



Prime Time

SUMMER 2026

Published by the Association of British Columbia College Pension
Plan Retirees

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Protecting our College Pension Plan and other related pension
benefits for the benefit of current and future retirees.



CPPR

In This Issue

Article	Page
President's Greeting	2-4
Pension News and Updates	5
Trustee Greeting	6
Navigating BC's Health Care System	7
Membership Categories	8
Workshop and Education	
Committee Report	8-9
Connections	10
PSRG Contacts	11
A New Book by Ken Shaw	11
Newfoundland Photo Album	12
Best African Safari	13-15
Filling th US Travel Hole	15-17
Useful Links	14

From the Editor

Welcome to the summer issue of *Prime Time*. We're living in very interesting times right now, so I was glad to read in our Trustee Candace's article that our plan is healthy. You'll see our Workshop and Education Committee is changing its focus slightly and, courtesy of George's attendance at the BCGREA AGM earlier this summer, have a checklist to help travel the sometimes turbulent waters of our healthcare system.

You may also envy our members who've been visiting very interesting places, and make sure you follow the link to the article in the Retired Teachers' *Postscript* to read about what Ken Shaw is doing with his small plot in Prince Rupert.

As George says in his article, I was on a panel of newsletter editors at the CURAC conference in New Westminster in May. The discussions gave me much to think about, and I'll most likely have more to say in the winter issue of *Prime Time*. Meanwhile, I hope you enjoy this issue and have a good rest of the summer.

Mary L. Griffin, editor

Members of the CPPR are grateful to live, work, and be in relation with First Nation, Inuit and Métis peoples from across many traditional and unceded territories, covering all regions of British Columbia.

We are honoured to live on this land and are committed to reconciliation, decolonization, and building relationships in our communities.

President's Greeting

Since I last wrote this column for *Prime Time*, in addition to meeting with the other table officers, our Communications



Committee, and the whole board, I've attended the BC Public Sector Pension Conference (Apr 15-16), the BC Government Retired Employees' Association (BCGREA) AGM on Apr. 23, UFVRA's AGM (May 6), the Municipal Pension Retiree Association's (MPRA) Reporting meeting (May 7), and CURAC's AGM (May 20).

Mary, Danny and I attended the BC Public Sector Pension Conference in Victoria right after our April board meeting. As usual, the sessions focussed more on matters affecting trustees and actives than on retirees. Still, updates on the economic and global situations we face and how AI and quantum developments may impact pensions were interesting. Also interesting was the effort to make infrastructure investments attractive to pension plans, making sure they tick off all the boxes (risk vs return, liquidity, governance and development stages). We had an impromptu meeting of PSRG with reps from MPRA, BCGREA and BCRTA attendees. In response to our joint letter of April 2 to Pen Corp asking for consultation on pre-retirement workshops, a Teams meeting has been set up on September 1.

The BCGREA AGM was notable for a change in leadership: Brian Green stepped down after five years as president; Wilf Brodrick was elected president (he has been at most of the PSRG meetings over the last few years). Hearing Life and Belairdirect, some of BCGREA's Affinity Partners made presentations, and plan trustees Angie Sorell and Stuart Morgan provided an update on the financial health of the Public Sector Pension Plan and its benefits. Health and welfare benefits are subsidized for some GREA members depending on years of service; dental benefits are not. The Public Service Plan has \$48.8 billion in assets and produced a 9.9% return last year; it has seen a 17% increase in employers and 41% growth in active members over the last ten years. Their keynote speaker was Connie Jorsvik who

Front Cover: Active Pass Lighthouse, Mayne Island. Photo: mlg..

talked about navigating BC's Healthcare system and the importance of advanced care planning. She made some very interesting points, which are of interest to all of us and these are set out as a separate article on page 7.

I enjoyed speaking at UFVRA's AGM and thanked Adrienne and Ian for their great work with us. Their 63 members are an amazing start, and it was a pleasure to hear from SFURA's Gladys We about CURAC.

