



**The CBC Pensioners
National Association**

Preserving our Future, Sharing our Past

**L'Association nationale
des retraités de la SRC**

Assurer notre avenir, partager notre passé

Draft Minutes

CBC PNA Ontario Annual General Meeting

November 13, 2024

The Annual General Meeting of the PNA's Ontario Region was held via Zoom, on Wednesday, November 13th, 2024, chaired by President Barbara Saxberg. Minutes taken by Secretary Mike Darley

Board members also in attendance:

Ben Daube – Treasurer
Sophia Hadzipetros – Toronto Director
Susan Helwig – Toronto Director
Nazat Lilley – Toronto Director
Effy Terry – Durham-Trent Chapter President
Talin Vartanian - Vice-President
Bob Waller – Golden Horseshoe Chapter President
Bill Gillespie – Standing Committee on Recruitment

The list of PNA members in attendance is provided at the end of these minutes

Agenda

1. Call to order
2. Approval of Agenda
3. Approval of Minutes of 2023 AGM
4. President's Report
5. Vice-President's Report
6. Treasurer's Report
7. Proposed Bylaw Amendments
8. Proposed Resolutions
9. Guest Speaker - Dan Oldfield, National President, CBC PNA
10. Guest Speaker – Dr. Coleman Rotstein, Infectious Disease Specialist
11. Motion to Adjourn

Proceedings:

1. Call to order:

The President called the meeting to order at 10:31 a.m.

2. Approval of agenda:

MOTION: to accept the agenda.

Moved by Gail Carducci, seconded by Brett Morrison. Carried.

3. Approval of minutes from the 2023 AGM:

There were no questions.

MOTION: to accept the minutes of 2023 AGM.

Moved by Gail Carducci, seconded by Talin Vartanian. Carried.

4. President's Report

Barbara, reported on the activities of the past year, highlighting the transition of roles within the board and the ongoing focus on recruitment. She thanked Gail Carducci who departed the role of Ontario region president, for her work as the National Vice-President - Anglophone and welcomed new representatives Bill Gillespie to the National Recruitment Committee, chaired by Gail Carducci, and thanked former representative Phil Peck. Talin Vartanian also participates as a representative on the Recruitment committee. Raj Ahluwalia recently joined the National Standing Committee on Equity, Diversity and Inclusion.

Barbara updated members on the production of the Ontario Region's *Legacy Project*, spearheaded by Susan Helwig. It's an oral history interview collection of CBC retirees' memories, and planning is underway for its future appearance on the PNA website, and possibly within the Library at Archives Canada.

As a board we have continued to improve our governance. We've added new policies, and additional rigor to our financial reporting. Recruitment remains our highest priority as our numbers continue to rise as a direct result of the pension surplus, and thanks to hard work in Ontario that was spearheaded by Gail Carducci and Talin Vartanian. Nationally the PNA represented 51% of retirees who are members of the PNA just one year ago. We are now a little over 58%. In Ontario numbers have increased by more than 12% during the same period.

Watch for some information connected to the next federal election. There is a National Advocacy Committee, chaired by Barbara Saxberg. The committee is preparing a series of discussion papers on issues that we think are relevant to PNA members, along with a series of questions that you may put to your local candidates, at either all candidates'

meetings, or when they come knocking at your door. That information will soon be available on the PNA website. They'll also be sent out through email and will likely be released one at a time.

5. Vice-President's Report

See additional notes, following these minutes

Since becoming Ontario VP in May, I've remained focused on recruitment and communications, and added outreach to my activities.

It's been a pleasure to attend lunches, cruises, barbecues, and meetings in all four Ontario Chapters.

We have dozens of PNA members who live in various communities across Ontario, and there aren't enough of them in one place to form a Chapter. Historically, they've been underserved by the Ontario Board. Ontario President Barb Saxberg and National President Dan Oldfield live in Thunder Bay and they've been meeting with local members. Last month, National President Gail Carducci and I drove north and had dinner with members who live within a two-hour drive of Sudbury. We invited several CBC Sudbury employees to join us (people who will be leaving work soon) and we introduced them to the PNA. On the same trip, we met a few pensioners who had left work but hadn't joined our Association. They're members now!

I've also helped to coordinate two major recruitment events for CBC employees in the Broadcasting Centre, one in the spring, the other in the fall. We handed out invitations at a PNA information table in the Atrium, and the response to our pitch has been overwhelmingly positive. We're confident we've put the PNA on everyone's radar, and they'll all join us when they decide to leave work.

