



# Bell Pensioners' Group

Together, Protecting our Pensions and Benefits since 1995

## OTTAWA CHAPTER, INCLUDING ONTARIO EAST, NORTH & OUTAOUAIS

### Summer 2026 Newsletter

Dear BPG Members,

It was a long cold winter in the National Capital Region and for those seeking evidence, the Rideau Canal Skateway opened on December 31<sup>st</sup>, 2025, and closed 56 days later on March 4<sup>th</sup>, 2026. This has been one of the longest seasons in the past several years. Now that summer is here, it is time to think about picnics and other summer activities.

Our chapter's Annual Meeting (AGM) was held on May 27<sup>th</sup> with approximately 100 members in attendance. A summary follows.

As you know, I am filling in for Ron Haag who has been fulfilling one item on his bucket list, by joining the second half of the Clipper – Round the World sailing race. This is an opportunity of a lifetime to spend 6 months sailing across both the Pacific and Atlantic oceans. Ron sent a video for the AGM after arriving in Seattle, after crossing the Pacific from Korea. The is a short video on the BPG web site at [https://drive.google.com/drive/folders/1IBB4EbaJ-ZR\\_cUeE7VBM2FEtDSlyfqDm](https://drive.google.com/drive/folders/1IBB4EbaJ-ZR_cUeE7VBM2FEtDSlyfqDm) Scroll to the bottom to find "Ron from Seattle.MOV".

As Ron continues his voyage you can follow him on Instagram at [clipperron2026](#).

**Membership Renewal:** At the beginning of each newsletter, you will see your BPG membership number (5 digits) and the Membership Renewal Date (MRD) - year, month and day (8 digits). The MRD shown in this address field indicates you are a member in good standing until that date. The annual membership fee is \$20. Please renew your membership yearly (not several years at a time) to make the workload more manageable for our volunteers. To this end, we also encourage you to pay your membership fee by credit card (via the BPG website at [Renew Your BPG Membership - Bell Pensioners Group / Groupe Pensionnés Bell](#)) Sign into your account and click on the RENEW BPG button at the top of the Home Page.

For those members who have already set up a recurring payment via credit card, if you changed/switched your credit card for any reason, please send an email to [treasurer.ottawa@bpg-gpb.com](mailto:treasurer.ottawa@bpg-gpb.com) to receive instructions on how to update credit information through the BPG website.

If you are signing into your BPG account for the first time, **Username is your email address and your BPG Membership Number is the password.**

E-transfer payments remain an option and can be sent to [treasurer.ottawa@bpg-gpb.com](mailto:treasurer.ottawa@bpg-gpb.com). Please include your BPG Membership Number and phone number in the comments section of the e-transfer.

You can also renew by cheque mailed to:

Bell Pensioners' Group, P.O. Box 91032,  
Kanata RPO Signature Centre,

499 Terry Fox Drive,  
Ottawa, Ontario K2T 0A3

Quick Tip: Having your membership number readily available makes it easier for you to enroll in the travel insurance program offered by Manulife.

In this newsletter, you will find:

- **BPG Ottawa, Ontario East, North and Outaouais Annual General Meeting**
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- **The Personal**
- **Travel Insurance - Exclusively for BPG members**
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- **McMaster Aging Portal**
- **Articles of Interest**
- **Seniors**
- **Comtech/Your Neighbourhood Credit Union GIC rates**

I want to thank your Chapter BPG volunteer team. They're a great bunch to work with and I would highly recommend joining in if you want to help our fellow pensioners. On behalf of this team, I want to also thank each of you for your support and look forward to seeing you at our fall meeting on October 28th at the Hellenic Centre, 1315 Prince of Wales Dr., Ottawa.

**Contact Information:** We love our members and don't want to lose track of you. We want to make sure you get our newsletters and other important information. Please inform us at [treasurer.ottawa@bpg-gpb.com](mailto:treasurer.ottawa@bpg-gpb.com) if you change your email address, home address or phone number.