The MPRA Reporting Meeting on May 7 featured keynote speaker Sally Tan, talking about "Sleep, Trauma and the Healing Brain". She started out as a corrections officer, has worked in the Downtown East Side and now counsels first responders who suffer from trauma or PTSD. She had distributed beforehand a MEQ (Morning-Evening Questionnaire) to assess whether attendees were morning larks or night owls. She talked about avoiding coffee for the first 1 ½ hours after getting up, the importance of early morning light exposure, how REM sleep is free therapy at night, discouraging naps (stealing from sleep) and the use of EMDR therapy, moving ones eyes while processing traumatic memories. They also featured Leslie Gaudette from COSCO and affinity partners Belairdirect and Trip Merchant.

CURAC's AGM started with an informal discussion about how their conferences are funded. CURAC gets about \$25,000 from its affinity partners, but that doesn't cover the entire cost of their annual conference. The question was what ratio of funding should be borne by CURAC and the local host. McMaster has offered to host the 2027 conference & AGM; Calgary in 2028. The other question was what should be done with membership fees. The maximum now is \$300 no matter what the size of the RA; for associations under 100, there is no fee. As there's been no increase in years, they're asking for advice. John Wilson suggested annual COLAs, mirroring the increase in pension COLAs. That seemed to be a welcome way forward. As for the AGM itself, Walter Archer continues as president, three

new board members replaced retirements. The meeting wrapped up with reports from their committees (awards, affinity marketing, governance, communications, health care policy, late life learning, and conference committee's annual report). John and Mary attended conference sessions, and Mary was on a panel of newsletter editors.

Table officers met by Zoom on June 3. We talked about the proliferation of benefit providers and what members need to know before retiring. We also discussed how to approach the new leadership at FPSE and how to engage PSEA as a partner. There's likely no report coming from Don Avison on the post-secondary landscape until September, but Danny pointed out that much of the influence that the BCGEU and FPSE had over apprenticeship and trades training has been lost, and private or union providers have taken a lot of training from the public sector. With \$241 million being injected into the training system by Ottawa and BC over the next three years, there's an opportunity to encourage use of the public system. We also talked about bringing the affiliates together in the fall, facilitating a CNC gathering to assess whether a RA could be established, a new CURAC Google Group for newsletter editors, bringing our West Kelowna files down to Vancouver for scanning and simplifying the expense reimbursement procedure with a downloadable form.

Our AGM is scheduled for Wednesday 4 November at the Holiday Inn on West Broadway, Vancouver, and via Zoom. Don't forget

funding is available to support out-of-town members who would like to attend in person. We'll be

conducting our regular



President's Greeting Cont.



W.A. C. Bennet Dam
Photo: George Davison

business with elections for three directors and for the Vice President and Treasurer. The keynote speaker has not yet been booked. Stay tuned....

As I await knee replacement sometime soon, we're not doing much travelling this summer. Our travel trailer sits on the street in front of our house waiting for less smoke and fewer fires, though it's been a relatively wet and damp season so far. We did make a brief trip up to Fort St. John for my wife's aunt's 90th birthday and swung by Site C (now the John Horgan Dam!) and the WAC Bennett dam, which was dramatically

spilling water. But most of my time has been taken up with the local Heritage Commission's application for a Heritage BC grant and our public engagement campaign, asking communities in Prince George what should be remembered as heritage (beyond the typical built heritage of houses and businesses). See <https://getinvolved.princegeorge.ca/Our-heritage/>. So far, it's been difficult getting people to come out to our focus groups and events – too many enjoying summer holidays

George Davison



Photo: George Davison

Pension News and Updates



2025 Annual Report



The College Pension Plan's Latest Annual Report (2025)

is now available on the plan's Website:

<https://college.pensionsbc.ca/documents/d/college/pdf-2025-annual-report-pdf#page=1>

Photo of past Retired Trustee Paul Ramsey with his bees (the cover of the 2025 report) courtesy of the Pension Corporation.

Was Your Pension a Little Less this month?

Check the Pension Corporation Website for the following notification:

Notice: July pension payments
In 2026 changes were made to B.C.'s provincial income tax deductions. The changes went into effect July 1, 2026.

Some retired members may notice that their pension payments will be lower than usual from July to December 2026. This is because additional B.C. income tax is being deducted to recover amounts that were not collected after the provincial tax changes earlier this year.

The catch-up adjustment ends in December 2026, and regular tax deductions will resume with January 2027 pension payments.

You can view your monthly payment details, including tax deductions, by signing in to **My Account**.

