



POWER WORKERS' UNION  
**RETIRED  
WORKERS'  
CHAPTER**

MAY 2024

# RETIRED WORKERS' CHAPTER

## NEWSLETTER



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## PRESIDENT'S MESSAGE

Most of our snowbird members have returned home, welcome back. To those of you who stayed home, welcome to spring. We extend a warm welcome to new RWC members.

A reminder to all members who will be travelling - I encourage you to obtain and maintain travel insurance and be sure to understand your coverage and exclusions.

The RWC will be conducting membership meetings again this year in the late spring and early fall. A list of this year's planned meetings is included in the newsletter. Dates and locations of our meetings are posted on our website. You will receive a bulletin this month with information on registering for the meetings.

I encourage you to attend one of these meetings. These events provide the RWC Executive with the opportunity to update those attending regarding current events; especially with respect to benefit packages and pensions. These meetings are also ideal forums for members to raise their concerns and provide us with input on issues that they think we should be looking into on their behalf.

Our Executive continues to monitor concerns that members may have. We continue to assist members with health and dental benefits and other concerns.

Our affiliation with the National Pensioners Federation (NPF) and the Congress of Union Retirees of Canada (CURC) provides us with information that can/may affect our RWC members. We have input from these organizations and support most of their causes

I encourage you to visit our website [www.pwu-rwc.ca](http://www.pwu-rwc.ca) for up-to-date information on issues that the RWC has been following.

On a personal note, I will be stepping down as President of the RWC at the end of my current term in September of this year. I have served as your President since 2012 and I have certainly enjoyed carrying out my duties on behalf of RWC members. I would like to thank the many people from within the RWC and PWU who have assisted me in numerous ways in fulfilling my duties. Their help has been invaluable. Naturally, I will continue as an RWC member and will always be interested in the activities of the organization.

We welcome your comments, negative or positive, regarding this newsletter, or the RWC in general. Please contact us by phone (1 800 958 8798) or by email at [rwc@pwu.ca](mailto:rwc@pwu.ca).

In Solidarity,

**Peter Kelly**

President

PWU Retired Workers' Chapter



**Peter Kelly**

President

PWU Retired Workers' Chapter



## NATIONAL PENSIONERS FEDERATION MESSAGE

The National Pensioners Federation (NPF) is a national, not-for-profit, non-partisan, non-sectarian organization consisting of 350 seniors' chapters, clubs, groups, union retiree organizations and individual supporters across Canada.

The RWC is affiliated with this organization and participates in their quarterly meetings (virtually) and attends their semi-annual conferences. The following is a brief report on the issues that they are currently involved with.

As promised by the Minister for Seniors at our September 2023 convention we did set up two meetings to discuss our policy priorities. We met both in person and virtually.

On December 15th, a round table meeting was held with Hon. Seamus O'Regan and several other seniors organizations leaders to discuss key priorities including Ageing in Place, Home Care Essentials, Seniors Income Benefits, and Ageism. The need for enhanced national policies and sustainable funding was emphasized by the NPF.

One of their aims is to garner a large Canadian contingent to help put pressure on the Canadian government to take up leadership toward a United Nations Convention for Older Persons. The NPF conducted Ageism workshops in Oshawa, Sudbury, and Hamilton Ontario in March to seek input from retirees on this issue. The RWC was invited to attend.

NPF arranged a webinar with officials from the Federal Government on the Canadian Dental Plan for NPF affiliates' representatives.

The NPF is active in Alberta regarding their government's plan to opt out of the CPP.

Issues such as income insecurity, national seniors' health care strategy, equitable access to information, and promoting national standards for seniors across many spectrums are currently part of the NPF mandate.

For more information about the NPF advocacy for older citizens visit their website at:

<http://www.nationalpensionersfederation.ca/>



## CELEBRATING THE CAREER OF PWU GENERAL COUNSEL CHRIS DASSIOS

In March of this year, the PWU celebrated the distinguished and impressive career of Legal Counsel, Chris Dassios. Chris worked with the Union for over 29 years, fighting relentlessly to ensure Members were represented to the highest degree possible. Throughout his career Chris took on many roles, some of which include a scholar, teacher, lawyer, colleague and dear friend.

Before working at the PWU, Chris was a peer mentor at Gowlings for many people, one of those being well-known PWU lawyer, John Monger. As John recounted in his personal address to Chris at his retirement celebration, "He taught us to take the work seriously, to find pride in our important role, and to respect the institutions of justice... but never to take ourselves too seriously." Chris would encourage his mentees to take on responsibility and initiative, being more than understanding when they would fall short, explaining the premise of failure being a key part of the learning process.