Have a great summer folks!

Claude Elliott, Acting Chair, BPG Ottawa, Ontario East, North and Outaouais Chapter

### **BPG Ottawa, Ontario East, North and Outaouais Annual General Meeting**

The BPG Ottawa Annual Meeting (AGM) was held on May 27<sup>th</sup> at The Hellenic Community Centre with approximately 100 members in attendance. All the AGM motions were voted on and passed by the attendees. A video of this part of the meeting is available at <https://www.youtube.com/watch?v=qhDbeRYjYA>

BPG President, Ronald Nicol, presented material on the Bell/BCE pensions plans, preliminary BPG Survey results, the BPG Strategic Plan and Travel Insurance. For more details see the presentation material on the BPG web site at <https://www.youtube.com/watch?v=mCwOmNelle8>

It was interesting to know that there are 64 pensioners in the Bell Pension Plan who are more than 100 years old. While there has been volatility in the financial markets in 2026, the Bell/BCE pensions have not been affected. The plans solvency ratios have remained 120% reflecting a strong financial position. The presentation reminded members of the annual pension audit where Bell will send notices to approximately 5,000 of the 35,000 pensioners. If you are one of these 5,000 pensioners, you have to respond to the survey or risk having your pension stopped.

The BPG Survey conducted between March 8<sup>th</sup> and March 31<sup>st</sup> was sent to approximately 12,000 members and 3,705 responded. The survey showed that satisfaction and trust were very high. Ninety-one per cent of respondents said they were satisfied or very satisfied. Eighty-seven per cent said BPG represents retiree issues well. Members want better practical benefits with insurance improvements requested by ~20% of all comments. Health, dental, vision and travel insurance are the top unmet needs.

The current BPG Strategic Plan period ends in 2026 and work is well under way on the new one. Michael Feldstein (VP-Ontario) is leading the strategic plan working team (of 9 resources from chapters and board). The survey is an important input into the strategic plan. The plan should be ready by the beginning of fall and results will be shared with you at the fall meetings.

The Manulife Group Travel Insurance has seen large increases in premiums in several age categories. To minimize the impact of the increases, new age categories (70-74, 75-79, 80-84) were introduced this year. The 70-74 age group represents 39% of the claims. A late applicants process is being evaluated by Manulife, with a potential introduction by early fall.

The guest speaker was OPP Staff Sergeant Chris Sturgeon who spoke on frauds and scams. The presentation covered many different types. Unfortunately, Sergeant Chris Sturgeon was unable to share the material for BPG to post on our website. He did agree to share the names and contact information of the agencies that monitor frauds and scams (see below).



Where to go for help with Fraud:

Ontario Provincial Police - 1-888-310-1122 or your local police service  
Canadian Anti-Fraud Centre 1-888-495-8501  
[www.antifraudcentre-centreantifraude.ca](http://www.antifraudcentre-centreantifraude.ca)

Other places for help

Consumer Protection Ontario 1-844-286-8404 or [www.ontario.ca](http://www.ontario.ca)  
Better Business Bureau 1-613-237-4856 or [www.bbb.org](http://www.bbb.org)  
Equifax 1-800-871-3270 or [www.equifax.ca](http://www.equifax.ca)  
TransUnion 1-866-525-0262 or [www.transunion.ca](http://www.transunion.ca)

Your responses on the Meeting Evaluation Form are extremely helpful in making the meetings more productive and better serve your needs. Your response for topics for guest speakers is excellent in helping us get new speakers. Here are the top suggestions for future guest speaker subjects:

- MAID
- Senior tax relief
- Driving education for seniors
- Stress management
- Bitcoin / crypto What is it and how does it work?
- AI
- Investments and estate plans (3)
- Estate Planning (reduce taxes paid by an estate)
- Financial Advice (RSP's and RIF Info)
- Other volunteer agencies such as CNIB and/or Food Bank

Suggested areas for additional BPG Benefits were:

