

# In Touch

Newsletter for Bell retirees | January 2023, Vol. 23, No. 1

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Special edition for Bell Let's Talk Day | Next edition: Spring 2023

## Let's change this – a new era of Bell Let's Talk

January 25 is Bell Let's Talk Day and this year, Bell is committing an additional \$10 million towards our goal of \$155 million in funding for Canadian mental health programs, replacing the 5 cents per interaction donations made in previous years.

Exceeding any previous Bell Let's Talk Day donation, this funding will help support vitally important mental health projects all year round and allow us to put more emphasis on the practical ways we can all make positive change on Bell Let's Talk Day and throughout the year.

To drive home this message, we are highlighting the challenges faced by Canadians living with mental health and addiction issues and sharing a collective call to action – **let's change this**.

**Let's change this** asks everyone to play a role in fostering better mental health in this country, and offers practical ways to create change in our homes, schools, workplaces and communities:

- **C**hoose a mental health organization to learn about or support
- **H**elp a friend struggling with their mental health by learning how to support them
- **A**sk about how your school, workplace or community is creating change for mental health



- **N**urture your own well-being by practicing and learning mental health strategies
- **G**et involved in a mental health initiative or organize an event to support mental health
- **E**ngage in conversations about mental health to fight stigma

You can also watch Bell Media's special mental health content in English and French across its TV, radio and digital properties, including a new French language documentary, *Accro : Troubles de Dépendances* hosted by Marie-Mai available on Crave, Canal Vie, Canal D, and later on Noovo.

- **+** To learn more about this new era of mental health advocacy and how you can make a difference, please read the [media release](#) and visit the new [Bell Let's Talk website](#).

### Bell's long-term commitment to mental health

Working collaboratively and with purpose, Bell invests in hundreds of organizations across the country to increase access to mental health supports and services and help create change. With the additional \$10 million announced, we have committed more than \$139 million towards our \$155 million goal. Our 2023 initiatives include:

- The [Bell Let's Talk Community Fund](#), an annual program that provides grants up to \$25,000 for local and grassroots mental health initiatives
- The [Bell Let's Talk Diversity Fund](#), which supports the mental health and well-being of BIPOC communities across Canada
- The [Bell Let's Talk Post-Secondary Fund](#) that supports student mental health programs
- New funding for other mental health projects
- Bell also supports employees and their eligible family members with workplace programs, including unlimited mental health benefits coverage



# Bell Let's Talk in your community

The Bell Let's Talk Community Fund provides annual donations of up to \$25,000 to charitable organizations increasing access to mental health services and supports in communities across the country.

The Bell Let's Talk Diversity Fund supports organizations aiming to reduce the stigma around mental illness and or/increase access to culturally informed mental health and well-being support for the Black, Indigenous, and People of Colour communities in Canada.

Meet some of the organizations that have received grants from Bell Let's Talk!



In partnership with the Bell Let's Talk Diversity Fund over 5 years, Kitikmeot Heritage Society, in Nunavut, will connect Inuinnait leaders and Elders with mental health experts, building pathways to healing that go hand-in-hand with language and culture revitalization. In addition to running the May Hakongak Community Library & Cultural Centre, the organization offers daily programming to help community members reconnect with their identities.



With support from the Bell Let's Talk Community Fund, the Burin Peninsula Health Care Foundation, in Newfoundland and Labrador, helped two local schools create therapeutic spaces – called Comfort Coves – for their students. The funding also provided video conferencing to connect students directly to services offered by Eastern Health's walk-in clinic (Mental Health and Addictions Program).



Based in Montréal, Les Ballons Intensifs offers basketball training and community engagement for underprivileged youth, empowering them to play a leadership role in community wellbeing. With the support of Bell Let's Talk funding, the organization will provide mental health training for camp counsellors, coaches, youth and families.



The Canadian Mental Health Association, in Edmonton, Alberta, works within the community to support people experiencing mental illness through education, training and more. With their Bell Let's Talk Community Fund grant, CMHA Edmonton has launched the Multicultural Seniors Outreach program, supporting nearly 100 seniors from Romanian, Bhutanese, Karen-speaking, Somali and South Sudanese communities.

With their Bell Let's Talk Community Fund grant, Hong Fook Mental Health Association, in Ontario, is expanding their walk-in and short-term counselling programs. By offering bilingual programming for Asian youth and their parents, Hong Fook is helping bridge gaps in understandings of mental health while strengthening relationships through community programming that integrates cultural practices.