<https://college.pensionsbc.ca>
Accessed 31 July 2026

From the Trustee

Hello, and I hope everyone has been enjoying the summer although the threat of wildfires and smoke (and the general mayhem in the world) continue to be disturbing. The challenges facing the post-secondary sector are likely also on many people's minds as retirees still care about education, I expect. Fortunately, the pension promise continues to be fulfilled, due to the efforts of your trustees, Pension Corporation, and BCI.

The trustees, with the invaluable help of BCI and our Executive Strategy Officer, Bitu Jenab, have been working on a reallocation of investments. Minor tweaks will help to create the necessary income while maintaining limited risks. It's a balancing act, and the trustees are aware that we cannot be reacting to daily fluctuations in the markets but must recognize the goal is long term.

Pension Corporation is conducting a Communications Research Initiative to better understand how to communicate with members, given the variety of ways of communication these days. Effective and timely communication is important for any organization. Another important factor is the analysis of the actuaries regarding key elements such as longevity and size of membership. And as always, the benefits and costs of extended health and dental insurance are under review. Anyone who has grocery shopped lately knows that prices keep rising, and that is true of

almost everything. Managing a balance of costs and benefits is necessary. A main topic in the pension world and the world at large is AI, and both Pension Corporation and BCI are clear that while AI has its uses, a human being has to be in control and responsible for decisions.

On a more personal note, this year I attended various events (with other trustees) to continue my education about pensions:

- CFA Society Forecast Dinner, Feb. 5, Victoria
- BCI Investor Day, Feb. 10, Vancouver
- SHARE Summit, April 8-9, Toronto (next year it will be back in Vancouver, March 10-11; I know members of the CPPR Board have attended in the past)
- BC Public Sector Pension Conference, April 15-16, Victoria
- BCI Investment Literacy Workshop, May 20-21, Victoria
- CPBI Forum, June 8-10, Quebec City



I learned something at every event, and often what is most rewarding is seeing how well run our system in BC is compared to other pension systems. A particular high note regarding fun is that at the CPBI Forum, Jamie Choi (another CPP trustee) and I enjoyed a dinner with staff from Pension Corporation. I've always thought that spending time with people in the

organizations we depend upon helps to facilitate smoother interactions in the boardroom. After all, we all have the same goal: to fulfill the pension promise.

Life in Victoria continues to be wonderful. I can walk to the Board offices over the Selkirk Trestle and pet dogs along the way (yes, I have cats, but I like dogs too). I've

been enjoying playing tennis outside this summer, and then we shift back inside in the fall. I've been doing lots of reviews of Canadian books for a small online journal (*Maple Tree Literary Supplement*). And on Sept. 1, I'm going to France for three weeks. Life is good, and a huge part of that is my pension.

Candace Fertile, Trustee

What to think about when you are navigating BC's Health Care System

- The system still uses faxes (because patient info can't cross borders) but half the faxes don't reach their destination – be assertive and follow up!
- Use BC resources (811, Healthlink BC)
- Be a great communicator! Honey, not vinegar! Use a notebook and take someone with you to appointments
- If you don't have a PCP (primary care practitioner) and go to a walk-in clinic, after two (2) visits you're their patient
- If you have to go to emergency, go early – report what medications you're taking; take a book, phone, charger, and toothbrush
- If you're being discharged, have a plan
- If you need home care, reach out for help – anyone can make a referral and get an assessment, which you need to get into Long term care (with 2 - 4 year waitlists)

Investigate private care (up to \$30,000 per month: independent living, assisted living, long term care (LTC) and hospice.

Summarized by George Davison from the presentation delivered by Connie Josvick to the BC Government Retirees Association's AGM on 23 April 2026.

Treasurer John Wilson Outlines CPPR's Membership Categories

There are four member situations that we identify with different related needs:

Member Situation	Member Needs from CPPR	CPPR Needs from Member
1. Retired and drawing your pension	a) Ongoing vigilance in protecting our pension related interests. b) Threats to your pension. c) Lobbying on your behalf. d) Updates on pension issues of interest, such as inflation protection (COLA), extended health benefits	a) Current contact information. b) Your permission to use your contact information for special announcements. c) Answers to survey questions on a specific topic. d) Articles in our Prime Time newsletter. Special communication to members.
2. You were a contributor to the College Pension Plan, but have not yet retired, and left your contributions in the Plan.	a) Understanding the importance of your College Pension Plan.	a) Join the CPPR. No cost until one year after you start collecting your College Pension Plan retirement benefit.
3. You are working and contributing to the College Pension Plan.	a) Understanding the different aspects of the pension plan during your career.	a) Join the CPPR. No cost until one year after you start collecting your pension.
4. Married to a member	a) Understand the affinity benefits (special discounts or products) you could get by being a member.	a) Talk to your spouse about becoming a member.