- Dental Insurance
- Hearing aid discounts
- Medical insurance
- Hotel discounts
- Massages
- Cancel dental benefits and move to Government of Canada Dental Plan
- Vision plan
- Travel groups for seniors
- Can the travel insurance rules be relaxed, if you miss a year can you rejoin after a year or two?
- Restaurant discounts

One area where BPG members can get more information on discounts on a variety of products and services is **In Touch**, Offers for Bell Retirees. It includes many categories, including hotels, Via Rail travel, Park'NFly, computers, fitness, prescription eyewear and food delivery. For more and to register to receive your copy of In Touch send an email to [intouch@bell.ca](mailto:intouch@bell.ca).

## President's Message

Hello everyone.

Over the past few weeks, I have had the opportunity to participate in all the annual general meetings of the various BPG chapters. It has been a pleasure to meet many of you in person and discuss our organization's priorities for 2026. Among other things, I presented the **results of the member survey** held in March 2026. I want to thank you again for responding in such large numbers, as almost a third of our members responded to our survey. There is no doubt that your answers will greatly guide us in the development of our **strategic plan for the next 5 years**. We are also working hard to finalize this strategic plan, which we will present to you at the next fall meetings of your various chapters.

I also discussed **Manulife's group travel insurance program**. Premiums have certainly increased significantly this year, but this increase reflects the increase in the number of claims in the program as well as the additional costs incurred by all insurers in the travel world. We continue to see the value of this group insurance as excellent, and the very high renewal rate of our Manulife insured members proves that again this year.

At the annual general meetings, **Bell also presented the status of BCE's various pension funds, and we are very pleased to see that all these pension funds are very well managed and show excellent solvency**. This is very reassuring for the pensioners that we are.

For more details on these various topics, I invite you to **consult my presentation and Bell's presentation on the BPG website**.

I wish you a very nice summer, and I look forward to seeing you again this fall.

Ronald Nicol, BPG President

## 2026 Nominations Committee

Summer is finally upon us and is off to a good start.

**I would like to personally thank all those who have come forward and accepted positions with BPG. Your generosity will not go unnoticed by the membership.** Over the first few months this year, we have received inquiries and interest from our membership and as such we have been active and successful in attracting new volunteers to join BPG.

**BPG Needs Volunteers! *All roles at both the national and at local chapter levels within BPG are staffed only by member volunteers.*** By becoming involved, you help keep all roles fully covered by qualified volunteers and ensure that BPG can continue to fulfill our mandate to our members.

**Why Volunteer?** Taking on a volunteer role with BPG is a rewarding, worthwhile and interesting experience with opportunities for expanding your network, learning about pension related issues,

meeting and working with like-minded people as well as having a chance to demonstrate valuable skills utilized during your career at Bell. Here are some of the good reasons why you should decide to be a volunteer as a BPG Board Member:

- Help ensure our pensions are being protected and Bell continues to do its part
- Ensure Governments' rules and regulations will protect our pensions; in case they should ever need to be protected
- Reconnect with peers met during careers at Bell
- Give back to BPG and to the dedicated Board Members by also volunteering personal time
- Contribute to developing new ideas to recruit new members and to ensure BPG keeps existing members

**Here is your current BPG Board of Directors:**

***The BPG Board of Directors currently has 19 members (which include the seven Chapter Chairs representing members in Ontario, Québec and Aliant Atlantic).***