Chris was also an Adjunct Professor at Osgoode Hall where he taught constitutional litigation and wrote a leading law textbook with Andrew Lokan, lawyer at Paliare Roland Rosenberg Rothstein LLP. Many people, colleagues, Members and PWU Staff alike would seek Chris out for sage advice and guidance when dealing with countless issues - knowing his expertise would be sound and well thought out.

Chris was involved in many arbitrations, mediations, judicial reviews and appeals at every level of court, always putting member's interests first, taking genuine joy in being part of a team and doing the best work he could, always doing it with complete integrity.

Chris' career had many highlights including the introduction and creation of both the groundbreaking Chestnut Park Accord and Inn on the Park Accords. These agreements were critical in ensuring our Members were obtaining work that belonged to the Union, that we had been doing historically, in a way that minimizes dispute for all parties. These agreements still hold true and are used to this day.



Left to right: John Monger, Jessica Latimer and Chris Dassios.



**"He taught us to take the work seriously, to find pride in our important role, and to respect the institutions of justice... but never to take ourselves too seriously."**

**– John Monger**

The Chestnut Park Accord is an agreement between the PWU, Building Trades Unions (BTU's) and employers, Ontario Power Generation and Bruce Power, that defines who does what trades work. The employer presents the work to the Unions, then based on the Accord, the Unions decide who performs the work. The Inn on the Park Accord applies in the same manner to transmission and distribution work at Hydro One.





Each year, at every Council of Chief Stewards, all in attendance would make sure they were in the audience to listen to Chris' yearly update. Filled with candor, self-deprecating and sometimes fiendish humour, incomparable knowledge, the juxtaposition always resulted in a message that resonated. Next year's Council will not be the same without him, and many have already noted how they will miss his enthusiastic reporting.

With over 29 years of experience working for the PWU, Chris' legacy is one of pride, honour, legendary knowledge and undeniable wit.

Jessica Latimer, another one of Chris' mentees has embraced her role as General Counsel for the PWU. Although the shoes are big to fill, we know Jessica will have no problem forging her own way through.

We wish Chris many pinot grigios and ouzos as he enjoys retirement with his loving wife Gianna, and two children whom he is ever so proud of – Alessa and Michael.

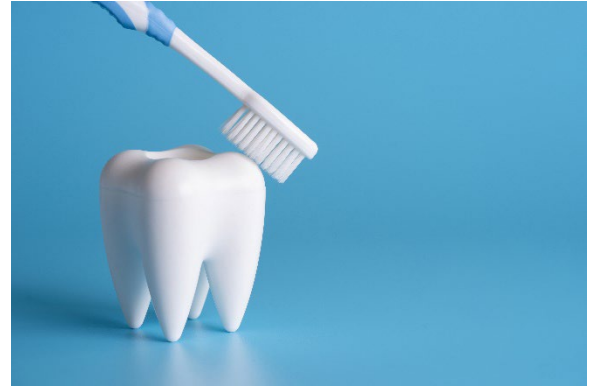


*Chris Dassios in front of his marquee at his Retirement Celebration.*

# CANADIAN DENTAL CARE PROGRAM WHAT YOU NEED TO KNOW

The following information will provide the basic information for the plan. Full details are available at: [https://www.cda-adc.ca/en/oral\\_health/cdcp/](https://www.cda-adc.ca/en/oral_health/cdcp/)

The Canadian Dental Care Plan (CDCP) is a Federal Government program intended to reduce financial barriers to oral health care. The program will provide coverage of the cost of dental care for Canadian residents who do not have dental benefits and have a household income of less than \$90,000 a year.



Letters, including a personalized application code and instructions on how to apply have been sent, at the time of writing, to **seniors 70 and over**. Letters will be sent to seniors under 70 during April.

These letters will be sent to the address you used in your 2022 tax return and only if you have an adjusted family net income of less than \$90,000.

The adjusted net income, the government says, refers to a family's net income plus any universal child care benefit (UCCB) and registered disability savings plan (RDSP) amounts repaid, minus any UCCB and RDSP income received.

To be eligible under the plan, **Canadians must not already have access to dental insurance**. For example, some retirees are covered under group plans of which they have to pay out of pocket for. They are being deemed not qualified even if they cancel their plan.