## Bell news

### January 17

#### Bell Let's Talk Diversity Fund announces 11 new grant recipients

Bell Let's Talk announced 11 new Diversity Fund recipients who are helping create positive change for members of Black, Indigenous and People of Colour (BIPOC) communities in Canada.

Recipients include Foxe Basin Kivalliq North Sapuigiit/Guardians of the Sea Society in Nunavut, Mount Carmel Clinic in Winnipeg, The Canadian Centre for Victims of Armed Conflicts, Toronto's VIBE Arts,

lonkwahronkha'onhátie, The Refugee Centre in Montréal and The Woodstock First Nation Health Centre in New Brunswick.

By increasing access to culturally informed mental health and well-being services and reducing the stigma around mental illness, the selected organizations are making meaningful change at a time when communities need it most. With this latest announcement, the Bell Let's Talk Diversity Fund has now provided \$4.45 million in grants to 39 organizations since launching in 2020.

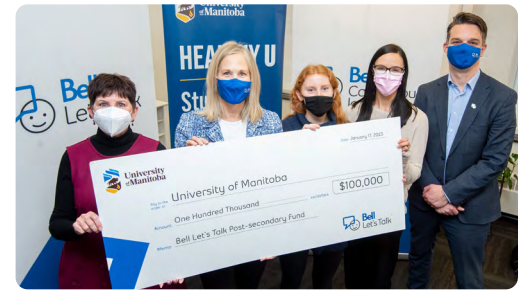


### January 17

#### Bell Let's Talk 2023 Campus Campaign

Nearly 200 Canadian colleges and universities are hosting virtual and in-person mental health engagement events on campus for Bell Let's Talk Day on January 25, for the first time since the pandemic.

In addition to campus activities, hundreds of student-athletes from sports teams across the country are coming together to support mental health at more than 200 varsity and collegiate games throughout the month of January.



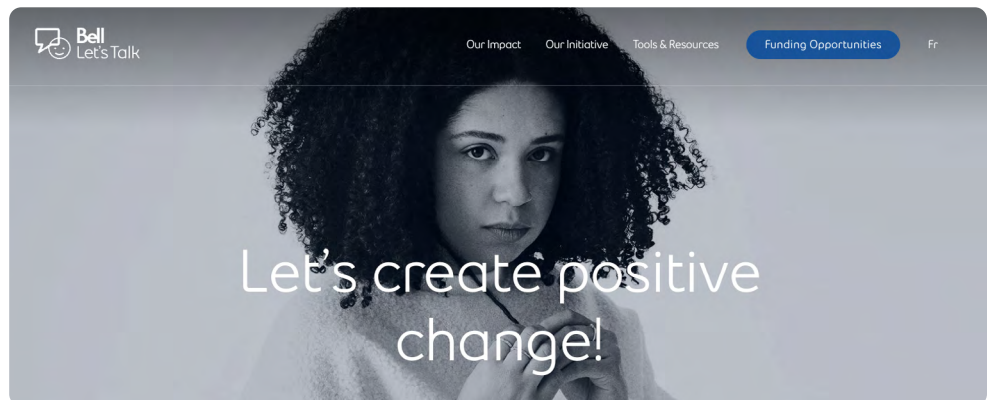
Bell Let's Talk presents a donation of \$100,000 to support the creation of the University of Manitoba Student Wellness Centre.

### January 9

#### Check out the new Bell Let's Talk website

Our Bell Let's Talk website, [letstalk.bell.ca](http://letstalk.bell.ca), was recently updated with a new look and easier navigation, along with fresh images, stats and more.

Reflecting the 2023 'Let's change this' campaign, the redesigned site features this year's ad creative, along with tools and resources to help you take meaningful action and create positive change.



There's also quick links to information about the Bell Let's Talk Community Fund, Diversity Fund, Post-Secondary

Fund and True Patriot Love Fund, along with stories about how our Bell Let's Talk partners from coast to coast are making a difference.



#### BCE shares

Closing price  
January 13, 2023  
\$62.48

Low  
October 13, 2022  
\$55.66

High  
April 20, 2022  
\$74.09



For information on Bell products and services, please go to [Bell.ca](http://Bell.ca) or call 310-BELL.



## Retirements

These Bell team members have agreed to announce their retirement and years of service in the newsletter.

