. Terms of office are 3 years.

National Capital region and Nunavut Board of Directors

Marc-Philippe
Laurin
President



Kerry Adams
Vice-president



Pierre Labelle
Secretary



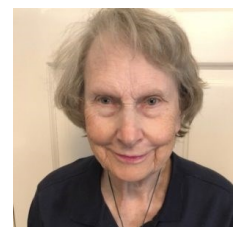
Lyne Marcil
Treasurer



Odette Alie
Director



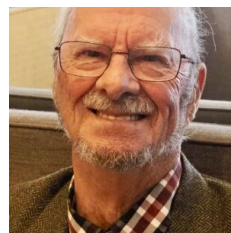
Fran Cutler
Director



Marie Jutras
Director



Walter Knott
Director



Jasmine Lalonde
Director



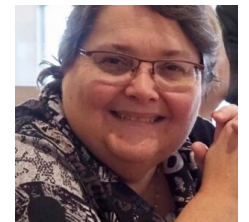
G rard Malo
Director



Marc Pariseau
Director



Louise Petitclerc
Director



What have they become?

Robert Péladeau



There is the movie “The Man Who Planted Trees”, but do you know the man who turned wood? His name is Robert Peladeau from the Dunrobin region. The woods, the trees, the forest have appealed to Bob since his childhood. He sees creative potential there. In high school he became interested in lathes, these rotating machines that transform and shape metal and wood. **But it was when he retired from Radio-Canada Ottawa in 2013 that he took the plunge, bought his first wood lathe and created his first objects.**

Bob lives his passion to the fullest, but one day he receives a serious warning: his lathe spin at thousands a minute rotations and throws a log that has become a missile against a wall, leaving a gaping hole. Bob could have been the target of his lost log. So he buys a new lathe, more expensive, more efficient, less dangerous.

Since 2019, Bob has multiplied his creations: bowls, vases, wine glasses, trinkets and even magic wands. With powders and paint, he creates his colors, lacquers and varnishes. He has 150 objects to his credit, all unique. “They are always different,” he said proudly. He harvests logs, stumps, and large branches in his neighborhood. His motto: **“a tree has a history and a beauty to preserve”**.

Thanks to Robert Peladeau for his generosity and availability. Robert is present on the Facebook network.

Michel-Denis Potvin



What have they become?

KEEP ON ROCKIN

There's no slowing down for **Armand Vienneau**, not when he's seated behind his drums anyway. Music has been central in Armand's life ever since he joined a marching band back in the 60s when he was 13. Sticks in hand, snare drum hanging from his neck, his experience with the Cadets Champlain of Gatineau led him to the Canadian Championship in 1971 where he won first place in the percussion category.

Since then, he's kept the tempo for dozens of bands, a lot of which recruited him after he answered classified ads in the paper and successfully auditioned. For the last 9 years though, he's been beating the drums for **Snap, Crackle, Pop** (pseudonyms for three guys and guess which one is Armand?) They play mostly 50s and 60s music in at least 25 gigs a year. Not surprisingly, if you ask him who's the best drummer, he'll answer without hesitation Buddy Rich.



Editor's life

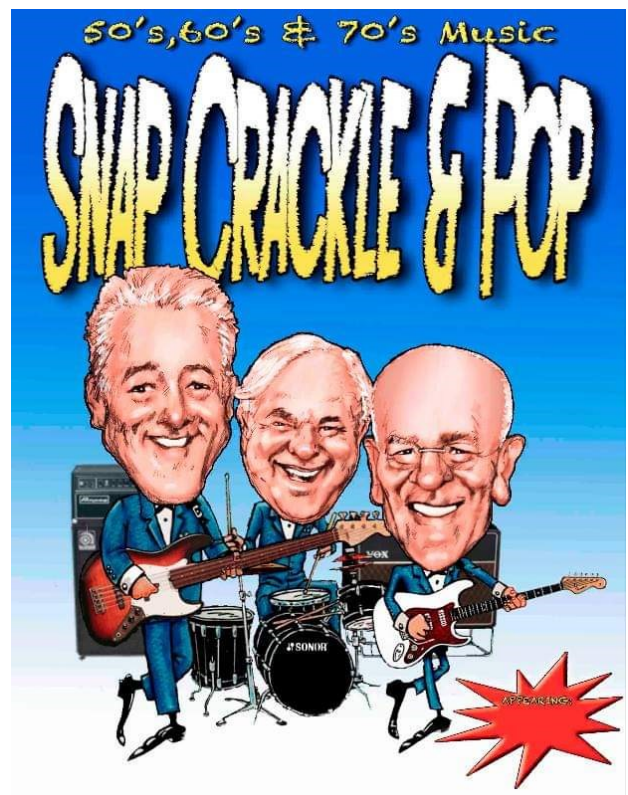
Armand has thought of playing music professionally, but film editing took up a lot of his time. He started at CBC Ottawa-Gatineau in 1974 as a clerk in visual archives. Every spare moment he had, Armand would go see the editors working on Steenbeck equipment to learn the trade. Denis Faulkner