Our recruitment numbers have soared since you elected the current Ontario Executive two years ago. We've jumped from about 30 new members per year to about 130. I'm now a member of the Standing Committee on Recruitment, chaired by National VP Gail Carducci, and one of our prime goals is to offer every member of the PNA the tools they need to become recruiters themselves. We all have former CBC colleagues who haven't joined the PNA. If each one of us recruits just one person, we'll double our membership. Recruitment helps us all because it strengthens the PNA's voice as the only advocate to protect CBC pensions.

On the communications front, I'm managing to continue with writing, editing and layout of *Livewire*; however, I'd love to collaborate with someone on it. The work is fun and gratifying, and it would be wise to have at least one other person who's up-to-speed on the amazing software we use to create our newsletter. If you're interested or know anyone who might be, please get in touch.

As chair of the Ontario Region Communications Committee, I helped guide an initiative to create a PNA recruitment video. A small team of immensely talented members stepped

up to do the work: Lynn Burgess (producer), Paul Harrington (producer), Kelly Crowe (host), Ted Hackborn (videographer) and Sheldon Beldick (video editor). If you haven't yet seen their effort, please go to the "[Join Us](#)" page on the PNA website to watch it. Our Quebec colleagues are working on a French version. In the meantime, Sheldon generously added French subtitles to ours, and it's now available on our French site. This video has proven to be a powerful recruitment tool, so please share it with anyone you know who has yet to join the PNA.

6. Treasurer's Report

**CBC PENSIONERS NATIONAL ASSOCIATION
ONTARIO REGION**

**FINANCIAL STATEMENT
SEPTEMBER 1, 2023 - AUGUST 31, 2024**

INVESTMENTS/SAVINGS	
Earn More Savings	\$ 35,452.33
Duca 1 yr GIC	\$ 10,460.00
Duca 2 yr GIC	\$ 20,980.00
Total Investments/Savings	\$ 66,892.33
OPERATING INCOME	
Membership Dues	\$ 29,956.36
Recruitment Bonus	\$ 12,000.00
Holiday Lunch tickets	\$ 2,538.00
Total Revenue	\$ 44,494.36
Cash Balance	\$ 6,683.20
Transfer from Savings	\$ 5,500.00
Total Operating Income	\$ 56,677.56
OPERATING EXPENSES	
Board meetings	\$ 328.06
Durham-Trent Subsidy	\$ 1,320.00
Golden Horseshoe Subsidy	\$ 2,580.00
North-Central Ontario Subsidy	\$ 1,067.06
Southwestern Ontario Subsidy	\$ 3,600.00
Thunder Bay events	\$ 2,000.05
Toronto events	\$ 6,848.17
Membership, Honoraria	\$ 200.00
Supplies, Service Charges	\$ 689.59
National Convention/AGM	\$ 4,886.96
Exec Travel	\$ 2,481.61
Other Travel	\$ 1,839.00
Ontario Events	\$ 6,210.88
Recruitment	\$ 6,933.69
Legacy interviews	\$ 1,372.96
Livewire	\$ 3,748.73
Total Expenses	\$ 46,106.76

Submitted by Ben Daube, Ontario Region Treasurer

Ben touched on a change in event subsidies that we provide to the chapters, beginning this fiscal, and Barbara elaborated. Barbara described the new method of funding chapters on a per capita basis, consistent with how dues are distributed. We plan to revisit this in the fall to see how it's working for everyone. In the meantime, it is a more equitable distribution of member dues.

7. Proposed Bylaw Amendments

Article/clause	Current language	Proposed language	Comments
1. Introduction	The Ontario Region is made up of CBC PNA members in Ontario, except for those who reside under the jurisdiction of the National Capital Region.	The Ontario Region is made up of CBC PNA members in Ontario, except for those who reside under the jurisdiction of the National Capital and Nunavut Region.	Corrects the formal name of the region.
2. Definitions	3.2 Note: Toronto includes the City of Toronto and York Region.	2. viii Toronto means the City of Toronto and York Region	Move the language from 3.2 to 2. Definitions. Note: this is an additional section in Definitions which will displace the following two sections.
2.viii Definitions	2. viii	2. ix	Reflects clause number change noted above
2.ix Definitions	2. ix "Resolution" represents the outcome of a duly approved motion passed by a simple majority of Directors present at a meeting of the Region Board or a meeting of members.	2. x "Resolution" represents the outcome of a duly approved motion passed by a simple majority of Directors present at a meeting of the Region Board or passed by a simple majority of members at an Annual General Meeting or at Special Meetings.	Reflects clause number change. Adds clarity to resolutions passed at AGMs. Current language could be interpreted to mean Directors make up the simple majority at meetings of members.
3.1. Region Officers	The following shall be Officers of the Region and shall be	The following shall be Officers of the Region and shall be elected at	