The Canadian Dental Care Plan (CDCP) is not intended to replace existing insurance coverage. It is important that Canadians do not drop their existing coverage, as they might not be eligible for the CDCP if they do.

If you have applied and are deemed qualified you will receive confirmation that you have qualified. Your information will be shared with Sun Life, who will be administering the program for the government.

Sun Life, will enrol you in the CDCP. Sun Life will then send you a welcome package, which will include:

- information on the CDCP
- your member card
- your coverage start date

Health Canada has contacted health providers seeking their interest in being a participant in the plan. They will be able to enter into an agreement directly with Sun Life to participate. Participation in the CDCP will be voluntary for dental health providers.

Some Canadian Dental Care Plan (CDCP) patients won't receive full financial assistance with the cost of their care through CDCP due to co-payments. Government required co-payments are the percentage or portion of the CDCP rate that the patient is expected to pay out of pocket. The required co-payment is determined by patients' annual family income:



- No required co-payment for patients with an adjusted annual family net income under \$70,000. Patients may face additional charges as described below.
- 40% required co-payment for patients with an adjusted annual family net income between \$70,000 and \$79,999. Patients may face additional charges as described below.
- 60% required co-payment for patients with an adjusted annual family net income between \$80,000 and \$89,999. Patients may face additional charges as described below.

At the time of writing it is unknown when the plan will take effect. There are many big questions that still require answers. For example, how many dental health care providers will participate in the plan?

The RWC will be monitoring the roll out of the plan through their affiliation with the National Pensioners Association.

Again, the above information is only the basics. If you require further information contact Health Canada or visit the CDCP web site at: [https://www.cda-adc.ca/en/oral\\_health/cdcp/](https://www.cda-adc.ca/en/oral_health/cdcp/)

## SINGLE SENIORS FOR TAX FAIRNESS (SSTF)

Single Seniors for Tax Fairness (SSTF) is a Canadian nationwide movement devoted to lobbying for revisions to the Income Tax Act to provide fairness and equity for single seniors, including lifetime single, widowed, divorced, or separated seniors aged 65 plus.

Currently, our tax system supports marriage but our country's demographics are changing. Numerous tax breaks are available to senior couples which allow them to take advantage of the system in ways that singles can't.

Also, seniors face extremely high taxes upon death. For example, those who have investments in an RRSP/RRIF portfolio may lose close to 50% of **their money to taxes.**

If RWC members are interested in this advocacy group more information is available at:





## COMMUNICATIONS THEN AND NOW

Actual letter writing - many, if not all of us, reading this newsletter recall the act of putting pen to paper. Remembering letter writing is surely a vast cavalcade of emotions. Personal memories of waiting excitedly for letters from faraway places to be dropped in the household letter box. Walking to a letter box to post letters to these same faraway places are indeed vivid for me and certainly for many of us.

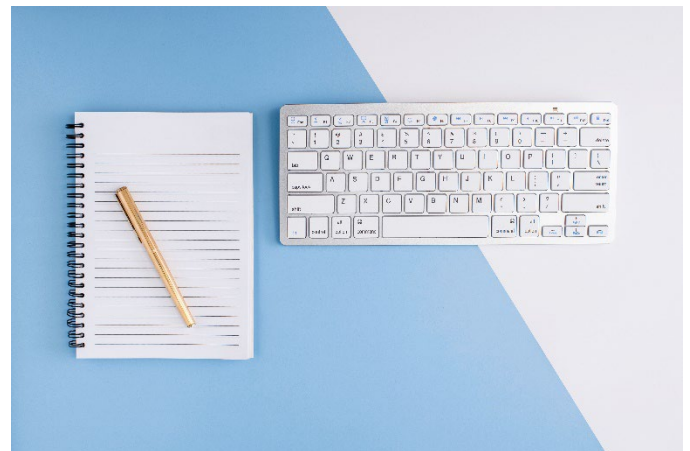
Arguably the reasons for letter writing have not changed with the passage of time and the adoption of modern-day technology. However, in that pen and paper era the very writing, sending and receiving of letters might be the one and only contact for a family spread out over the face of the globe. It would not be an exaggeration to say that such letters might be the glue that held a family together. I guess it could be said that letter writing and receiving was even a bit romantic and certainly sentimental.