### Ontario

**Jody Ahlstrom**, Thunder Bay, 10 years, 2 months

**Ann M. Blasioli**, Whitby, 30 years

**Sharon Crate**, Sutton West, 44 years, 3 months

**Jean Drummond**, London, 33 years, 11 months

**Claudia Garrick**, Scarborough, 25 years, 8 months

**John Jackson**, Dundalk, 23 years, 9 months

**Geraldine Johnston**, Brampton, 32 years, 5 months

**Marie Komannecki**, Toronto, 22 years, 4 months

**Rose Perillo-Orr**, Toronto, 42 years, 7 months

**Ronald J. West**, Toronto, 34 years

**Peter Wiskar**, Hamilton, 22 years, 11 months

### Québec

**Linda Beaudoin Léveillé**, Châteauguay, 41 years, 11 months

**Patricia Cerundolo**, Laval, 34 years, 10 months

**Louise Ferland**, Gatineau, 24 years, 5 months

**Manon Hamelin**, Châteauguay, 41 years, 11 months

**Lyne Laflamme**, Lachenaie, 27 years, 8 months

**Marc Lalonde**, Sainte-Marthe, 44 years, 3 months

**Serge Landry**, Saint-Janvier, 40 years, 5 months

**Ian Melrose**, Saint-Eustache, 26 years, 9 months

**Philippe Ouellet**, Québec City, 26 years, 9 months

**Denis Rioux**, Saint-Hippolyte, 35 years, 1 month

**Sylvain Rivard**, Batiscan, 23 years, 7 months

**Jean Williatte Battet**, Mont-Royal, 15 years, 8 months

### Manitoba

**Janice McMillan**, Winnipeg, 25 years, 2 months



## Obituaries

Our most sincere condolences to families and friends.