Article/clause	Current language	Proposed language	Comments
	<p>elected at large by the Members of the Ontario Region for a three-year term of office:</p> <ul style="list-style-type: none"> i. Region President ii. Region Vice President iii. Region Treasurer iv. Region Secretary <p>The Officers are members of the Region Board of Directors and make up the Executive Committee of the Region Board.</p>	<p>large by the Members of the Ontario Region for a three-year term of office:</p> <ul style="list-style-type: none"> i. Region President ii. Region Vice President iii. Region Treasurer iv. Region Secretary <p>The Officers are members of the Region Board of Directors and make up the Executive Committee of the Region Board</p> <p>It is understood that the (four) 4 Region Officers represent the interests of all Ontario Members including those who are not affiliated with a Chapter or Toronto.</p>	<p>This revision Clarifies our existing practice</p>
<p>3.2. Region Directors</p>	<p>The Ontario Region Board may have a maximum of fifteen (15) Directors including the four (4) elected Officers.</p> <p>Four (4) Directors will be elected by Toronto members to represent Toronto, and must be members in good standing assigned to Toronto. The Toronto Directors</p>	<p>Four (4) Directors will be elected at a triennial election by Toronto members to represent Toronto, and must be members in good standing residing in Toronto. The Toronto Directors may not hold membership in a Chapter.</p>	<p>Clarifies who may vote for Toronto Directors in a triennial election.</p> <p>Reflects the move of the description</p>

Article/clause	Current language	Proposed language	Comments
	<p>may not hold membership in a Chapter.</p> <p>Note: Toronto includes the City of Toronto and York Region.</p>		<p>of Toronto to Definitions.</p>
<p>5.3 Region Management / Other committees</p>		<p>When regional representatives are required to serve on national standing committees, the Region Board will seek expressions of interest from members and will appoint the representative. Those representatives will be non-voting members of the Ontario Board of Directors during their terms.</p>	<p>This adds information about non-voting members on the Board. Our current standing committees are "Recruitment" and "Equity, Diversity and Inclusion"</p>
<p>8.3 Filling vacancies on the Region Board</p>	<p>If the Region President resigns or is removed from Office, the Region Vice President will automatically assume the duties of President for the remainder of the term. Alternatively, the Region Board may choose to hold a by-election, if the vacancy occurs early in the term of office.</p>	<p>In the case of vacancies for the positions of other Officers or Toronto Directors other than</p>	<p>Clarifies who elects other Officers or Toronto directors in a non-election year</p>

Article/clause	Current language	Proposed language	Comments
	<p>In the case of vacancies for the positions of other Officers or Toronto Directors, the Board may appoint a replacement or hold a by-election. The Board shall seek expressions of interest from the membership before any appointment is made.</p>	<p>at the triennial election, the Board may appoint a replacement or hold a by-election. The Board shall seek expressions of interest from the membership before any appointment is made.</p>	
<p>9.1.5 Resolutions</p>	<p>Members in good standing and in attendance at an Annual General Meeting may move resolutions intended to guide the business or activities or further the goals of the Region and its members. It is understood that any motion requiring the expenditure of funds is subject to the availability of funding.</p> <p>Such motion must be seconded by another member in good standing in order for a debate and a vote to take place.</p>	<p>Members in good standing and in attendance at an Annual General Meeting may move resolutions intended to guide the business or activities or further the goals of the Region and its members. Such motion must be seconded by another member in good standing in order for a debate and a vote to take place.</p> <p>It is understood that any motion requiring the expenditure of funds is subject to the approval of the Board of Directors which has the fiduciary responsibility for</p>	<p>Changed the position of this paragraph to keep the language associated with moving and seconding motions together.</p> <p>Clarifies the fiduciary responsibility of the Region Board in the management of members' dues.</p>