From the Workshop and Education Committee

Just over 20 years ago, the first of the Baby Boomers began to retire. For many of us there was very little information about what we might expect in this exciting phase of our lives and careers. At that particular time, the financial community was still promoting 'Freedom 55' and encouraging us to maximize the use of the new financial kid on the block – the RRSP. The number one financial book of the era was David

Chilton's, *The Wealthy Barber!* The emphasis was on 'accumulation'.

There was almost no popular literature or press about the excitement, joys or challenges of the retirement phase of life. When a number of forward-thinking members of the BCGEU and College and Institute Educators' Association (the pre-CIEA organization) were lobbying for a jointly-trusted pension plan, folks realized that

we were the newest of the public sector pension plans and also the smallest. All of the other plans had Retiree Associations and so, after being approached, the BC Retired Teachers Association (BCRTA) changed its constitution to allow its post-secondary siblings, to become the Post-Secondary Branch of its Association.

Shortly thereafter, the BCRTA took over the Pre-Retirement Education program from the BC Teachers Federation, and we used that event to begin the Pre-Retirement workshops program for our sector. Our Association ran workshops for over 15 years and then the Pension Corporation used much of our content in its new, and very technologically enhanced, delivery of the important considerations around making pension decisions. The popular press also began to realize that the largest cohort in history was beginning to retiree, and it began to focus on the needs, desires, and challenges that we were facing. *The Globe and Mail* stands out as a leader in this area.

Some of you may be aware of the retirement phases: Go Go/ Slow Go/ No Go. Once again there seems to have been a significant lag in addressing the pressing realities of our Boomer cohort – many of us who are now beginning, because of the natural aging process, to move into phase two. I think that most of us have been well served in the Go Go phase, and I am please to see more information beginning to become available about the challenges for Slow Goes and for the issues that many will begin to address as we hit the "Four Score Years" mile stone.

Our Workshop and Education Committee will be watching to see the issues that are being addressed in the popular press in regards to situations that are becoming more common for our cohort. It is our intent to use *Prime Time* as a means of sharing some of these pieces.

In the last few months here are two articles that have caught my eye:

When dealing with a loved one's estate, follow this checklist

Special to *The Globe and Mail* an opinion piece by Tim Cestnick and Published March 12, 2026: "Life's milestones mean tax savings – if you plan properly" <https://www.theglobeandmail.com/investing/personal-finance/taxes/article-life-milestones-tax-savings-marriage-kids-inheritance/>

and

"What Happens to my RRIF in a market crash?" by Andrew Galbraith published June 27, 2026 <https://www.theglobeandmail.com/investing/education/article-what-happens-to-my-rrif-in-a-market-crash/> (You will need a subscription to the digital edition of *The Globe* to access these articles. Ed.)

The equivalent to David Chilton's book mentioned above but addressing the topic of Estate Planning is *The Cottage, the Spider Brooch, and the Second Wife*, by Sandy Cardy & Michael Fitzgerald.

Dennis Anderson, August 2026



CONNECTIONS

The following institutional Retiree Groups are affiliated with CPPR

BCITRA bcitra.ca	BCIT Retiree Association
CCARE ccare@camosun.ca	Camosun College Association of Retired Employees
KPURA kpu.ca/retirees	Kwantlen Polytechnic University Retirees Association
LCAR lcar.ca	Langara College Association of Retirees
SFURA Association sfu.ca/retirees	Simon Fraser Retirees
UFVRA ufvretirees@ufv.ca	University of the Fraser Valley Retiree Association

Do you belong to a retiree group attached to your old institution?

Why not consider affiliating your group with us?

Email us at info@CPPR.ca for more information.

Check the links to see what other groups are doing

Depending upon available time and space, *Prime Time* will include notifications, reports, and photos of your group's events.