### Ontario

**Robert C. Allen**, Carrying Place, October 3

**Eleanor D. Anderson**, Nepean, September 17

**Kathleen R. Antaya**, Belle River, October 10

**Samuel E. Arbuckle**, Fort Frances, October 8

**Dean E. Ausman**, Harrow, November 19

**David Austin**, Ancaster, October 1

**Murielle A. Ayotte-Williams**, Long Sault, December 25

**Margaret R. Bain**, Brampton, September 17

**Victor Ball**, Mississauga, November 7

**Carolyn Barrett**, Thornhill, December 5

**Barbara Blackwell**, Stratford, November 27

**Denson Z. Blakeley**, North Bay, November 12

**Donald F. Boswell**, London, November 26

**B. Amy Brannan**, Burlington, November 13

**Keith A. Brodie**, Uxbridge, November 6

**Alvin L. Brooks**, Callander, November 5

**Alan R. Brown**, Oro-Medonte, October 1

**Elsbeth Brush**, Oro-Medonte, September 26

**Iris B. Bryce**, Pickering, August 17

**Roy D. Burmister**, Barrie, November 8

**Julian A. Burrige**, Owen Sound, November 8

**Irene E. Carlton**, Toronto, August 24

**Pauline Clayton**, Toronto, July 6

**W. Terrence Clayton**, Beaverton, September 2

**Dennis F. Cockerline**, London, August 30

**Nello Contenta**, Ancaster, September 25

**Suzanne Cooke**, Kettleby, October 29

**William Cooper**, Russell, December 2

**Wilfred Cosby**, Port Loring, October 26

**Joan B. Cotter**, Peterborough, November 13

**Arlene M. Crisp**, Mississauga, July 15

**Clarence De La Haye**, Ottawa, October 12

**Marion J. Dekruyf**, Brantford, October 29

**Glen Doe**, Stoney Creek, August 14

**Gwen Doucet**, North York, October 20

**Joseph W. Downey**, Cambridge, October 2

**Bart E. Downton**, Rockland, November 8

**Bradley N. Dunnett**, Seagrave, September 14

**John Egan**, Scarborough, October 29

**Willy R. Eissler**, Mississauga, October 21

**Marion C. Everett**, Nepean, August 24

**Christine V. Farinha**, North York, October 17

**Lynn M. Farmer**, Manotick, October 7

**Carol C. Faubert**, Pickering, July 22

**Jean Ferguson**, Waterloo, November 23

**Mary L. Field**, Cobourg, October 4

**Doreen V. Forbes**, Toronto, September 14

**M. Susan Forcier**, Hamilton, September 9

**Robert Forster**, Sault Ste-Marie, September 16

**John Fulton**, North Bay, September 2

**Eleanor Furlong**, Tillsonburg, November 2

**Mohon Ganguli**, Mississauga, August 30

**Anna Gazo**, Russell, October 21

**Terry J. Gilbert**, Barrie, August 20

**John L. Gordon**, Sarnia, October 8

**Brita Grahn**, Toronto, October 8

**Surendra N. Gupta**, Ottawa, September 11

**Edward Guthrie**, Midland, October 9

**Betty Hanna**, London, September 20



## Obituaries (cont'd)

**Scott Hansen**, Oakville,  
September 25

**Allan F. Happy**, Windsor,  
November 20

**Peter D. Heathcote**, London,  
October 6

**Frederick Heimrich**,  
Kitchener, September 11

**Dorothy Helgesen**, Whitby,  
October 15

**Rozella Henderson**, Hamilton,  
September 24

**Doreen Hill**, Peterborough,  
August 17

**Dennis A. Hindle**,  
Scarborough, September 9

**Bill (William) Hooper**,  
Wasaga Beach, December 9

**Russell Hope**, Barrie,  
October 24

**Elizabeth Horvath**,  
Scarborough, August 29

**Karen M. Hunter**, Orangeville,  
November 8

**Colin G. Jack**, Bradford,  
August 17

**Marion Jaffray**,  
Scarborough, September 25

**Ronald F. Jimpson**,  
Wasaga Beach,  
November 24

**Zena A. Kircher**, London,  
November 21

**Angelos Kodounis**, Pickering,  
October 26

**Richard Kordus**, Hamilton,  
September 14

**Anna Krywetzky**, Toronto,  
September 14

**Brian T. Landry**, Puslinch,  
October 22

**Stephen W. Leask**, Ottawa,  
November 1

**Margaret Lebold**,  
New Hamburg, October 17

**Gwendolyn A. Leclair**,  
Kingston, November 21

**Wesley J. Lee**, Selwyn,  
November 19

**Donna C. Lidkea**, Appin,  
September 12

**Douglas A. Lithgow**, Angus,  
November 22

**Sandra E. Low**, Scarborough,  
September 16

**Ian A. MacDonald**,  
Sault Ste-Marie,  
November 18

**Marion MacDonald**,  
Kitchener, November 18

**James G. MacKenzie**,  
Cambridge, August 27

**Sharen G. Manning**, Milton,  
December 4

**Bernadette M. Marcellus**,  
Ottawa, December 3

**Genevieve S. Martinell**,  
Port Hope, August 11

**Richard A. Matchett**,  
Madoc, August 27