Article/clause	Current language	Proposed language	Comments
	<p>The Region Board will report on any actions or decisions it makes related to any approved resolutions at the next Annual General Meeting</p>	<p>managing the Region budget, and to the availability of funding.</p> <p>The Region Board will report on any actions or decisions it makes related to any approved resolutions at the next Annual General Meeting.</p>	
<p>9.2 Bylaw Amendments</p>	<p>The Region Board may make, amend, or repeal a bylaw. Any such change requires a two-thirds (2/3) majority of votes cast by Board members at a meeting of the Board. If approved, it shall take effect from the date of the Board decision until the next Annual General Meeting, when it will be presented to the members, and put to a vote. If the change is confirmed at the Annual General Meeting, it remains in effect. If it is rejected, it ceases to be in effect.</p> <p>Bylaw amendments may also be made at a duly constituted Annual General Meeting. They may be</p>	<p>Bylaw amendments may also be proposed by any member in good standing, and require a seconder. They must be submitted to the bylaws committee at least (thirty) 30 days in advance of the Annual General Meeting to ensure they are in order before being debated and put to a vote at the AGM.</p> <p>All proposed bylaw amendments must be sent to the Region membership at least (fifteen) 15 days in advance of an Annual General Meeting to allow time for consideration and consultation.</p>	<p>This change ensures that there is time for adequate consultation, clarification and consideration of the potential impact of any bylaw change. It is consistent with the National CBC PNA bylaws, Roberts Rules of Order, and general good governance practices.</p>

Article/clause	Current language	Proposed language	Comments
	<p>proposed by any member in good standing, and require a seconder before they may be debated and put to a vote.</p> <p>All bylaw amendments proposed at an Annual General Meeting require support of two-thirds (2/3) majority of votes cast by members at the AGM. Once approved, they take effect at the end of that Annual General Meeting.</p>		
10.3 Elections Committee	<p>As soon as possible after the close of nominations, the Elections Committee shall distribute all candidates' biographies to Region members electronically or by mail, or in the Region newsletter. Candidate biographies may also appear in Chapter newsletters.</p>	<p>As soon as possible after the close of nominations, the Elections Committee shall distribute all candidates' biographies to Region members electronically or by mail, or in the Region newsletter. Candidate biographies may also appear in Chapter newsletters. Chapters that choose to include biographies in their newsletters must invite all</p>	<p>Helps to assure the election process is carried out in a neutral manner, with integrity and fairness, consistent with the national process.</p>

Article/clause	Current language	Proposed language	Comments
		<p>candidates to submit a biography for publication.</p>	
11 Region Delegates to Convention	<p>The Region is entitled to send delegates and alternate delegates to the Triennial Convention under a formula established in the CBC PNA Bylaws (Article 11);</p>	<p>The Region is entitled to send delegates and alternate delegates to the Triennial Convention in accordance with the CBC PNA Bylaws.</p>	<p>Updated to reflect May 2024 National AGM. Note: the National Board will be reviewing the convention process.</p>
12.3. Chapter Management	<p>The Chapter must operate in a manner consistent with the bylaws of the Ontario Region and the CBC PNA.</p> <p>The management of Chapters including the roles and responsibilities of the elected officers, policies, meetings, and finances shall be consistent with those of the Region.</p> <p>Chapters are not required to have bylaws, but may do so to aid the effective management of the Chapter. Chapter bylaws must be consistent with those of the Region and the CBC PNA.</p>	<p>The Chapter must operate in a manner consistent with the bylaws, operating policies, mission, vision and values of the Ontario Region and the CBC PNA.</p> <p>The management of Chapters including the roles and responsibilities of the elected officers, policies, meetings, and finances shall be consistent with those of the Region.</p> <p>Chapters are not required to have bylaws, but may do so to aid the effective management of the Chapter. Chapter bylaws must be consistent with those</p>	<p>This captures our existing practice in the bylaw.</p> <p>Clarifies that the Region Treasurer</p>