**BPG Board of Directors 2026:**

**Ronald Nicol** - President

**Antonio Lépine** - Past President

**Mike Feldstein** - Vice President – Ontario/Aliant Atlantic

**Marc Bouvier** - Vice President - Québec

**Tony Scandella** - Secretary-1 year term

**Terry Inder** - Treasurer

**Chapter Chairs 2026:**

**Ken Matthews** - Aliant Atlantic

**David Milne** - Interim Chair - Ontario Central

**Denis Courchesne** - Montréal

**Yves Simard** - Québec

**Ron Haag** - Ottawa / East & North Ontario Outaouais (**Claude Elliott**, interim)

**Bernard Gauthier** - Têlébec

**Dan Zaluski** - Southwestern Ontario

**Directors at Large:**

**Randy Sloat** – Nominations Committee Chair

**Karen Lawson** – Communications Committee Chair

**Mary Lynne Forestell**- Director At Large

**Bernard Barbeau** – Pension Committee Chair, Audit and Finance Cttee Chair

**Jean Lasnier** – I.T. Chair

**Diane Rochon** – Benefits Chair

**Kerry Arbour** – Director At Large

Randy Sloat – Nominations Committee Chair ([randy.sloat@sympatico.ca](mailto:randy.sloat@sympatico.ca))

**New Ottawa, Ontario East, North & Outaouais Chapter members  
Welcome!**

<b>Lynn Arnone</b>	<b>Dan Hudson</b>	<b>Danielle Simoneau</b>
<b>Sandra Barrie</b>	<b>Sheila LeBlanc</b>	<b>Ann Staines</b>
<b>Ann Carter</b>	<b>Karen Mitchell</b>	<b>Steven Tisseau</b>
<b>Anne Daley</b>	<b>Guy Paul</b>	<b>Madonna Withers</b>
<b>Jeffrey Deans</b>	<b>Penny Reklitis</b>	
<b>Sherry Gostlin</b>	<b>Earl Rose</b>	
<b>Robert Harris</b>	<b>Timothy Rumball</b>	
<b>Kelly Hasey</b>	<b>Henry Schrock</b>	

**Ottawa, Ontario East, North & Outaouais Chapter Leadership Team**

The **Vice-Chair** position still needs to be filled and the **Communications** role is available if anyone wishes to step in. If you're interested, please contact our Acting Chapter Chair, **Claude Elliott**, Past-Chair/Succession Planning, at [claud.elliott@outlook.com](mailto:claud.elliott@outlook.com)

<b>Chair</b>	Ron Haag (on leave until mid-year)	<b>Communications</b>	Susanna Cluff-Clyburne
<b>Vice-Chair</b>	<b>Vacant</b>	<b>Meeting Planners</b>	Liz Glover/Debbie Follis
<b>Past-Chair/Acting Chair</b>	Claude Elliott	<b>Records Management</b>	Brian McClean
<b>Succession Planning</b>	Claude Elliott	<b>Membership</b>	George McDougall
<b>Secretary</b>	Sandy Holmes	<b>Web Master</b>	Peter de Gosztanyi/ Walter Arskey (back-up)
<b>Co-Treasurers</b>	Terri Cheeseman/ Doug Lawrence	<b>GoDaddy™ Admin</b>	Henry Starzynski
<b>Member-at-Large</b>	Harvey Hillier		

**Key BPG Information**

BPG is great at keeping its members informed of the latest news and provides articles of interest that we feel our members would appreciate. **Check out the BPG National website at:** <https://www.groupepensionnesbell.ca> and your own chapter web pages at: Ottawa/East&North On Chapter - Bell Pensioners Group / Groupe Pensionnés Bell

Want some social interaction in these trying times? Be part of the BPG Facebook community where you can hear the latest and greatest and connect with old friends at: <https://www.facebook.com/BellPensionersGroup>

## In Touch

The latest issue of In Touch will come out in **July 2026** – [bce.ca/intouch](https://www.bce.ca/intouch)

## Important Numbers

- Bell Benefits Administrator at 1-888-400-0661 or <https://www.benefitsBell.com> Employee Services at 1-888-391-0005 or [employee.services@bell.ca](mailto:employee.services@bell.ca)
- The Personal Home or Auto Insurance, visit [thepersonal.com/bell](https://thepersonal.com/bell) or call 1-888-476-8737
- Manulife Health and Benefits through Bell Canada, [manulife.com/signin](https://manulife.com/signin)
- Manulife Group Travel Insurance, *exclusively available to BPG members only* at [ManulifeGroupTravel@canamti.com](mailto:ManulifeGroupTravel@canamti.com) or 1-888-332-3007