**Norma I. McCall**, Severn,  
October 4

**Joseph McGlade**, Gloucester,  
September 27

**Jack H. McGurn**, Ottawa,  
August 15

**Jack McIlwraith**, Ancaster,  
October 3

**Scott McLarty**, Barrie,  
September 20

**John H. Meathrel**, London,  
September 5

**Madeleine Mentley**, Windsor,  
September 11

**James Metherall**, Hamilton,  
November 5

**Leona Minnikin**, Barrie,  
October 11

**Joan L. Moak**, Cornwall,  
September 8

**Michael U. Mohr**, Kitchener,  
November 13

**Benjamin C. Molina**,  
Mississauga, August 4

**Dieter E. Mondry**, Port Elgin,  
September 19

**Barbara Montgomery**,  
Sarnia, November 7

**Robert E. Morrow**,  
Kitchener-Waterloo, July 26

**Stella I. Mosco**, Waterdown,  
November 11

**Donna M. Murdock**, Whitby,  
October 28

**Jonce B. Najdovski**,  
Scarborough, October 20

**Patrice N. Neale-Pascual**,  
Toronto, October 12

**Dympna E. Neill**, Barrie,  
October 23

**Hendrik M. Nyhof**, Hamilton,  
April 17

**Gertrude O'Connor**,  
Hamilton, November 25

**Dorothy Oikle**, Ottawa,  
November 15

**Marsha A. Parrott**, Huntsville,  
September 15

**Annie Pendykoski**,  
Mississauga, October 30

**Elaine Penner**, London, July 2

**Mabel E. Pentney**,  
Thunder Bay, September 29

**Arnold L. Phillips**, North Bay,  
August 30

**Bessie Phillips**, South Bruce  
Peninsula, October 9

**George E. Phippen**,  
Prince Albert, September 14

**Ronald W. Plow**, Toronto,  
September 29

**Katherine A. Ponorsky**,  
Toronto, August 13

**Caroline Prohaska**, London,  
November 22

**Denise M. Provost**, Ottawa,  
November 15

**James D. Quantz**, Warton,  
September 3

**Gary D. Rachar**, Tillsonburg,  
October 6

**Jacqueline Radbourne**,  
Ottawa, October 17

**Shirley N. Rapuska**,  
Downsview, September 20

**E. Jean Raymond**, Richmond,  
September 27

**Victoria M. Regan**, Hamilton,  
March 26

**George Rocke**, Kitchener,  
October 1

**Violet B. Rozell**, Welland,  
October 9

**Caleb Sakachekapo**,  
Weagamow, August 13

**Douglas R. Saunders**,  
Kanata, September 4

**Donald W. Saxton**,  
St. Catharines, December 1

**Joan Scoffield**, Toronto,  
October 12

**Patrick R. Serre**, Burlington,  
September 27

**Arthur W. Sevigny**,  
Scarborough, August 22

**Grant W. Sheehan**,  
Scarborough, November 24

**Peter Y. Shiu**, Ottawa,  
November 13

**Donald F. Simpson**,  
Sydenham, July 26

**Rose Marie Simpson**,  
Orléans, November 24

**James Skubel**, London,  
November 29

**Bruce Slater**, Thunder Bay,  
November 14

**Gertrude E. Sloan**,  
Newmarket, August 15

**Douglas C. Smith**, Puslinch,  
September 27

**Jean Speers**, Barrie,  
August 25

**Valerie R. Stevens**, Gilmour,  
September 12

**William G. Stirling**,  
Scarborough, September 11

**James W. Stroh**, Kitchener,  
August 27

**Marilyn S. Szalay**, Belle River,  
November 15

**Selma Tafilica**, Cobourg,  
May 25

**Betty E. Taylor**, North York,  
October 4

**Martin Theissler**, Tillsonburg,  
September 12

**Robert G. Thiffault**, Barrie,  
November 3

**Merlin Thompson**,  
North York, July 31

**William J. Thomson**, Barrie,  
September 25

**Vernon Thuell**, Manotick,  
May 16

**Jose F. Tiburcio**, Etobicoke,  
October 16





## Obituaries (cont'd)

**Robert Tindall**, Toronto,  
October 4

**Margaret R. Tone**, Waterloo,  
October 27

**Engelo Tsigoulis**, Markham,  
November 22

**Donald R. Turnbull**, Napanee,  
August 27

**Sonia E. Tyrell**, Barrie,  
August 6

**Arun Vigneswararajah**,  
Brampton, October 15

**Stephen Vital**, North York,  
October 2

**Christina Wachta**, Oakville,  
August 13

**Frederick Walker**,  
St. Catharines, October 18

**Neil Wallace**, Brampton,  
September 28

**Charles Walton**, London,  
November 10

**Margaret H. Wardell**, Simcoe,  
September 11

**William J. Watt**, Burks Falls,  
September 22

**William Watts**, Oshawa,  
October 3

**Janice L. Webber**, Oshawa,  
September 21

**Allan B. Wilkinson**, Sudbury,  
November 21

**Sharon J. Williams**, Orléans,  
August 25

**Brian Winterton**, Corunna,  
September 8

**William C. Worley**, Oakville,  
September 3

**Althea Wright**, Ajax,  
October 22

**Thelma M. Yandt**, Belleville,  
November 15