Article/clause	Current language	Proposed language	Comments
	<p>The Chapter is responsible for managing the funding provided by the CBC PNA and maintaining financial records. The Chapter will also provide an annual financial statement to the Region Board. The fiscal year end should be August 31st, aligning with that of the Region.</p>	<p>of the Region and the CBC PNA.</p> <p>The Chapter is responsible for managing the funding provided by the CBC PNA and maintaining financial records. The Chapter will also provide an annual financial statement to the Region Treasurer and the Region Board. The fiscal year end is August 31st, aligning with that of the Region.</p>	<p>is the point person, and that the fiscal year end is set.</p>
<p>13. Toronto</p>	<p>Members who live in Toronto are represented by the four (4) Toronto Directors. The Directors are responsible for furthering the goals of the PNA within Toronto, and reflecting the views of Toronto members to the Region Board.</p> <p>The Toronto Directors may apply to the Region Board for funding in connection with any projects or activities they may wish to undertake to further PNA objectives. A majority of the</p>	<p>Members who live in Toronto are represented by the four (4) Toronto Directors. The Directors are responsible for furthering the goals of the PNA within Toronto, and reflecting the views of Toronto members to the Region Board.</p> <p>Toronto Directors may invite interested Toronto members to be part of an advisory group to support projects and events.</p> <p>The Toronto Directors may apply to the</p>	<p>This acknowledges the current practice of an advisory group.</p> <p>This change allows the Region board to give a degree of autonomy to</p>

Article/clause	Current language	Proposed language	Comments
	<p>Toronto Directors shall approve any spending and all receipts shall be submitted to the Region Treasurer. A Toronto Director shall assume responsibility for tracking and reporting spending.</p>	<p>Region Board for funding in connection with any projects or activities they may wish to undertake to further PNA objectives.</p> <p>Alternatively, the Toronto Directors may seek and the Region Board at its discretion, may designate a budget amount for a given period, to support the activities and projects.</p> <p>A majority of the Toronto Directors shall approve any spending and all receipts shall be submitted to the Region Treasurer. A Toronto Director shall assume responsibility for tracking and reporting spending to the Region Treasurer.</p>	<p>Toronto to manage spending on events and projects, similar to Chapters.</p> <p>Clarifies where reporting goes.</p>

Mike Darley, Chair of the Bylaws Committee, summarized the package of amendments being presented as predominantly housekeeping with one exception – the move to have new amendments be submitted in advance of the AGM rather than at the meeting itself, consistent with the practice of the National PNA and considered good governance.

MOTION: To approve the package of Bylaw Amendments submitted by the Region Bylaws Committee and approved by the Region Board of Directors.
 Moved by: Mike Darley, Ontario Region Secretary and Chair, Bylaws Committee
 Seconded by: Gail Carducci, National Vice President (Anglophone) and member, Bylaws Committee. Carried with 98.4% voting in favor

While there were no questions, Anne Jansen praised and thanked the bylaw committee for their work.

8. Proposed Resolutions

There were no Proposed Resolutions

9. Guest Speaker - Dan Oldfield, National President, CBC PNA

Dan congratulated the work of the Ontario region and discussed the strategic plan of the National Executive, emphasizing the importance of recruitment and communication. He noted that the PNA has about 10,000 members but loses around 200 annually, necessitating a focus on recruitment. Our biggest growth opportunity is in Ontario and Quebec. He also highlighted the need for better communication with members and the importance of advocacy work. Dan mentioned the Special Assistance Fund, which provides medical payments not fully covered by health insurance plans and encouraged members to explore it if they haven't already.

He expressed the need for a better relationship with CBC, the sponsor of our pension plan, to help us grow our membership. One problem we have is that we don't know who the non-members are, and we do not have access to their contact details. The CBC does have that information, and they do send on our behalf, one edition of our yearly *Contact* newsletter. This year's edition will be revamped, thanks in good part to Talin Vartanian who has generously offered to help reinvigorate the newsletter. We want to make the articles relevant and timely for all retirees.

On the topic of the Special Assistance Fund, Dan discussed how it helps to cover medical expenses not covered by the benefit plans that many of us subscribe to, for things like hearing aids, and mobility devices. Every retiree and their dependents have access to a maximum lifetime \$12,500 in benefits. Suzie Bougie in the PNA office helps members with accessing these benefits and Dan encourages members to consult with the PNA office to ensure submissions to Canada Life are filled out correctly as accuracy on the application may help to avoid delays.

He also talked about the pension surplus, explaining that employees and retirees will receive a package of information and will be asked to vote on the payout for the 2023 surplus of about \$55M. A positive vote result will apply to any payouts that may happen over the next five years. He mentioned that this payment process could take up to six months and that the vote is expected to close on December 13th. He asked that members read the package carefully when it arrives, to vote YES, and send your votes in as quickly as possible. We require a 2/3 majority of "all retirees" which includes about 2,000 deferred pensioners. He concluded by mentioning that the package of information would be available on the PAC website by the November 19th.

