#### **Special Points of Interest:**



42nd Annual Terry Fox Run CN Employees' and Pensioners' Community Fund invites you this Sunday, September 18.

Team CN will once again join millions of Canadians in the 42nd annual Terry Fox Run taking place across the country.

To find the run near you and participate click <u>HERE</u>. Select "login to participate". There is no fee to register and no fundraising minimum.

CN will double the impact of your donation.

## **Inside This Issue:**

President's View	1
Membership Report	2
Special Events Report, Christmas Luncheon	3
Outreach Report	4 &
100th Birthday Celebrations, Did you know?	6&
Bursary Recipients	8 &
Treasurer Report, Health Care Report,	10
Building the Northern Transcontinental Rail- way, Rail Safety Week	11
CN Police Safety Tips,	12
There is "what" in my blood?	13
Prostate Cancer, You and your partner	14
Importance of Exercise	15
Frequently Called Numbers	16

# **CN Pensioners' Association of Manitoba**

Our General Meetings will now commence at 2:00 p.m. on the 1st Wednesday of June, September, October and November 2022. The meetings will now be held at CN's Claude Mongeau National Training Centre (CN Campus), 650 Pandora Avenue East (unless otherwise stated under our Special Events article). As before, there are no meetings in July, August and December. Please check below under President's View or Special Events Article for more detailed information.

www.cnpensioners.ca

www.facebook.com/cnpensionersmanitoba

## President's View - Ron Davis



September 2022

## **ELECTIONS:**

As per Appendix A of our Manitoba Constitution, elections for our local Executive Council Members as well as National Council Director and Alternate Director and Pension and Health Care Reps are to be held as required in November. Anyone wishing to stand for a position must submit their name in writing to the Nominating Committee (John Mozol) at least 30 days in advance of what would be our normal November meeting. This means the Nominating Committee must be notified no later than October 4th, 2022.

If only one person expresses an interest for any specific position, that person will be considered nominated and elected by acclamation. Following is a list of those who expressed an interest in various local and National positions:

## Manitoba Association:

President – Ron Davis Vice-President – Linda Schram Treasurer – Bruce Anderson Secretary – Patrick McMullin Membership - Joanne Gaborieau Publicity / Newsletter – (Available) Member At Large / Associate Newsletter Editor – Available Special Events – Ernie Yakiwchuk Webmaster – Janet Lewis Anderson Outreach – Rose Chapman Member At Large – Albert Delbaere Member At Large – Dave Kane Hospitality – Sharon Niemi

### **National Positions:**

National Director - Joanne Gaborieau

IMPORTANT MESSAGE from the Publicity / Newsletter and Editor chair:

Are you creative and wishing to join the Executive Council? Now is the time!

Tim and Claudette McCrindle are looking for someone to replace their positions. After 4 years, they are ready to pass on their hat.

If interested in this position, please contact John Mozol 204-771-6037 kayomoz@shaw.ca

## www.facebook.com/cnpensionersmanitoba

Page 2

# Executive Council 2021

President Ron Davis, 204-489 4485 ronvel@mymts.net Past President John Mozol, 204-771-6037 kayomoz@shaw.ca Vice President Linda Schram, 204-255-5636 fgl@mymts.net Secretary Patrick McMullin, 204-415-0358 pmcmullin@shaw.ca Treasurer Bruce Anderson, 204-275-0482 btanderson54@hotmail.com

#### Committee Chairs:

**Publicity & Editor** Tim McCrindle. 204-255-5688 tc2mccrindle@gmail.com Hospitality Sharon Niemi, 431-778-5656 sniemi@shaw.ca Special Events Ernie Yakiwchuk, 204-254-1441 ernieyakiwchuk@shaw.ca Membership Joanne Gaborieau, 204-253-8103 joannegabor@hotmail.ca Outreach Rose Chapman, 204-832-1105 rchapman17@shaw.ca Webmaster Janet Lewis Anderson, 204-275-0482

#### jelewis@mymts.net

Members At Large Albert Delbaere, 204-256-8419 albert1a@mymts.net David Kane, 204-668-1900 davekane@shaw.ca Claudette McCrindle, 204-255-5688 tc2mccrindle@gmail.com