gave him his first break editing a feature story for La semaine verte. He particularly enjoyed editing the music in the piece!

While working in film and video editing during the day and performing and practicing on his drums evenings or weekends, Armand liked (and still does) fishing. His best catches come from the reservoir Gouin or from a Mexican lake where he vacations with his wife in the Guadalajara area.

But even away from home, music is never far. He keeps a drum set in Mexico to play with local musicians.

Elise Brunet



What have they become?

André Leroux

André Leroux is little known to the general public in the Ottawa-Gatineau region, who have nevertheless been able to see and appreciate his work for years.

André worked from 1974 to 1984 as a graphic designer at Radio-Canada in Ottawa.

The son of a printer and typographer by training, first in Belgium, and then in France, he acquired great expertise as a graphic designer by working, among other things, in an advertising agency in Paris and also elsewhere in France.

But in 1974, feeling ready for a change, André decided to immigrate to Canada. He did not have time to sit around: he was quickly hired by Radio-Canada upon his arrival in Outaouais. He worked there for almost 10 years, until the first wave of cutbacks at Radio-Canada, at the end of 1984.

Illustrations for TV news bulletins, posters for TV, "channel 9", or the radio then on frequency 1250, or shows at Lac des Fées, that was him!

After leaving Radio-Canada, André continued his career by working as a freelance graphic designer in the region, for various organizations, such as the National Arts Centre.

When asked about his age, André Leroux reveals that it is "without complex or problem" that he says he is, "already", 98 years old.

He could take it easy with his partner Monique Lalande, retired from Radio-Canada.

But that is not knowing him well! There is no shortage of activities!

For several years, the one for whom fonts hold no secrets, has traded his pen for the computer and continues to create. Our colleague Lyne Marcil, also gives him support with his new Mac computer.

He recently did book layouts, private commissions, including one from a woman who wrote her family history. You can also catch him designing cards for various occasions.



Sylvie Robillard



Planning for the unexpected in retirement

Paul Morisset

I am one of about seventy five members of the Men's Shed of Ottawa Centre.

The men only group gathers every second Tuesday at an Ottawa community centre to share stories of our lives and discuss topics of interest.

Some of us live alone, or are caregivers to our partners.

On September 24th, we hosted a guest speaker that helped us navigate the care options of aging gracefully as well as demystify the senior housing landscape.



Caroline Inman

Executive Director of Solva. (Retirement Home Search Assistance

<https://solvaseniorliving.ca/>

"Likely everyone has a will and many will have planned a funeral. But very few plan for later life when care and alternative accommodation could be needed."

PLANNING FOR AN UNCERTAIN FUTURE

For the most part many CBC retirees are enjoying retirement, traveling and spending time with their grandchildren. But as we grow older, medical issues could put a crimp in that idyllic scenario.

Caroline Inman has advice for us.

"So to remain in the proverbial driver's seat, you need to be realistic, look ahead and plan for what any eventuality could look like".

That eventuality could come in the form of a cancer diagnosis, dementia or another disease forcing us out of our comfortable home forever. That is where organizations like Solva come in. They provide a free service that tries to match client needs with resources in the community. Inman noted that while licensed facilities and accommodation costs are governed by law, other services are subject to uncontrolled cost increases.

CBC retirees generally have good pensions and can afford a higher level of care. But suddenly faced with a spouse with dementia who must move to a home and needs 24 hours-a-day care can be a very expensive proposition.

You may feel this is not your circumstance and that you are many years away from considering drastic accommodation changes, but you owe it to yourself to investigate that possibility now.

It has become one of the realities of growing old.



Understanding Artificial Intelligence (AI)



Suzie Bougie taken from the *Liaison Bulletin of the AQR of Radio-Canada*

Artificial intelligence, commonly known as AI, is a concept you may have heard more about in recent years. But what exactly is it?