During the Q&A section, Bill Gillespie and Dan O discussed the potential impact if a Federal government defunded the CBC. Dan clarified that the pension plan operates independently of the CBC and would continue to pay out benefits as long as the plan's assets can cover the payments. He also explained that the plan's strong investment strategy and mature age contribute to its surplus. Dan addressed questions about the plan's surplus, attributing it in part to a successful investment strategy. The total plan assets are currently about \$8B and its assets are reinvested into longer term assets. Should the CBC be defunded, we would continue to receive a pension with indexing. Susan Helwig asked why the plan surpluses occur and Dan explained that the plan is very successful with its investments. There are 20K plan members and between 10k-11k collecting pensions, 2k deferred, 7k-8k are employees. The plan success is based on # of contributors over a long period of time and investment strategy.

If anyone has further questions about the surplus documents or the process, please feel free to contact the PNA office.

10. Guest Speaker – Dr. Coleman Rotstein, Infectious Disease Specialist

Talin Vartanian introduced Dr. Rotstein, one of the top infectious disease specialists in the country, to discuss vaccinations for adults in Ontario. Dr. Rotstein discussed various vaccines, including the flu vaccine, pneumococcal vaccine, RSV vaccine, and Covid-19 vaccine. He also highlighted the importance of vaccinations for vulnerable populations.

Once every 10 years, everyone should get a Tetanus and diphtheria booster
The (free) high dose Influenza vaccine is recommended every year for those 65 and over.
Shingles vaccines (Shingrix) require 2 doses and is free for those aged 65-70.

Pneumococcal Vaccine Funding and Effectiveness

Dr. Rotstein discussed the shift in pneumococcal vaccine funding by the province, moving from PCV.13 and Pneumovax 23 to PCV.15 and PCV.20. He explained that PCV.20 covers more serotypes causing pneumococcal infection and is now publicly funded. He outlined the eligibility criteria for the new vaccine, including waiting periods for those who have previously received other pneumococcal vaccines.

Dr. Rotstein addressed the issue of COVID-19 vaccine effectiveness, noting that the Moderna COVID-19 vaccine, which targets variant KP.2, is not as effective against the new KP.3.1.1 and XEC variants due to their escape mutations. We're always one step behind the variants.

RSV Vaccine Effectiveness and Funding

Dr. Rotstein discussed the effectiveness and differences between the RSV vaccines, Arexvi and Abrysvo. He highlighted that Arexvi provides protection for three seasons, while Abrysvo's effectiveness is limited to two seasons. Dr. Rotstein mentioned that Arexvi is

expected to be given every three or four years due to its long-lasting protection. He expressed hope that the province would eventually fund the vaccines for the public.

In Summary

- Vaccines are the most important defence that we have against infectious agents.
- Vaccines are very important public health measures to be used.
- We have to be flexible & pivot if necessary, based on changing epidemiology.

(For more, see “Q&A with Dr. Rotstein” following these minutes)

Talin Vartanian and Barbara Saxberg thanked Dr. Rotstein for the presentation

Barbara Saxberg thanked Suzie Bougie, National Capital region member, for helping with the meeting. Suzie was on staff with the PNA, has retired, and is now back working for us a couple of days a week. Barbara, thanked Suzie for her work on the Special Assistance Fund. Susie is a fountain of knowledge and is the person to ask and to help you with your claims.

Hilary Armstrong thanked the Board and expressed her appreciation for all that it is doing. She then asked a question about recruitment and why CBC does not provide contact information of former employees. Answer: It's a privacy issue.

Ann Jansen – understands privacy issues and asked if CBC can send out something.

Barbara Saxberg replied that the *Contact* newsletter is sent once a year to all retirees, and it includes a sign-up sheet.

Talin Vartanian advised that we did ask if we could send a notice to those whose contact information we do not have, but CBC said no. This demonstrates that we are trying.

11. Adjournment

MOTION: to adjourn.