Send information to editor@cppr.

CPPR is affiliated with

COSCO coscobc.org	COUNCIL OF SENIOR CITIZENS' ORGANIZATIONS OF BC
CURAC curac.ca	COLLEGE AND UNIVERSITY ASSOCIATIONS OF CANADA ASSOCIATION DE RETAITÉS DES UNIVERSITÉS ET COLLÈGES DU CANADA



UFVRA Photos from their Inaugural Event 18 February 2026
Above: UFV Associate Professor of English, Rajnish Dhawan performs stand up comedy.
Below: The UFVRA Board Meets after the meeting.



CPPR works with other BC public sector retiree groups representing retired members of the Government Employees', Municipal, and Teachers' Pension Plans.

The four groups refer to ourselves as the Public Sector Retiree Group.



PSRG

BC Public Sector Retiree Group

If you know anyone who receives a BC public pension tell them about the organizations advocating on behalf of the retired members of BC's public sector pension plans.

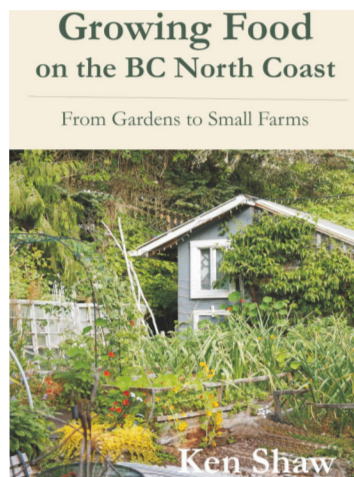
British Columbia Government Retired Employees' Association	BCGREA	bcgrea.ca
British Columbia Retired Teachers' Association	BCRTA	bcrta.ca
Municipal Pension Retirees' Association	MPRA	mpira.ca

One of PSRG's recent collaborations was the production of a joint video *What They Don't Tell You About Retirement*. You can find it on CPPR's website cppr.ca, just scroll down the home page, or on YouTube https://www.youtube.com/watch?v=5dval-w_SQw.

CPPR Director Ken Shaw Published a New Book. RTA's Tim Anderson Reviewed it.

Editor's Note: The following paragraphs are extracts from Tim Anderson's "Growing at the Edge: A Small Sustainable Farm on the North Coast." *Postscript* Summer 2026, BCRTA, June 2026).

"[Ken] Shaw's new book *Growing Food on the BC North Coast* is a practical guide to successful small-scale farming on the wild and wet North Coast of BC."



"Over the past few years Shaw has expanded his one-man farm operation by taking over the

boulevards around his house. Even so, Rainbow End Farm has an astonishingly small footprint, just a quarter acre, considering that it is an operation that produces seasonal food for dozens of families, with an equal portion given away to the local food bank. Using a Community Supported Agriculture (CSA) model, the farm has dozens of local paid subscribers who come once a week to pick up a box of fresh produce."

To read Tim Anderson's full article based on interviews with Ken, check out <https://bcrta.ca/summer-2026/>

Growing Food on the BC North Coast: From Gardens to Small Farms is available to purchase online.

Ken was also interviewed on CBC's *Daybreak North*.

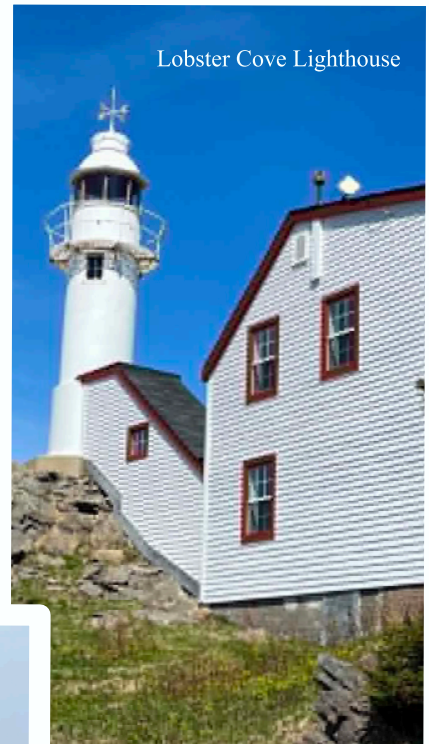
Ed.