**Patricia Zimmer**, Kent Bridge,  
August 20

**Theresa Zizzi**, Oakville,  
September 29

**Matthew Zupanc**, Toronto,  
October 19

## Québec

**Huguette Alary**, Laval,  
September 9

**Stella M. Ashford**, Dorval,  
November 23

**Jean Guy Aubin**, Sherbrooke,  
August 23

**Gisèle Audet**, Laval,  
November 11

**Gaston Babin**, Montréal,  
December 4

**Jeannine Baribeau**,  
Trois-Rivières, September 21

**Georges J. Bélanger**, Granby,  
September 9

**J. Jacques Bernier**, Magog,  
November 9

**Roger Boisvert**, Québec City,  
October 23

**Ghislaine Bouchard**,  
Rivière-Rouge, November 13

**Geneviève Boyer**,  
Châteauguay, November 10

**Claude E. Brousseau**, Lévis,  
November 14

**George Brown**, Québec City,  
October 22

**Michel H. Carrière**, Laval,  
November 9

**Line L. Cyr**, Gatineau,  
December 1

**Evelyn Daigneault**, Verdun,  
November 30

**Suzanne R. Desgagné**,  
Cantley, September 2

**Jean Dompierre**,  
Québec City, August 18

**Denyse Doucet**, Laval,  
September 1

**Jean Claude Drolet**, Lévis,  
August 7

**Claude Duhamel**, Montréal,  
September 16

**Odette Dumais**, Chicoutimi,  
September 9

**Pierre Emond**, Saint-Jean-  
sur-Richelieu, November 18

**David H. Finn**, Beaconsfield,  
July 29

**Anita M. Flageol**, Montréal,  
October 11

**Edith Forbath**, Verdun,  
August 21

**Denyse C. Fournier**, Verdun,  
August 4

**Helen C. Fraser**, LaSalle,  
November 8

**Jean-Claude Fredette**,  
Saint-Jérôme, August 17

**Normand C. Gagnon**,  
Saint-Léonard, October 7

**Regent G. Gagnon**,  
Terrebonne, November 4

**Madeleine Gaulin**,  
Saint-Julienne, August 22

**Michèle Giroux**, Québec City,  
September 6

**Pauline C. Giroux**,  
Saint-Jérôme, August 31

**Marcel Goulet**, Québec City,  
August 23

**Françoise Gravel**, Shefford,  
August 18

**Jacques Hébert**,  
Saint-Hubert, August 18

**Lucile Hébert**, Shawinigan,  
September 5

**Pierre Hemmings**, Brossard,  
November 5

**Jean Serge Lacasse**,  
Repentigny, November 1

**Marcel Lachapelle**,  
Saint-Jérôme, October 17

**André Jel Laroche**,  
Sainte-Julie, August 20

**Jean G. Leclair**, Québec City,  
November 19

**Marie Levasseur**,  
Trois-Rivières, November 28

**Gertrude L'Heureux**,  
Shawinigan, October 10

**Percival M. Little**,  
Sherbrooke, August 21

**Ines Marfoglia**, Beloeil,  
September 18

**Robert A. Masseau**,  
Montréal, September 7

**Ronald P. McCoy**, Gatineau,  
October 7

**Marie T. McGillis**, Valleyfield,  
September 26

**Lise L. Morissette**,  
Québec City, September 27

**Hélène Morrisette**,  
Gatineau, December 7

**Claude Murray**, Lévis,  
August 20

**Agathe L. Nantais**,  
Repentigny, October 13

**Denise Neveu**, Trois-Rivières,  
August 28

**Tiep D. Nguyen**, Montréal,  
October 27

**Robert W. Nurse**, Brossard,  
August 21

**Jacques Paradis**, Pointe-  
aux-Trembles, September 1

**Dawn M. Pitcher**, Lachute,  
September 6

**Solange Pitre**, Montréal,  
September 13

**Monique Poirier**, Terrebonne,  
October 31

**Armande G. Proulx**, Magog,  
November 4

**Robert A. Quine**, Sherbrooke,  
November 27

**Paul J. Renaud**, Québec City,  
August 29

**Denise Reynolds**,  
Saint-Léonard, August 15

**Alexander Sawchuk**,  
Brossard, September 26

**Bernice N. Sheppard**,  
Kirkland, September 20

**Raymond Sigouin**,  
Boucherville, November 20

**Louise St-Hilaire**,  
Vaudreuil-Dorion, July 12

**Bernard Tremblay**,  
Québec City, August 13

**Juliette M. Tremblay**,  
Clermont, October 21

**Fernando Trudelle**,  
Chicoutimi, September 2

**Lucien B. Trudelle**, Anjou,  
May 11

**Ilene Vachon**, Saint-Jérôme,  
October 16

**Christine Vaillancourt**,  
Ile Bizard, December 1

**Guy Vaillancourt**, Beauport,  
November 7

**Francine Vandewalle**,  
Saint-Adèle, August 10

**Germain Villeneuve**,  
Longueuil, October 23

**M. Thérèse Wilson**,  
Pointe-aux-Trembles,  
September 8



## Obituaries (cont'd)

### Alberta

**John K. Brown,**  
Tomahawk, July 31

**Henry Oss,** Calgary, May 23

**Marlene J. Richards,**  
Calgary, September 10

### British Columbia

**M. Grace Armstrong,**  
Kelowna, September 15

**Dave Biro,** Victoria,  
August 23

**Olga Bourbonnais,**  
Squamish, October 13