Moved by Gail Carducci, seconded by Talin Vartanian. Meeting adjourned at 12:17pm

Q&A with Dr. Rotstein

Q. Barbara Saxberg: asked about the cost and effectiveness of the RSV vaccine.

A. The vaccine is quite effective, but its cost might not be covered by the province. We have been able to acquire the vaccine for our immunocompromised patients free of charge. The vaccine is, very effective against preventing lower respiratory tract disease for season 1 and season 2, and somewhat less effective for season 3. But it should last for 3 seasons

Q. Joseph Lawlor: When will a Covid vaccine become available?

A. It is currently available. That is the vaccine against KP.2. Unfortunately, it's not going to work that well. We're always 2 steps behind the virus. The virus mutates all the time. In the general population, we're seeing a number of Covid infections. Once you have had Covid, you're protected for 6 months, after that your protection wains. Elderly individuals are more susceptible to Covid.

Q. Tracy Rideout: Is the new Covid variant found in one age group more than another? Specifically XEC?

A. It's found throughout. However, one has to recognize that the elderly individuals are much more susceptible. And the reason for this, if you're a younger individual and you're vaccinated, it seems that your Antibody Titers last much longer than in older individuals. So, in older individuals you have to be vaccinated every 6 months for sure.

Q. George Young: He and his wife have always received Pfizer vaccines and recently had Moderna. Why did his wife have a reaction to the Moderna feeling sick for 24 hours? What is the effectiveness of Moderna after always having Pfizer?

A. The only vaccine available now is Moderna, and it's a little more potent. Reactions to flu and Covid vaccines are not uncommon, are usually short lived and can be relieved by Tylenol.

Q. Hilary Armstrong: Is the Pfizer vaccine effective today?

A. The Pfizer vaccine came out last fall for an older variant and is therefore not effective.

Q. Mike Darley: Are the new Covid-19 variants more contagious or more severe than previous versions.

A. They are very contagious. They are not as severe because people have been exposed to Covid and it would seem that with past exposure, we have some residual protection, to protect us against hospitalizations or severe infection. However, the elderly do tend to have more severe infections.

Q. Shefali Saujani: If you got the Covid vaccine recently, how long do you have to wait before getting one that targets the XEC variant?

A: We don't have the XEC vaccine available now, but if it were, the wait would have to be 6 months, which is the normal wait time between vaccines.

Q. Gail Carducci: If a patient is on immunosuppressive drugs because of conditions like rheumatoid arthritis, do they need to stop taking them for a short time around taking a vaccine?

A. It all depends on what the immunosuppressive is. However, for example, individuals on immunosuppressives because of arthritic conditions, because that's a common one, their response might be slightly blunted to the vaccines. If one is on a more potent immunosuppressant, we suggest vaccination against Covid every 3 months. In general, you do respond to the vaccine. You don't have to stop the immunosuppressant, because the effect of the immunosuppressant lasts for quite a bit of time. Be aware that your response to the vaccine may be less than anticipated.

Q. Anne Jansen: Is long Covid as likely with current variants as it was in the past?

A. No. Long Covid is not as likely now with our current variants. In fact, the Omicron variant caused a lot more long Covid than some of the other ones did, reason is people have been exposed to Covid in the past and we have residual antibodies left against Covid so we're not as prone to long Covid syndrome as we were in the past.

Q. Gerry Samson: If you haven't been sick for a few years, are you more susceptible?

A. No. if you've had vaccines, it takes 14 days to mount effectiveness, 6 weeks is optimal, but we're all still susceptible.

Q. Josephe Lawlor: Is Covid 3.1.1 or XEC as dangerous now as Covid was in 2020?

A. No, it's not.

Q. Tracy Rideout: As the current vaccine is for KP.2 and not KP.3.1.1 or XEC, do we count on the fact that our previous 6 vaccines and 2 infections will protect us or do we still get the KP.2 every 6 months?

A. What is likely to happen is Moderna will develop a new vaccine in the next little while. We are going to be susceptible to the new variants that will come along. It's not possible to predict how it will be in the future.

Q. Joseph Lawlor: Where can we get updated information on when effective Covid vaccines become available?

A. From NACI. The U.S. is always ahead of Canada because the manufactures are in the U.S., so they usually have the most current information. This "Canadian immunization guide" is a good source and Joe Lawlor posted this link: <https://www.canada.ca/en/public-health/services/immunization/national-advisory-committee-on-immunization-naci.html>

Q. Rochelle Porter: Should I go back to wearing a mask when I leave my apartment and avoid joining various group activities, if I have all of the vaccines?

A. When you're exposed to a lot of people indoors, the mask can be useful.

Q. Jeffrey Allen: Is it advisable to have a Covid vaccine now or wait for an updated Covid-19 vaccine?

A. It's best to get what's available now. It's not likely that a new vaccine will be out before June 2025, and that's too long to wait.