#### **CNPA National Level**

Bruce Anderson - Director Joanne Gaborieau - Director Patrick McMullin - Alternate Director Joanne Gaborieau - Pension and Health Committee Representative

## Membership Report - Joanne Gaborieau

Regular Membership	-	3450
Associate Members	-	17
Age Exempt	-	9 (100 years of age & older)
Total Paid Membership	-	3476
Walaama ta tha fallowing N	an Manh	us Uona to saa you out at the maati

*Welcome to the following New Members. Hope to see you out at the meetings. We look forward to your participation in the Association!* 

Annette Anderson Colette Audette Barb Bebee Thomas Brown Leigh Chenoweth Shannon Chunick Dave Gaspur Jeannine Gendron Gloria Gorin Roy Gorkoff Evelyn Gregoire Thomas Houle Donald Komaransky Anne Liska Linda Logan Merynda MacDonald Jose Machado Dan Makiw Irene Miklovic Elsie Mortham Kelly Mushumanski Michael Nickerson Helena Pacheco Arlene Prusak Juliette Rochon Ella Saydak Ann Schultz Judy Anne Scott



\*\*Apologies to Jim Tychuk for misspelling your surname in the last

misspelling your surname in the las newsletter.

## We invite spouses to become associate members for all the benefits of the association including the privilege of voting.

## First Time Attendees & New Members:

A hearty welcome to all new members and an especially warm welcome to those who have attended their first General Meeting where they received a Pensioners' pin:

*June:* Cliff Prystie, Manuel Velho *September:* Gord & Erin Pachal, McBright Offin

Birthday Draws:	June: July: August: September:	Bob Miller Patrick McMullin Ray Paulson Eldon Dimond
Attendance Draws:	June: September:	Dave Brown, Locksley (Lucky) McLeod Erin Pachal, Ben Nortey
Door Prize Draws:	June:	Marcel Ratte, Barry Levandoski, Mike Shewchuk, Brent Tingey
	September:	Bernice Dimond, Gerrit Vanderklok, Dennis Brown, Mike Shewchuk

Hope to see more new faces at future meetings!

## www.cnpensioners.ca



## Special Events - Ernie Yakiwchuk

For the remainder of **2022**, our general meetings for September, October and November will resume and will be held at the **Claude Mongeau Training Center (CN Campus), 650 Pandora Ave. East -Transcona.** 

There is no parking available in the Campus lot. Please park in the East End Arena parking lot across the street.



\*\*Dress Code in effect (no sleeveless shirts, shorts or sandals).\*\* Doors open at 1:30 p.m. (in order to allow students to finish lunch). Meeting starts at 2:00 p.m.

If you are interested in helping out in any way please contact Ernie at 204-254-1441.

## **Guest Speakers for Upcoming Meetings:**

- Sept 7th Thank you to Lori Yorke for attending our Sept 7th meeting and bringing us up to date on Travel Medical Insurance
- **Oct 5th -** Linda Schram, CN Executive member speaking on mail order pharmacy, changes and update coverage.
- Nov 2nd No speaker as elections for CNPA of Manitoba Executive and National Council positions will be held.

Dec 7th - NO MEETING due to Christmas Luncheon at Masonic Memorial Center.





## Annual Christmas Luncheon 2022

We are happy to announce that we are once again holding our Annual Christmas Luncheon. It will be held on **Wednesday**, **December** 7<sup>th</sup>, **2022** at the **Masonic Memorial Centre**, 420 Corydon Ave. Doors will open at 11:00 a.m. with lunch being served at 12:30 p.m.

This is a sit down luncheon with wine at tables. There will be door prize draws and many more prizes. The cost per ticket is \$20.00 a person and is open for contributing members and a guest.

Tickets will be available for purchase in person at the October 5<sup>th</sup> and November 2<sup>nd</sup> general meetings at the **Claude Mongeau Training Center**.

If you are unable to purchase your tickets in person, please contact Ernie Yakiwchuk **on or after** October  $5^{th}$  at 204-254-1441 to make alternate arrangements.

Cut off date for ticket sales will be November  $16^{th}$  (no exceptions).