## BCE News

Have You signed up for BCE News to keep informed about the latest news? If not, here is the link: [BCE News Signup](#)

Bell launches always-on Internet solutions - reliability you can count on [Newsroom](#)

## Bell – MyPortal

<https://myportal.bell.ca/>

## About 211 - United Way 211 National

***211 is Canada's primary source of information for government and community-based, non-clinical health and social services.*** The free and confidential service can be accessed 24 hours a day, in more than 150 languages, by phone, chat, text, and web. 211 helps connect people to the right information and services, making their pathway to care and resources a guided and trusted one.

211 is available by phone, chat, online at <https://211ontario.ca/> and text in different regions – dial [2-1-1](tel:2-1-1) to connect to community services.

## Founding Member of BPG – Dan Braniff

One of the founding members of BPG, **Dan Braniff**, has recently passed away. Dan was one of the original members that fought for all of us. Our sincere condolences to Dan and his family. We would like to thank Dan and the founding members for fighting for us all.

***Check out our history at: [Our History - Bell Pensioners Group / Groupe Pensionnés Bell](#) and Dan's Commemoration article he wrote for BPG's 20th Anniversary***

## **Annual General Meetings (AGMs)**

All of the AGMs are completed now.

See the following links for all the presentations on the members' portal: BPG President's Report, an update on the pension plan, BPG survey, BPG strategic plan and the videos of the AGMs in Toronto and Montreal at

<https://bellpensionersgroup.ca/presentations-and-articles/>

## **BPG Survey 2026 and Strategic Plan for 2027-2031**

We had an excellent response to our BPG survey and would like to thank everyone for taking the time to respond. We will synthesize those findings to understand the focus for the new Strategic plan. BPG is revisiting our vision and mission statements to include Defined Contribution (DC) members and how we can increase our value to all members with value added services over the next 5 years. Further updates will be provided as we fine tune our strategic initiatives.

**The number of people who responded to the member survey was 3,708 and non-member responses were 96.** A lot of the survey questions were included in the President's message at the Annual General Meetings (AGMs).

***The winner(s) of the survey contest are Norman McIlwaine, Ontario Central; Louise Allard, Montreal and John Collins, Aliant.***

## **BPG is now open to DC members**

BPG is now open to Defined Contribution (DC) pensioners and employees with a minimum of 15 years of service. Encourage your friends and peers to join. [Join BGP - Bell Pensioners Group / Groupe Pensionnés Bell.](#)

## ***The Personal Auto Insurance Renewal – Changes as of July 1<sup>st</sup>, 2026, in Ontario***

Effective July 1, 2026, a separate line item may appear on your auto insurance policy to provide coverage for income loss. It is important to review each item on your policy premium. If you do not require this coverage, contact The Personal to discuss removing it from your policy.

For further information, here is a link to their website explaining the new structure:

<https://www.thepersonal.com/on/en/blog/auto/ontario-auto-insurance-reform.html#>