THE TRAVEL SECTION

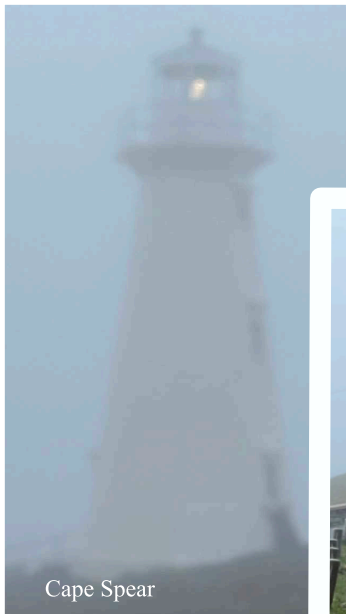
CPPR Director
Carole Whitmer
went to
Newfoundland
and sent these
photos.



Iceberg Alley



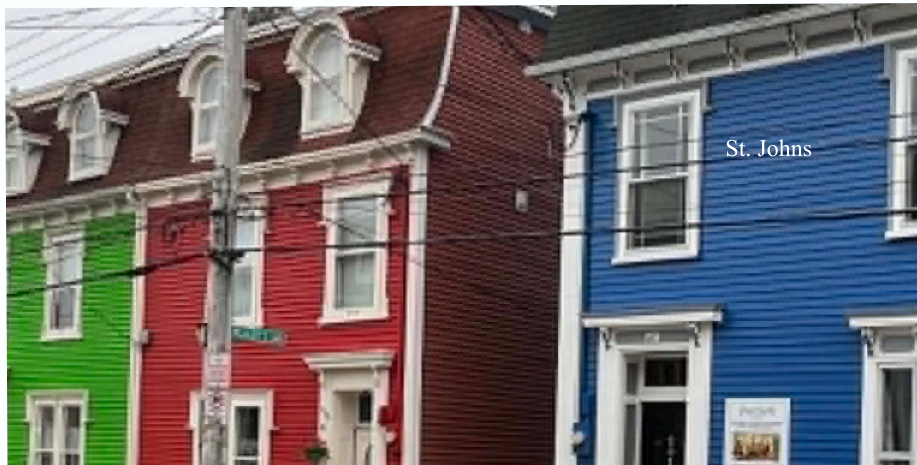
Lobster Cove Lighthouse



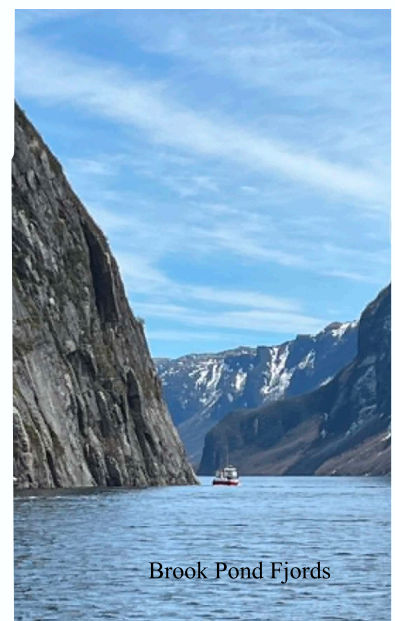
Cape Spear



Signal Hill



St. Johns



Brook Pond Fjords

"The Best African Safari?" asks CPPR Director Gordon Lee



Yellow Weavers

Jambo Jambo (Hello in Swahili),

In April this year, we experienced our 2nd African safari with the same tour company and with Mike, the same guide we had for our Greater Kruger safari two years ago. Both trips were the best we've ever done.

However, if I had to choose one, our Tanzanian safari is the one I would



Lilac Breasted Roller

recommend. In Tanzania you can experience the Great Migration in the extraordinary Serengeti National Park, a thousand bird species – we saw over 400, tropical rainforests (Lake Manyara National Park), the “Big Five”

in the Ngorongoro Crater, traditional Maasai tribal culture and traditions, and the Olduvai Gorge.

There are literally hundreds of Tanzanian safari tours to choose, from more economical choices travelling by Land Cruiser and staying in tented safari camps, to expensive fly-in safaris featuring luxury hotel accommodations. We chose a more economical option and very much

Secretary Bird



Hippo



Great Migration: Zebra and Wildebeest

enjoyed the traditional safari tented camp experience.