Time does not stand still, and in 2024 pen and paper letter writing has all but vanished, and is almost exclusively the domain of keyboards and email. Certainly more efficient and much faster, while less romantic and sentimental, email permits writing and delivery on a whim or a moment's notice. Taking place over several years this shift to email permitted us to adapt. Like pen and paper letter writing I, and most of our readers, will recall that first correspondence in the world of email.

The romanticism of handwriting letters has given way to email, and the new tool of email has spawned much more. This is perhaps an understatement if there ever was one. Technology has opened up an almost endless array of changes. Headliners include smartphones and social media. Their impact, good or bad, on society is up for debate and that is not what this article is about. What this ever-evolving landscape has brought to many pensioners has become concerning.

Certainly, in existence before the pandemic, COVID-19 brought into focus the automated nature of accessing many critical services in the online world. Like many in the utility industry, it can be said utility retirees are generally comfortable with many aspects of

this ever-changing technology. Setting passwords, and opening accounts to generations of people where the online world is second nature may seem a paltry worry, but, to someone unable to keep up they will find this a frightening experience that could leave them with no ability to access critical services



and optional services such as travel.

What can be done? Even with a pretty good handle on this online world and being able to overcome most of the issues, I have had to make use of young people in my family and circle of friends to overcome what, for me, are some occasional pretty insurmountable online problems. Like any preparations for aging,



preparing for the changing online world is no different. As pensioners, it is never easy to consider that we may not be able to keep up, but while able to do so, consider some ideas such as looking to the help of younger people

in your circle, talking to service providers about alternatives to purely online services, and make notes for yourself.

The online world will continue to change, and the world will be more and more focused on online solutions, but you must be an advocate for yourself. This self-advocacy is no different than any form of self-advocacy that life requires of us. We have witnessed a vast change in technology, and we can be rest assured that the change will only accelerate. In the context of self-advocacy, we know that much more is to come, and preparing for this change ahead of time is a small luxury we have and we must exploit.



**Dave Trumble**

PWU/Bruce Power Retiree

## HOW ABOUT CANADA'S 3<sup>RD</sup> COAST?

Ever dreamed about travelling - to Europe, or Asia, or South, or perhaps Alaska? Why not consider a trip in our own beautiful country!

We purchased a travel trailer with the intention of seeing Canada at a much slower pace. We have travelled west to Vancouver Island where we camped for a couple of months.

In June 2023, we left Ontario in our pickup truck – drove west of Edmonton, and then north to Dawson Creek; the start of the Alaska Highway.

This was the summer of horrendous forest fires in Canada. Our closest brush with the fires came in Fort Nelson. It was a clear day and beautiful evening at the campground. During the night you could smell



the smoke in the air. By the time we rose early the next morning, the truck was covered in ash. We drove north for nearly 2 hours before we finally lost the smoke. At one point, we looked up over the hillside beside the highway and literally saw thick smoke rising – there was a fire just on the other side of the hill. Luckily, we were able to keep going without any interruptions.

After 2 days of scenic travelling with multiple wildlife sightings, we were in Whitehorse – Capital of the Yukon. It is the home of the S.S. Klondike, (240 ft long; carried 300 tons of cargo) one of the largest steamships that navigated the Yukon River. We hiked in spectacular Miles Canyon – a recreational canyon formed 8.5 million years ago with beautiful trails, cliffs, wildlife, a suspension bridge, and the remains of a small village that was a stopping point for Klondike Gold Rush stampedeers.

Next major stop was Dawson City, Yukon – home of the Klondike Gold Rush. We resided in a prospector's tent; visited the Bonanza Creek #4 dredge, had fun at Diamond Tooth Gerties and drove up to the Midnight Dome. We took a short ferry ride across the Yukon to see the remains of the Paddlewheel Graveyard where all the old steamships are beached. There is a custom in Dawson City that you have to drink the Sourtoe Cocktail – it has an actual toe in it and your lips must touch the toe as you drink the cocktail. Did not partake – lol.

After Dawson City, we headed out for the Dempster Highway. We stopped at Tombstone Territorial Park – 2200 sq km of wilderness, peaks, permafrost landforms and abundant wildlife. It lies within the Tr'ondek Hwech'in Traditional Territory.

And now for the Dempster Highway – this is not for the faint of heart! It is approximately 750 km of “highway” – all gravel, c/w potholes and washboard. There are 2 ferry crossings (Peel and Mackenzie Rivers). It connects the Klondike Highway out of Dawson City to Inuvik. There was a further extension from Inuvik to Tuktoyaktuk called the Inuvik Tuktoyaktuk Highway. This created the first all weather road route connecting the Canadian road network with the Arctic Ocean.