**Daniel Côté,** Keremeos,  
September 3

**Robert L. Engisch,**  
Courtenay, August 24

**Olga Kisil,** Vernon,  
October 6

### Manitoba

**Dean Brownlee,**  
La Broquerie West,  
October 31

### New Brunswick

**Michael J. Daye,**  
Moncton, November 2

**Barbara Murphy,**  
Moncton, November 26

### Ecuador

**Jocelyne M. Leduc,**  
Montecristi, Manabi,  
August 11

### England

**Stephen Hobart,** Ash,  
Aldershot, September 10



## In the community

### Thank you for supporting the Bell for Better Team Giving Campaign!

A big thank you to all retirees and team members who participated in the 2022 Bell for Better Team Giving Campaign.

Your generous support made the campaign a huge success, with team members pledging over \$2.6 million to more than 1,900 Canadian charities and causes from coast to coast, with an additional almost \$1.8 million in matching donations from Bell.

Together, our combined efforts mean a total contribution of \$4.4 million to communities across the country, our largest team donation ever. Bell retirees and team members also came together to volunteer over 97,000 hours, showing further support for charitable organizations across the country.



Bell team members participate in activities at our locations during the campaign.

### Congratulations to our Giving Program volunteers



Ten volunteers are rewarded each month with \$100 to donate to the charity of their choice. Here are our latest winners:

#### October

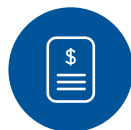
Robert Cadrin  
Claude Elliott  
Gary O. Freelen  
Jacquelyn Hutchings  
Kimberly Jean Kurylo  
Guy Leboeuf  
Debbie L. McCallum  
David G. Milne  
Jacqueline Morin  
Louis Alexander Sawkey

#### November

Ted A. Barnett  
Joanne Clément  
Colleen Frederickson  
Daniele Gauthier  
Doug J Hayes  
Robert L. McNaughton  
Catherine E. Miller  
David Edward Palmer  
Marjolaine Poulin Gilbert  
Antonio Scandella

#### December

Bernadette Tigg  
Brenda J. Linski  
Debbie Turner  
Denis Lavoie  
Douglas Clark  
Elisabetta Modesti  
Gilles Lemelin  
Jacqueline Hebert  
Judy Carpino  
William A. P. Munro



## Your pension

# Discover the revamped In Touch website

Visit our redesigned [In Touch](https://bce.ca/intouch) website to access contact information for the benefits administrator, Manulife, Bell Services, and more.

You will also find useful links to BCE's newsroom, [bell.ca](https://bell.ca), Bell Let's Talk, etc.

+ Save to your favourites: <https://bce.ca/intouch>

**BCE** About BCE Investors Newsroom Responsibility Search BCE.ca

**Bell In Touch**

**Welcome Bell retirees**  
Sign up for the In Touch newsletter and find resources to help you manage your pension plan and your Bell services

**In Touch newsletter**  
You can sign up for our In Touch newsletter to stay connected with former colleagues and get updates about your company pension. Each edition also includes the latest Bell news and special offers from our partners.  
To subscribe, please send your name and retiree/employee number to [intouch@bell.ca](mailto:intouch@bell.ca).

**Your pension and benefits**  
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Following our January 5 draw, 10 subscribers to the online *In Touch* newsletter won a \$100 gift card from The Source. The winners were notified by email.

Congratulations to our many subscribers who have already made the switch from the paper version to the electronic version of *In Touch*!

## Employee Services

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## Booklet of offers for Bell retirees

Remember to check the booklet of long-term offers sent by email with this edition of *In Touch*. You can also download the booklet by [clicking here](#).

Produced by Corporate Communications in collaboration with Human Resources.

### In Touch

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Fax: 514-766-5735  
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### Employee Services

To inform us of a move or to get information on your benefits or your pension, please contact Employee Services at [employee.services@bell.ca](mailto:employee.services@bell.ca).  
Website: [Bell.ca/mybenefits](https://bell.ca/mybenefits)