## **The Personal Blog**

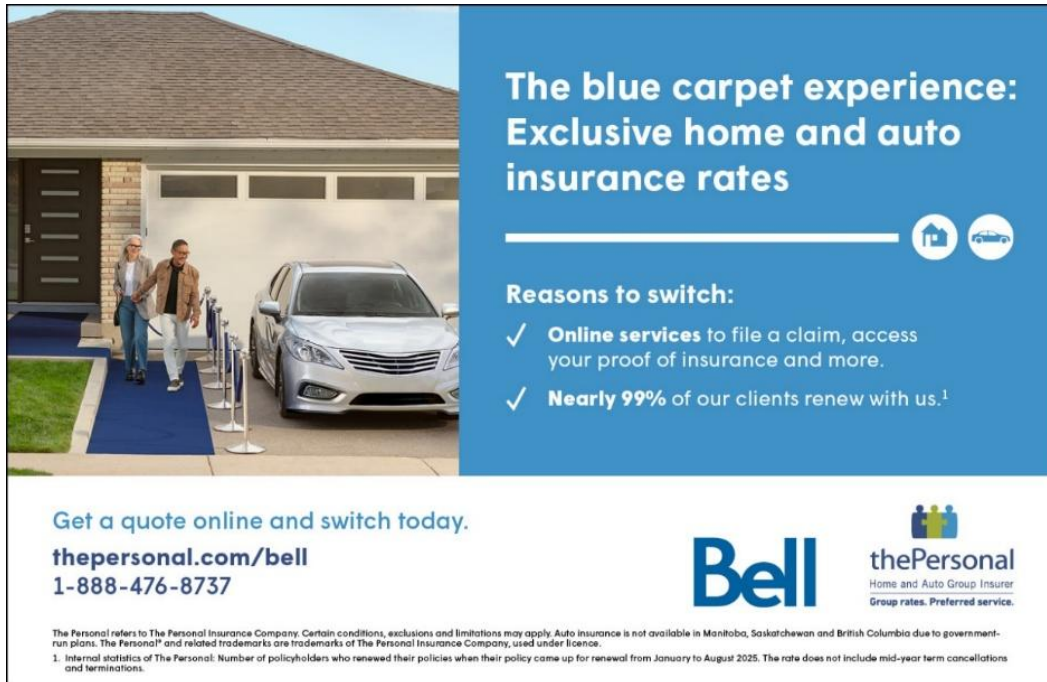
<https://www.thepersonal.com/blog.html>

## **Did you know?**

If you have an automobile policy with **The Personal** before you retire from Bell, let The Personal know that you have retired as your policy number will change and your rates may be cheaper.

Check out information from The Personal in the BPG portal. Reminder that you must log in to see this information.

[The Personal Insurance Inc | Bell Pensioners Group / Groupe Pensionnés Bell](#)



**The blue carpet experience:  
Exclusive home and auto  
insurance rates**

**Reasons to switch:**

- ✓ **Online services** to file a claim, access your proof of insurance and more.
- ✓ **Nearly 99%** of our clients renew with us.<sup>1</sup>

Get a quote online and switch today.  
[thepersonal.com/bell](http://thepersonal.com/bell)  
1-888-476-8737

**Bell** thePersonal  
Home and Auto Group Insurer  
Group rates. Preferred service.

The Personal refers to The Personal Insurance Company. Certain conditions, exclusions and limitations may apply. Auto insurance is not available in Manitoba, Saskatchewan and British Columbia due to government-run plans. The Personal® and related trademarks are trademarks of The Personal Insurance Company, used under licence.  
1. Internal statistics of The Personal: Number of policyholders who renewed their policies when their policy came up for renewal from January to August 2025. The rate does not include mid-year term cancellations and terminations.

### The exclusive BPG contest with The Personal

**Our BPG Spring contest is over, and the lucky winners of a \$250 gift certificate are: Eric Allen and Patrice Banville. Congratulations winners.** The BPG Fall contest will be advertised in our Fall newsletter.

Auto insurance is not available in Manitoba, Saskatchewan, or British Columbia due to government-run insurance plans.

### ***Exclusive rates with a group insurer that gets it...***

Bell Pensioners Group has partnered with The Personal to offer you many advantages on your home and auto insurance – including group rates not offered to the public, preferred service, and more.

To get a quote or request more information, visit: [The Personal Insurance Inc - Bell Pensioners Group / Groupe Pensionnés Bell](#) or [Exclusive Rates on Home and Auto Insurance | The Personal](#) or contact them at 1-888-476-8737.



### Travel Insurance - Exclusively for BPG members

Manulife 2026 travel insurance renewals

All members should have received their Manulife travel insurance renewal for 2026. The cutoff date for renewal was June 15<sup>th</sup>. Please check your policy to ensure all details are correct. Despite the Manulife increase, the rates were still competitive as we had a 91% renewal rate.