We were very aware of the food insecurities – the road was closed once for an accident and the ferry did not run a couple of times due to water levels; so nothing is transported in or out on those days.

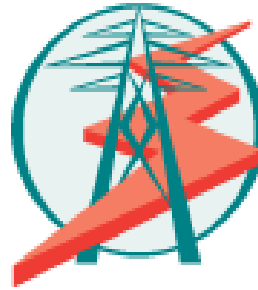






We drove all the way to Inuvik crossing the Article Circle and then on to Tuktoyaktuk. Determined to swim in the Arctic Ocean. Brrrr. Barely got our feet wet!!! But so very excited to reach the 3<sup>rd</sup> Canadian coast.

It was spectacular. Oh the scenery – one feels like a tiny ant in this vast spectacular amazing countryside. Mountains, valleys, rivers, lakes, pingos (look it up!), the smallest desert in the world at Carcross, bison, black and grizzly bears, deer, bighorn sheep – all of them either on the road or alongside the highway.



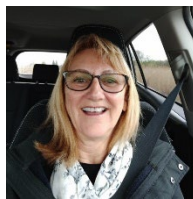
**POWER WORKERS' UNION**  
**RETIRED WORKERS' CHAPTER**

There were many towns, incredible sights, stories, and so much history. If you are thinking of travelling, I highly recommend taking a trip to our very own Yukon and Northwest Territories. It is an unforgettable journey.



Did I mention that there was 24 hours of daylight when we were up there?

*"There are strange things done in the land of the midnight sun. By the men who toil for gold; The Arctic trails have their secret tales."*  
*(The Cremation of Sam McGee by Robert W. Service).*



**Dorothy Couvier**  
Retired PWU Staff Officer

## PWU RETIRED WORKERS' CHAPTER WEBSITE

Like most organizations today, the RWC utilizes a website to provide and maintain information for their members. We encourage you to visit our site on a regular basis.

The following is a brief summary of what you will find when you click on these titles on our home page.

### About RWC

Information about the RWC including our history, our mandate, our Executive Board members, how to join the RWC, etc.

## **Pension & Benefits**

On this page, you will find contact information for your Pension Plan and where applicable contact information for your EHB Plan

## **Newsletters**

Under this tab, you will see the list of newsletters for the past few years.

## **Resources**

Clicking here will provide you access to Membership Bulletins that we have sent out in the past few years. At the bottom of this section is a list of directives such as: Procedure for Contacting the RWC, Helpful Hints for Surviving Spouses and Next of Kin.

## **Photo Gallery**

Here you will see photos of RWC members. Please send us any photos you would like to share on our site of RWC members.

## **Links**

On this page are links to various organizations that are relevant to RWC members.

**We request that you provide us with some feedback and any suggestions you have for additional items on the site will be considered. Send your comments to:**

[rwu@pwu.ca](mailto:rwu@pwu.ca)



## TRAVEL DISCOUNT FOR RETIRED WORKERS' CHAPTER (RWC) MEMBERS

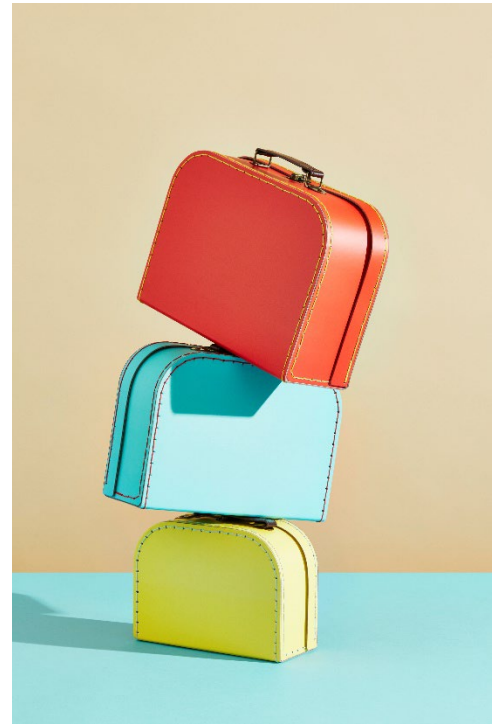
If you have utilized either of these services we would like to have your feedback. Please send us your comments at [rwc@pwu.ca](mailto:rwc@pwu.ca)

The RWC has arranged with STAFFORD TRAVEL AGENCY for RWC members to receive a discount when booking vacation packages and flights.