Our Tanzanian safari was in April, and because it was “low season” we were often the only guests at the safari camps. More importantly, when we were viewing a pride of lions, a tower of giraffes, a parade of elephants, or a bloat of hippos, we were often the only vehicle there - occasionally there were one or two other Land Cruisers present. The weather was perfect – no rain and highs of 28c and nighttime lows of 16c. The other advantage of a Tanzanian safari in April is its lower cost. In high season – July and August, the

prices go up a lot, and there could be 20 Land Cruisers observing the same lion pride, and over a hundred vehicles viewing the Great Migration crossing the Mara River.

In summary, for a once in a lifetime experience, I recommend a Tanzanian safari.



Zebra rolling on the ground in Serengeti

Hakuna Matata! (Yes, it means “No Worries” in Swahili, and we heard it frequently in Tanzania.)

Gordon Lee

All the photographs from Africa are Gordon's own. Ed.



Male Lion



A mother elephant with her baby in Lake Manyara National Park)

Filling in the US Travel Hole

I must admit that my wife and I had been looking forward to continuing our explorations south of the 49th parallel. Our last US trip was through Alaska via rail, and the whole trip was spectacular. And then unfortunately, came Mr Trump.

Last year we decided to head east – actually to the Eastern Townships of Quebec. We have read the entire series of Louise Penny, Inspector Gamache, novels and when we saw that there was a Three Pines Trail which featured the locations mentioned in the novels, we couldn't resist the draw. Suffice to say that it was a wonderful trip and we thoroughly enjoyed discovering this particular part of

Canada – which we had sort of driven through in the past but never explored.

We flew to Montreal (spent a couple of days there) and then took the train to Quebec City where we spent three very interesting days exploring the city and surrounding area on foot. Besides the spectacular historic architecture, the Ursuline Museum is very interesting for those of us with an education background, and the Museum of Civilization is a must do activity.

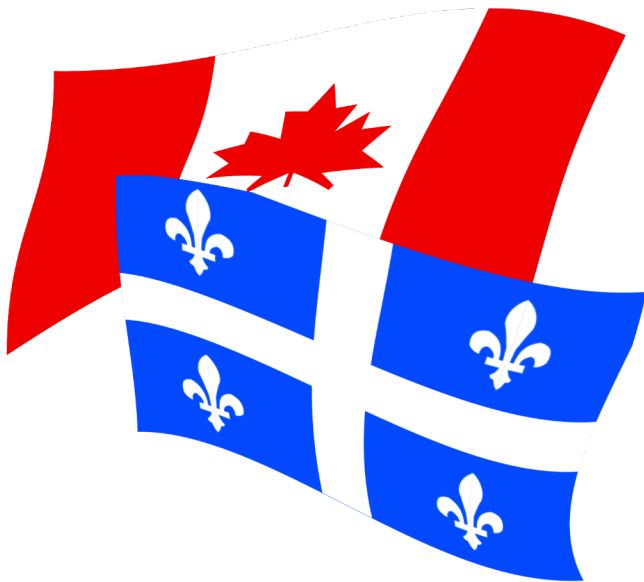
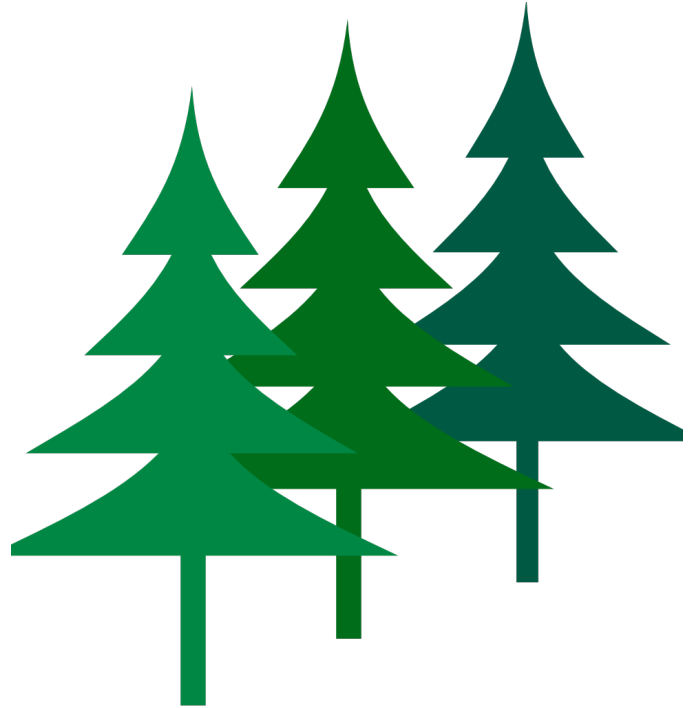
We then picked up a car at the Quebec City airport and spent the next seven days winding our way back to Montreal. Interesting consideration: the rental car company we chose had no drop charge