Q. Susan Noakes: What is behind the rise in walking pneumonia?

A. People are recognizing it more. There is greater transmission in groups. Other than that, it's difficult to say.

Q. Anne Jansen: Is there any information on how frequently people with Covid are asymptomatic, or how long they may be infectious before showing symptoms?

A: First of all, there are always asymptomatic individuals out there with Covid. With the variants we have right now, after you acquire the virus, you probably have some minor symptoms for the first day or two. The peak viral load that individuals have will be by day three. I've heard some people say, well, I had some symptoms. I checked myself for Covid, and I was negative. Yes, you can be negative, because the highest viral load is on day three. And the way the rapid Antigen tests work is, you have to swab both the nose and the throat in order to get the highest yield. Just be aware that the highest viral load is by day three. By day five it wanes, and usually by seven days, it is gone. Fortunately, most individuals are not immunocompromised, so in my immunocompromised patients we often see viruses that last for two, three, four weeks, sometimes up to six weeks. It's very tragic, and they have ongoing viral replication during that time. So as I said, most people by day three, that's the highest viral load. It usually wanes thereafter by day five. If you're asymptomatic without fever, you can go out in public.

Q. Talin Vartanian: Can you talk a little bit about test kits? Because I've been to so many different pharmacies, and they say, no, we don't have them anymore, and we're not going to get them. How are we supposed to test?

A. The province has decided that they aren't needed now, and it's really a concern.

Q. Cate Cochran: How long can we trust old test kits? How long will they give accurate results?

A. Old test kits are still good even if they have an expiry date – still good for up to 2 years after expiration

Q. Barb (last name not provided): Overall are you expecting this to be a more difficult cold and flu season?

A. No, I don't think so based on what has happened in the Southern hemisphere, so we always lag behind the Southern hemisphere. Influenza first occurs in the Southern hemisphere. I was recently in Australia, and they did not have a bad flu season at all, so I don't anticipate that this flu season will be overly severe. Covid, I can't predict. I really don't know.

Q. Talin Vartanian – Who keeps track of our vaccination status?

A. Unfortunately in Ontario, we do not have a central repository for vaccination status. At the moment you have to be vigilant unless your own doctor keeps track for you.

Q. Gerry Samson – is Paxlovid available?

A. Yes, it is available. It has to be prescribed. If someone is over the age of 65, it's a good idea to get Paxlovid. It really does help.

Members in attendance at the AGM, in addition to those on the Ontario Region Board

- *Please note: Several people did not log in by name, and were listed on the Zoom log as “iPhone user” or “iPad user” or “Zoom user.” We have done our best to identify everyone. If you were present at the meeting and do not see your name here, please write to ontario@cbcpensioners.ca, and we will amend the record.*

Allen, Jeffrey	Goodland, Patricia	Paterson, Stu
Armstrong, Hilary	Gyokeres, Nancy	Porter, Rochelle
Avey, Neil	Hoppe, Joanne	Priestman, Kathryn
Bailey, John	Horne, Harry E.	Prokopec, Mike
Barnett, Lynda	Hubbard, Al	Reid, Archie
Bertrand, Pamela	Jansen, Anne	Rideout, Tracy
Bilenkey, Tom	Jeflyn, Pat	Robinson Machan, Jane
Bougie, Suzie	Jenner, Liz	Samji, Amina
Burhoe, Barrie	Kennedy, Paul	Samson, Gerry
Burt, Robert	Laderoute Sampson, Bette	Saujani, Sheyfali
Carducci, Gail	Lawlor, Joseph	Schmidt, Robert
Carlos, Jacqueline Anne	Lemieux, Andrea	Schofield, Pat
Caudwell, Sally	Lukas, Anna	Seccareccia, Giovanni
Clark, Catherine	Mckay, Bruce	Sykes, Elaine
Cochran, Cate	Mcwatters, Brian	Thomas, Christopher
Connelly, Geraldine	Megas, Anne	Tighe, Tracie
Creighton, Randy	Morrison, Brett	Tweedie, David
Cunningham, Suzanne	Noakes, Susan	Tymczak, Sandra
Dickie, Barb	Notar, Tassie	Whitley, Anna
Dingley, Simon	O'Dea, Charlotte	Wiens, Mary
Spandier, Donald	Oldfield, Dan	Wolff, Ken
Evans, Heather K.F.	Parsons, David	Young, George