Discounts will be as follows – 4% on vacation packages and a flat service charge of \$25.00 for flights.

To receive a discount contact John Stafford at 416 481 5106 or [staffordtravel@sympatico.ca](mailto:staffordtravel@sympatico.ca) and identify yourself as an RWC Member.

Stafford Travel has served the travel needs of the POWER WORKERS' UNION for over 60 years.



## DISCOUNT HOME & AUTO INSURANCE PRICES FOR PWU RWC MEMBERS

The broker we have arranged this program with will provide the following savings:

- 10% savings with the group plan
- 5% additional savings for CAA Members

In the past this was Vachon Insurance which has now changed to:



5468 Dundas St. W. Toronto, ON M9B 6E3  
Office: (416) 239-3373 | Toll-Free: 1 (800) 766-8662

Contact the agent below and **identify yourself as a PWU RWC Member** to receive the discount.

**Westland Agent:** Craig Stewart  
416-902 2189  
[cpstewart49@gmail.com](mailto:cpstewart49@gmail.com)

## OUT OF COUNTRY/PROVINCE TRAVEL MEDICAL INSURANCE



The RWC has provided members with basic information on travel insurance in several forms over the past couple of years. We have, and continue to suggest, that you have Medical Insurance when you travel outside of your province or the country.

### ARE YOU AWARE THAT YOU MAY HAVE SOME TRAVEL INSURANCE COVERAGE INCLUDED WITH YOUR PROPERTY INSURANCE POLICY?

Most of us are in the habit of paying our annual premium and not closely looking at our policy. Sound familiar?

This year, I reviewed my annual property policy coverage and was surprised to find the following. **Emergency Travel Medical Insurance 4 Day Trip – Annual Coverage.** This is included in my premium.

My Policy provides coverage for multiple individual “trips” outside Canada for up to 4 “days” for each “trip”.

If my trip days are entirely within Canada, but outside of “my” province or territory of residence, I am covered for up to 365 days.

This coverage appears to be very good for travel within Canada and good for weekend trips to the USA etc.

As with all travel insurance policies it is strongly **recommended that you understand what your policy includes, what it excludes, and what is limited (payable but with limits). Please take time to read through “your policy” before you travel.**

**Not all insurance providers include this in their property insurance policies so be sure to check to see if you have this coverage included in your policy.**



**Dave Shier**

Retired PWU Staff Officer

## RWC EXECUTIVE BOARD CHANGES

Nick Allan has been appointed as Secretary/Treasurer replacing David Bunnett who resigned in November 2023. Nick has been an Executive Board member since 2019 and retired from Lakeview TGS.

Stacey Wark was selected for the Sector 2 Board Member vacancy. Stacey retired from OPG and had worked at Nanticoke and in the Niagara Area.

## RWC MEMBERSHIP MEETINGS 2024

Our annual meetings are an important part of our yearly operation. They provide a good opportunity for our executive to hear directly from our membership regarding issues and to provide members with an update on issues that will affect RWC members.

**Meetings are open to all members. Members in the vicinity of the meeting locations below are encouraged to attend.**

Meetings will **be held at local branches of the Royal Canadian Legion (RCL)**. Meetings are scheduled from 12:00 PM to 2:30 PM and a light lunch is provided. The plan is to conduct meetings for 2024 in the following locations:

- |                |  |
|----------------|--|
| <b>June 18</b> | <b>Hamilton:</b><br>Hamilton RCL Branch 58, 1180 Barton St. E. Hamilton              |
| <b>June 19</b> | <b>Kincardine:</b><br>Kincardine RCL Branch 183, 219 Lambton Street, Kincardine      |
| <b>June 20</b> | <b>Port Elgin:</b><br>Port Elgin RCL Legion Branch 340, 630 Green Street, Port Elgin |
| <b>Sept 17</b> | <b>Cobourg:</b><br>Cobourg RCL Branch 133 135B Orr Street, Cobourg                   |
| <b>Sept 18</b> | <b>Pickering:</b><br>Pickering RCL Branch 606, 1555 Bayly Street, Pickering          |
| <b>Sept 19</b> | <b>Renfrew/Arnprior:</b><br>Renfrew RCL Branch 148 30 Raglan Street Renfrew          |

**The meeting dates, locations, and registration information will be sent to all members in early May and will also be posted on our website.**



## **BENEFITS OF BEING A RWC MEMBER**

For the benefit of new members, and a reminder for ongoing members, the following will provide you with the basics of our retirement chapter.