New BPG members have ONLY 60 days to enroll after becoming a member.

***If you and your spouse are both Bell employees and one retires but the other is still active, take advantage of the active employee travel insurance coverage and once that person retires, you would be eligible as a new BPG member for this travel insurance within 60 days of joining BPG.***

All information including the enrollment form, FAQ and details about the plans are available on the Manulife portal at the following link:

<https://www.manulife.ca/campaigns/bpg-travel-insurance.html>

For more information, please contact: [ManulifeGroupTravel@canamti.com](mailto:ManulifeGroupTravel@canamti.com) ***If you have any issues, call Manulife directly, not BPG.***

***The \$20 investment for your BPG membership provides access to extremely competitive travel insurance rates as well as keeping you well informed on your pension!***

## Artificial intelligence in retirees' everyday lives

### 10 practical ways to simplify your retirement

Artificial intelligence (AI) is becoming an increasingly common part of everyday life. We hear about it in the news, see it on the Internet, and encounter it in many of the services we use every day. Yet many retirees still wonder: "How can it actually help me?"

The good news is that you do not need to be a technology expert to benefit from AI. Tools such as ChatGPT, Gemini, Claude or Copilot can help you save time, find information quickly, and even organize certain aspects of your daily life.

Here are ten simple and practical ways to use AI during retirement.

#### 1. Plan a trip

Dreaming of a getaway to the Maritimes, Europe, or somewhere closer to home? AI can suggest itineraries, attractions, restaurants, and travel tips tailored to your interests and budget.

For example:

- "Create a 7-day itinerary for a retired couple visiting the Maritimes."

#### 2. Understand complex documents

Have you received a letter from your bank, insurance company, or a government agency? AI can help summarize the content and explain it in simpler language.

#### 3. Find meal ideas

Running out of ideas for dinner? Tell AI what ingredients you have in your refrigerator and ask for recipe suggestions.

For example:

- "I have chicken, carrots, and rice. What can I make for dinner?"

#### 4. Plan activities and outings

AI can suggest local attractions, shows, day trips, and activities based on your interests and location.

#### 5. Get help with technology

Having trouble using a feature on your phone, tablet, or computer? AI can provide step-by-step instructions in clear, easy-to-understand language.

#### 6. Draft written communications

Whether you need to write an email, letter, invitation, thank-you note, or social media post, AI can provide a first draft that you can personalize.

#### 7. Conduct quick research

Want to learn about a historical event, understand a current issue, or get information on a particular topic? AI can provide a concise and accessible summary.

## **8. Organize personal finances**

AI can help you create a budget, compare expenses, and explain financial concepts that may seem complicated. However, important financial decisions should always be reviewed with a qualified financial advisor.

## **9. Learn new things**

Whether you want to learn a new language, understand how a device works, or explore a topic that interests you, AI can act as a personal tutor available anytime.

## **10. Stimulate your memory and creativity**

From trivia games and memory exercises to writing projects, genealogy research, and family history, AI offers many ways to keep your mind active and engaged.

## **A few important precautions**

Although AI is a powerful tool, it is not perfect.

Before relying on its answers:

- Verify important information through trusted sources.
- Never share sensitive personal, financial, or banking information.
- Be cautious of texts, images, or videos that seem too good to be true.
- Always use your own judgment and critical thinking.

AI is an assistant, not an expert.

## **In conclusion**

Much like the Internet did several decades ago, artificial intelligence is becoming an increasingly important part of daily life. When used wisely, it can help simplify tasks, support lifelong learning, and save valuable time.