AI refers to the ability of machines, particularly computers, to perform tasks that typically require human intelligence. These tasks can include experiential learning, pattern recognition, natural language understanding and decision-making.

The basics of AI

AI works with a set of rules or instructions given to a computer to help it solve problems. Like a recipe book that guides you through the preparation of a meal, the instructions given to a computer help it to perform specific tasks.

Everyday examples of AI

AI surrounds us and often makes our lives easier. Here are a few examples you might recognize:

- 1. Intelligent assistants:** Devices like Amazon's Alexa, Apple's Siri and Google Assistant use AI to understand and respond to voice commands. You can ask them for the weather, set reminders or even request your favorite music.
- 2. Online recommendations:** When you shop online or watch movies on streaming services like Netflix, AI can suggest products or shows you might like based on your past activities.
- 3. Healthcare:** AI helps doctors by analyzing medical images, predicting patient outcomes and even assisting surgeons in their operations. It helps diagnose diseases faster and more accurately.
- 4. Transportation:** GPS systems use AI to provide the best travel routes, and autonomous cars, although still in development, use AI to navigate roads and avoid obstacles.

Why is AI important?

AI has the potential to revolutionize many aspects of our lives. It can handle repetitive tasks, rapidly analyze large amounts of data and even perform jobs that are dangerous for humans.

Not only does it lighten our daily tasks, it also paves the way for advances in fields such as medicine, transport and climate science.

Concerns about AI

While AI offers many benefits, it also raises concerns. Some fear job losses, as machines can perform tasks traditionally performed by humans. Here are some of the concerns raised by AI:

Privacy: The use of AI often involves the collection and analysis of large amounts of personal data, raising concerns about data privacy and security.

Liability: It can be difficult to determine who is liable when an AI system causes damage, particularly in the case of complex, autonomous systems.

Security: AI systems can be vulnerable to hacking, adversarial attacks and other security threats. It is essential to guarantee the robustness and security of AI.

Staying informed

You don't have to become a technology expert, but a basic understanding of AI can help you make informed decisions and understand the changes happening around you.

In conclusion, artificial intelligence is a powerful tool that is increasingly becoming an integral part of our daily lives. By understanding what AI is and how it works, we can better navigate and enjoy the benefits it brings, while being aware of the challenges it presents.

AI can be very useful. For example, AI helped me write this article. An AI application was also responsible for translating this article into French. (DeepL).

A reminder about the Special Assistance Fund

As you probably know, the Special Assistance Fund (SAF) helps many of our retirees, among other things by covering part of the cost of hearing aids or mobility aids (electric wheelchairs and scooters) for example.

Canada Life Insurance Company manages the fund, BUT the Association strongly recommends that members communicate or **submit a copy of their application to the Association National Office** (PNA) before sending it to Canada Life, this is to ensure that the request is complete and complies with the rules and to minimize the risk of delaying or compromising the processing of your request. It is also recommended, in the end, when you have sent your request to Canada Life, to also send a copy of your request to the PNA National Office, either by post or by email, indicating that the request has been transmitted to Canada Life.

The SAF application form and guidelines are available on the PNA website at cbcpensioners.ca.

If you do not have access to the Internet, you can obtain a copy by mail from the PNA at the following address: CBC/ANR, P.O. 8570, Ottawa, Ontario, K1G 3H9

If you have any questions before sending your application to Canada Life, regarding provincial health insurance or the SAF for example, you can contact our National Office at 1-877-361-9242 (toll-free number). If you prefer to send an email (info@retraitessrc.ca) to clarify a point, someone will also be available to respond to you that way.

For more than 20 years, the SAF has paid millions of dollars to hundreds of retirees and Radio-Canada employees. **Do not assume that you are ineligible.**

André Dallaire, taken from the Liaison Bulletin of the AQR of Radio-Canada

Freeze your credit report

On February 1, 2023, the Credit Reporting Officer Act came into force, giving Quebec citizens a huge advantage in locking their credit file. If, for example, a fraudster asks a financial institution to obtain a loan in your name, or if he applies for a credit card, or a car loan and your account is frozen, the latter will not be able to consult your file, and therefore won't be able to give money to the thief and hold you responsible for it afterwards! **The consultation freeze has no effect on your credit score, and is entirely free of charge.** **Note that this law only applies in Quebec**, and the rest of Canada is envious of this important fraud-fighting advantage!