The PWU Retired Workers' Chapter (RWC) was formed in 1996. The Chapter is an independent organization from the Power Workers' Union (PWU).



The RWC was formed to serve as the PWU Retirees' watchdog on retirees' rights and to ensure that the PWU continues to have access to the advice and experience of PWU retirees.

Our organization works diligently to ensure that retirees' pensions, rights, and benefits (where applicable) are retained or improved and not reduced. The RWC has a Constitution which outlines the rules of operation.

The Chapter is administered by an Executive Board which meets semi-annually and an Executive Committee that meets four times per year. The day-to-day affairs are carried out by the President. Members pay annual dues (\$15.00/year) which cover the operation of the organization.

The RWC membership is kept informed on issues that may affect or, be of interest, to them via bulletins, membership meetings, and a semi-annual newsletter.

The RWC has a position on the PWU Executive Board and is also affiliated with other retiree advocacy organizations in Canada. This allows us to keep informed and provide input on issues that may affect PWU Retirees.

As a member of the PWU Retired Workers' Chapter you are entitled to several important benefits including:



- The ability to recommend changes to collective agreements that contain provisions affecting the livelihood and health of pensioners;
- The opportunity to connect with the RWC either by mail or by email at [rcw@pwu.ca](mailto:rcw@pwu.ca) to raise concerns and questions;
- Automatic free enrolment in identity theft coverage arranged through the PWU;
- Regular information updates through the RWC newsletters and bulletins directed at the needs of pensioners;
- Invitations to regional meetings around the province where you can connect with other pensioners and meet RWC Executive Members;
- Invitations to events such as the PWU Labour Day Parade as well as other events from time to time.

For more information or to join the RWC, visit our website at <https://www.pwu-rcw.ca>



# PROCEDURE FOR CONTACTING THE RETIRED WORKERS' CHAPTER (RWC) FOR ASSISTANCE

Occasionally members may need to contact the RWC for assistance with Extended Health Benefits issues, other concerns, or questions.

Initially, member issues are dealt with by the RWC representatives and not by the PWU. PWU staff may become involved later if necessary.

Some contact information for the RWC is on our website (<https://pwurwc.ca/about/#executives>). You can contact us by phone or email.

If you are uncertain who you should contact, you can get help this way.

1. Contact us by email [rwu@pwu.ca](mailto:rwu@pwu.ca), or call and leave a message **1-800-958-8798**. If you get the receptionist at the PWU ask to be put through to Katie Lack and leave her a message. She will direct your concern to the appropriate RWC Executive member.
2. Provide us with your name and contact information and the basics of your concern.
3. Indicate which Pension Plan you are a member of or which Company you retired from.
4. Your concern will be forwarded to the RWC representative who addresses your specific area. They will contact you as soon as possible.
5. If your concern is related to **Extended Health Benefits** issues and if you are able, please follow the following process before contacting the RWC.
  1. Get the reason for the denial in writing.
  2. Speak with the insurance company to see if they are missing any information that you can provide. Make note of the date/time that you, or they, called and ask for the name/employee number of the customer service rep that you spoke to.
  3. Retain copies of any correspondence and any notes that you have taken.
  4. Call or write the company you retired from to see if they agree with the denial by the insurance company.

If taking these steps **does not** lead to a satisfactory conclusion and you still feel that you are being denied a legitimate claim, the RWC is willing to try and resolve the claim for you.

**If you wish to seek out this assistance you can contact the RWC as indicated above.**

## A MESSAGE FROM AN RWC MEMBER

I retired from the Bruce Nuclear Power Development a.k.a. "Bruce Power" in the spring of 2010. I had a long and varied career starting in 1977 when I left the Niagara Parks Police and joined Ontario Hydro Construction Projects Security Division at the BNPD. In 1990 I took a job with Civil Maintenance as a Handyman on the Central Maintenance Facility Paint Crew. My next position was with the CMF Site Shift Crew doing road maintenance and driving heavy equipment. Then I trained to become an Industrial Insulator followed by Scaffold Building and then a Radiation Safety Technician. When I retired, I was working with the Conventional Safety Outages Department.



The most consistent thing about my career was being a Union Representative with every work group I was involved with. You tend to come in contact with a lot of people over the space of 33 years, doing so many different jobs and being involved with all the transitions that have taken place at the Bruce site over these many decades. There was also that year when my Scaffold Crew from the Bruce ended up working at Pickering. Driving down each Monday morning and returning every Friday afternoon using a company rental car. I was thankful to have had such a great group of co-workers to make being away from home a little more palatable.