for not returning the car to its home port – since we were going to leave it in Montreal! The Laurentian Mountains (both north and south of the rail line) comprise southern Quebecers' winter and summer playground and the area overflows with parks, lakes, and bicycle and hiking trails. The area is divided into numerous regional sections and each has a 'highlight drive'. We did most of them and were blown away by the beauty of the scenery and the enjoyment of driving the winding roads through the beautiful countryside.

After two days of exploring the area south of Quebec City and around Lake Megantic we moved on towards Sherbrook – half way between Quebec City and Montreal - and then into the Three Pines trail area.

We opted for a centrally located VRBO accommodation and used our old motorcycle 'hub and spoke' approach to experiencing the area south of Montreal for the better part of a week. As well as the Three Pines Experience, we

also found the Wine Trail, the Township Trail, and the Smugglers' Trail which has an App that took us through many of the small towns and villages, learning about the Prohibition exploits of Quebecers in this area. There was no Prohibition in Quebec so there was legal alcohol, and smuggling it into the USA was a very lucrative but also dangerous business. This is still orchard country, and it has a well-deserved reputation for



providing fine wines and ciders.

We found three wonderful museums in the area around Knowlton and Lac Brome to learn about the history of the area, and its importance dating back to the era of the United Empire Loyalists (where finding three pines in a row was a sign indicating a refuge for those who were fleeing the USA).

When we finished our tours, we commented that the area sure did remind us of France. Well, this year we made a trip to Normandy, and yes, we can



now say that we were 100% correct! The similarities are significant.

There were, however, a couple of significant differences. The Euro now costs \$1.42. Gas in Europe, at one stop on a freeway in the Netherlands, was the equivalent of over \$4.00 a litre. It is even more expensive in Germany and France than on Vancouver Island. However, tipping up to the 25% level, that we now see as an expectation on some of the credit card machines that we are handed after our meals here at home, is not a part of the European culture (yet!).

Onward to next year.

Dennis Anderson, June 2026



And, of course, we don't use pennies in Canada any more. A little photo-magic was required to make the one legacy penny I have into two. Ed.

Give your coverage a refresh.



Scan the
QR code or call
1 833 583.3301
to get your price.

belairdirect.



USEFUL LINKS:

If these links don't work, copy and paste them into your web browser.

College Pension Plan

Home Page: <https://college.pensionsbc.ca>

Other Direct Links from their site

My Account: <https://collegepensions.ca/register-for-for-my-account?inheritRedirect=true>

GreenShield Information: <https://onlineservices.greenshield.ca/publicbooklets/cpp.pdf>

EHC Premiums: <https://college.pensionsbc.ca/extended-health-care-plan-premiums>

Dental Premiums: <https://college.pensionsbc.ca/dental-plan-premium>

Taxes and Pension Payments: <https://college.pensionsbc.ca/taxes-and-pension-payments>

Pension Life: <https://college.pensionsbc.ca/pension-life>

Death and death benefits: <https://college.pensionsbc.ca/death-and-death-benefits>

Old Age Security and Canada Pension Plan

<http://www.servicecanada.gc.ca/eng/home.shtml>

To update your information,
Email us at info@cppr.ca
Phone 1-844-655-6565

ENCOURAGE your ex-colleagues to **JOIN CPPR** now and strengthen the voices in support of our Pension Plan. Membership forms can be found on our website or by scanning the QR code below.



REMEMBER, while other retiree groups may offer similar travel and other insurance options, they cannot speak on our behalf.

Watch our Website for updates



Prime Time is published twice a year. If you would like to contribute an article or images, please contact Mary at editor@cppr.ca