Consumers can now make it much more difficult for fraudsters to steal our identities. In fact, any request to consult your credit file - a mandatory step in making many financial requests - will be blocked, making the transaction impossible. Note that this block does not apply to insurance companies, making life easier for the consumer when changing insurers, which is relatively frequent.

Not always easy

The only drawback, which pales in comparison with the vast advantages, is that you'll need to remember to unblock your credit file at least 24 hours in advance, every time you apply for a loan, change financial institutions, or take any action on your part that requires a normal credit check. For example, applying for a credit card, increasing your credit limit, changing your cell phone provider or applying for a bank loan all require a credit report. Don't forget to block it again a few days later!

You can request a security freeze online, by phone or by post. Unfortunately, the only two private companies in Canada that design, control and sell our credit report, Equifax and TransUnion, don't make it easy for us! You'll have to call customer service and often wait a long time on the phone to do it this way, or ask for the mail-in form. If you prefer to do it online, with the usual search engines, it's almost impossible to find the exclusive address TransUnion has created for freezing credit files! So here are a few articles to make it easier for those who want to do it on the World Wide Web, as well as a report from Radio-Canada Toronto discussing the subject for other Canadians left orphaned by this protection!

The credit freeze, a tool against identity theft inaccessible outside Quebec:

<https://ici.radio-canada.ca/nouvelle/2099259/gel-credit-verrouillage-equifax-transunion-quebec#:~:text=Depuis%20le%201er%20%C3%A9vrier%202023,pour%20se%20prot%C3%A9ger%20des%20fraudeurs>.

Freeze your credit file to prevent identity theft:

<https://www.protegez-vous.ca/nouvelles/affaires-et-societe/geler-son-dossier-de-credit-pour-contrer-le-vol-d-identite>

How to freeze — and unfreeze — your credit report:

<https://lactualite.com/finances-personnelles/comment-geler-et-degeler-votre-dossier-de-credit/>

Lock down your credit report to protect yourself from fraud and identity theft:

<https://francoischarron.com/securite/fraude-et-arnaques-web/verrouillez-votre-dossier-de-credit-pour-vous-proteger-de-la-fraude-et-des-vols-d-identites/TNxX3B7WZ9/>

Credit Reporting Agents Act:

<https://www.legisquebec.gouv.qc.ca/fr/document/lc/A-8.2>

Laurent Dupire, taken from the Liaison Bulletin of the AQR of Radio-Canada









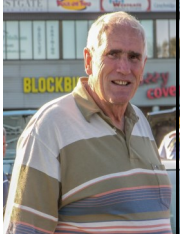






IN MEMORIAM

For people who read this newsletter in digital version, 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 period.

Odette Alie

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|---|--|--|---|--|
| <p>Shirley BRA-DLEY (1948-2024)</p>  <p>Passed away on January 11, 2024 at the age of 76</p> | <p>Brian SMYTH (1933-2024)</p>  <p>Passed away on February 3, 2024 at the age of 91</p> | <p>Richard MASSÉ (1946-2024)</p>  <p>Passed away on February 5, 2024 at the age of 78</p> | <p>Jodi WHITE (1947-2024)</p>  <p>Passed away on February 10, 2024 at the age of 77</p> | <p>Denis ST-JULES (1931-2024)</p>  <p>Passed away on February 26, 2024 at the age of 93</p> |
| <p>Marcel CHA-RETTE (1953-2024)</p>  <p>Passed away on March 10, 2024 at the age of 71</p> | <p>André E. PA-QUETTE (1933-2024)</p>  <p>Passed away on April 2, 2024 at the age of 91</p> | <p>Valérie BUTLER (1930-2024)</p>  <p>Passed away on April 27, at the age of 93</p> | <p>Bruce "BamBam" Lefebvre</p>  <p>Passed away on May 6, 2024</p> | <p>Aurèle LE-COMPTE (1940-2024)</p>  <p>Passed away on July 17, 2024 at the age of 83</p> |
| <p>Gérard RO-CHON (1929-2024)</p>  <p>Passed away on August 18, 2024 at the age of 95</p> | <p>Peter WARD (1930-2024)</p>  <p>Passed away on September 15, 2024 at the age of 93</p> | <p>Also deceased:</p> <p>John Pollock January 12</p> <p>Don Stewart</p> | <p>The Association of CBC Pensioners National Association offers its most sincere condolences to the affected families.</p> |  |