I've been retired now for about 14 years, but I have kept up with reading the Bruce Site News, the PWU Newsletters, and information that we receive from the Bruce Power Pensioners Association and the PWU Retired Workers' Chapter. Along with that, I've also attended many of the BPPA and PWU Retirees meetings, but I still end up sitting at home wondering, "Does anyone remember me after all these years?"

Then one day I'm sitting at home gazing out the window thinking, "It's only the end of January and I won't need to cut the lawn for at least another two and a half months! I should start planning a spring tune-up for the old lawn mower." Then all of a sudden, my phone buzzes. Someone is texting me and by the rapid-fire buzzing of messages that come in, before I can even pick up my cell phone, I know it's my daughter Jenn with her machine-gun rapid-fire texting method, probably just checking to see if I've dozed off in my comfy chair. Her text read, "I just received an invitation to a retirement party" – "I can bring a guest and I think you should come." – "Chris Dassios is retiring, and the party is March, 06<sup>th</sup>..." – "You'll have fun!"

At first, I was a little hesitant, almost nervous about getting back out into a crowd of people. In the back of my mind were all these virus issues that have not completely gone away and keep rearing their ugly head on the news. Then I started wondering. Who might be there that would remember me after all these years? Then I started thinking about the great opportunity I was being offered. Spending time with my daughter was the bonus part. Who might I see from my past working life was the excitement.

So off we go to: My Big Fat Greek Retirement Party.

I felt very privileged to have been given the opportunity to attend this tribute to a man that I have admired and respected for many years and to be able to wish him all the best wishes for a well-deserved retirement face-to-face.

No sooner had we walked in the door when I received a wonderful greeting from an old friend from the Canadian Nuclear Workers Council. It was great remembering some of the great times we had and catching up on where things are now. As it turns out there were several Union co-workers and a few Management folks from the past and it was great catching up with all of them. I also got to meet many of my daughter's

co-workers and that was also great to talk with them and hear how much they appreciate my daughter's work ethic. (Proud Papa stuff!).

On a personal level, this event was a mental workout. Looking around the room, seeing familiar faces, and having old memories of events and happenings come rushing back into your mind's eye. Hearing the speeches and having all the emotions felt through the room. Reminiscing about people, places, and things from the past. I felt happy, sad, heartfelt, and glad. It was somewhat of an emotional roller coaster. A mental workout! Brain taxing! One of the most enjoyable events I've had the opportunity to be part of.

The message I'm trying to send is this; As we live our lives, raise our families, and go to work each day, and as we move through our career transitions, make new friends, and have new experiences, we develop a family, work relationship where we carry different types of expectations and responsibilities. Then when we retire a major portion of our lives change. We fill the void with our kids and grandchildren. We may join clubs and take part in more leisurely activities. But in the back of my mind, I've always wondered "Does anyone Remember Me!"

Well, attending Chris's retirement party and hearing someone walk up behind me and say, "Elvis is in the building!" was a tremendous boost to my mental wellness. Having people from my past work life relate their memories of our times together and having those memories flood back into my brain was a total rush.

So, my advice to you is this. Get out to your retirement gatherings and hook up with some of your old workmates to share stories and reminisce. Pick up the phone and call an old friend from your past and catch up on what's happening in their life. It will not only put a smile on your face it just might put a smile on someone else's face as well. The mental workout will be as good for you as a brisk walk around the block. Stay well and keep your stick on the ice! Thanks for reading and until next time!

P.S. Here's a little blast from our past...



The Douglas Point Nuclear Generating Station was Canada's first full-scale nuclear power plant and the second CANDU (Canada Deuterium Uranium) pressurized heavy water reactor. Its success was a major milestone and marked Canada's entry into the global nuclear power scene. The same site was later used for the Bruce Nuclear Generating Station.

Douglas Point was built and owned by Atomic Energy of Canada Limited (AECL) but operated by Ontario Hydro. It was in service from 26 September 1968 to 5 May 1984. The plant served as a teaching tool for the emerging Canadian nuclear industry, and the experience gained was applied to the later CANDU power plants.

Yours in Solidarity,



**Kevin McKay**

PWU/Bruce Power Retiree



# THE PWU RETIRED WORKERS' CHAPTER NEWSLETTER

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