**Courtesy of Laura Tomassini, Director of Communications, Montréal**

## **McMaster Aging Portal**

Your source for healthy aging information you can trust. Check out the great articles available and webinars. Register as a retiree and you will have access to everything. <https://www.mcmasterviellissementoptimal.org/>

[Engaging in the arts to improve mental well-being](#)

[High blood pressure \(hypertension\) | McMaster Optimal Aging Portal](#)

[Taking control of your blood pressure: What the new guidelines mean for you](#)

[Hypertension: Effective ways to lower high blood pressure without medication](#)

[Micro-learning | McMaster Optimal Aging Portal](#)

## Articles of Interest

[Most Canadians keep their savings in the wrong account — here's what \\$10,000 can earn in a year in a standard account versus a high-interest one](#)

[Bank of Canada holds rate at 2.25% amid weak growth, inflation risk](#)

[From timing rates to upstart lenders: How to get the most out of your next GIC](#)

[It was false after all: 10 health myths that sound true—but aren't](#)

[10 unwritten rules every Canadian follows that nobody ever officially taught them](#)

[Careful! These 12 words don't really mean what everybody thinks](#)

[The Oxford comma is a choice, not a rule \(and it is not about grammar\)](#)

[10 Of The Wackiest English Words That Are Totally Not Made Up](#)

[8 surprising things Canada actually does way better than Europe](#)

[18 countries that treat Canadian tourists like royalty](#)

[16 places where your Canadian dollar goes further than ever in 2026](#)

[You're not a true Canadian unless you've been to at least 7 of these 12 iconic landmarks](#)

[14 new travel habits Canadians may need before flying in 2026](#)

[10 things Canadian tourists do that annoy locals everywhere](#)

[The rudest cities for Canadian tourists are not the ones you'd expect](#)

## Seniors

[Old Age Security payments for June are going out soon and some Canadians can get over \\$800](#)

[Proposal to cut OAS for high-income seniors could save billions <https://flip.it/U2QR1K>](#)

[How to significantly increase your CPP pension](#)

[Protect yourself from fraud | Manulife Canada](#)

[9 ways technology is alienating you from your grandkids – Canadian Essence](#)

[Canada's one-time grocery payment went out recently but you might not have received money](#)

[Natural gas appliance safety—what to know | Enbridge Gas](#)

[Spike in elder financial abuse renews calls to designate trusted contact person: Dale Jackson <https://www.ctvnews.ca/business/article/spike-in-elder-financial-abuse-renews-calls-to-designate-trusted-contact-person-dale-jackson/>](#)

<https://www.ctvnews.ca/london/article/accuride-workers-secure-millions-in-pension-surplus-after-landmark-union-court-victory/>

<https://bellpensionersgroup.ca/carp-2/>

[Understanding the "Clawback Trap" and Why It Matters for Older Canadians - CARP](#)

[Tech Training | Kanata Seniors Council](#)

[OSSCO March Newsletter](#)

**COMTECH FIRE  
CREDIT UNION**  
IS NOW YNCU

**4-MONTH  
GIC SPECIAL**

**4.50%**<sup>1</sup>

Available on NEW deposits of \$1,000 or more.

**5-YEAR  
GIC SPECIAL**

**4.00%**<sup>2</sup>

Available on deposits of \$1,000 or more.

*Limited time offer*

**Move your pay, win \$20K!**

Open your account if you don't already have one, then switch your payroll to YNCU or CFCU to get entered to win the \$20,000 grand prize as well as 300+ other weekly prizes. The sooner you make the move, the more chances you have to win.



For full contest details, go to [yncu.com/play](https://yncu.com/play)

No purchase necessary. Open to Ontario residents 18+. Conditions apply. See full contest rules at [yncu.com/rules](https://yncu.com/rules).



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<sup>1</sup> Terms and conditions apply. Offer available for a limited time on eligible new deposits to YNCU only. 4-month non-redeemable GIC rate is 4.50% annually. Minimum deposit of \$1,000 required. Maximum eligible deposit amount of \$500,000 per member. Rate is subject to change without notice and is not guaranteed until the GIC is opened and funded. Contact Comtech Fire Credit Union or visit [comtechfirecu.com](https://comtechfirecu.com) for full details.

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