Important: We will continue to follow the PROVINCIAL HEALTH GUIDLINES.

www.facebook.com/cnpensionersmanitoba

#### Page 4

## **Outreach Chair's Report - Rose Chapman 204-832-1105**

Mail Outreach info to 186 Windham Rd, Wpg, R3J 3B8 or email: rchapman17@shaw.ca

## **Outreach Committee:**

 George Lintick
 204-254-1032

 Linda Ksionzek
 204-669-8308

 Carson Hull
 204-269-2692

 Albert Delbaere
 204-256-8419

 Jack Moore
 204-224-1019



Please contact any member on the Outreach Committee with information on pensioners who are hospitalized, or ill at home, and on those who have had or will be celebrating **special birthdays** or **milestone anniversaries**.

## Remember—please keep us informed!

## HAPPY BIRTHDAY WISHES TO:

Isabelle Brownlee – 103 November 2<sup>nd</sup>. Sharon Davies – 70 November 2<sup>nd</sup>. Mike Dubeck – 85 October 20<sup>th</sup>. Cheryl Duggan – 67 September 21<sup>st</sup>. Ethel Goodall – 100 October 31<sup>st</sup>. Joe Gozda – 85 August 17<sup>th</sup>. Gerdur Harris – 102 August 25<sup>th</sup>. Lou Koldy – 90 October 28<sup>th</sup>. Mary Lewyc – 101 September 21<sup>st</sup>. Mary Macken – 74 April 3<sup>rd</sup>. Richard Macken – 74 June 21<sup>st</sup>. Bernice McCrea – 104 November 20<sup>th</sup>. Juan Molina – 80 November 11<sup>th</sup>. Elsie Mortham – 90 September 30<sup>th</sup>. Colette Mozol – 85 December 17<sup>th</sup>. John Mozol – 90 September 9<sup>th</sup>. Lucy Pedrick – 100 November 9<sup>th</sup>. Harold Rubin – 90 December 2<sup>nd</sup>. Gerry Russell – 93 November 2<sup>nd</sup>. Florence Sailor – 95 October 7<sup>th</sup>. Faye Serofin – 87 August 21<sup>st</sup>. Evelyn Smith – 102 September 19<sup>th</sup>. Ronald J. Smith – 86 May 28<sup>th</sup>. Joe Stanwick – 85 October 16<sup>th</sup>. Margaret Stephen – 108 November 23<sup>rd</sup>. Barry Unsworth – 90 November 20<sup>th</sup>. Margaret Wrobel – 75 November 22<sup>nd</sup>. Ernie Yakiwchuk – 65 October 20<sup>th</sup>. Orest Yarema – 90 September 24<sup>th</sup>. Helen Young – 100 November 1<sup>st</sup>.



## HAPPY ANNIVERSARY WISHES TO:

Randy and Chris Bahrey  $-47^{th}$  October  $15^{th}$ . Bill and Diana Baran  $-67^{th}$  October  $8^{th}$ . Ed Barker and Linda Barnes  $-7^{th}$  September  $4^{th}$ . Dean and Stephanie Danforth  $-60^{th}$ September  $22^{nd}$ . Pat and Sharon Davies  $-50^{th}$  November  $4^{th}$ . Joe and Dolores Gozda  $-59^{th}$  June  $29^{th}$ . Andre and Roberta Haaksma  $-45^{th}$  July  $16^{th}$ . Ken and Lorna Ivanyshyn  $-57^{th}$  August  $28^{th}$ . Leonard and Joyce Jackson  $-70^{th}$  September  $20^{th}$ . David and Mary Kane  $-46^{th}$  June  $22^{nd}$ . Ben and Mary Kolodka  $-60^{th}$  October  $6^{th}$ . Richard and Mary Macken  $-51^{st}$  July  $17^{th}$ . Tim and Claudette McCrindle  $-45^{th}$  September  $10^{th}$ . Jack and Isobel Melville  $-61^{st}$  December  $9^{th}$ . Ken and Joyce Peden  $-65^{th}$  November  $6^{th}$ . Gerry and Mary Ann Russell  $-50^{th}$  October  $14^{th}$ . Ray and Lorna Rybuck  $-70^{th}$  August  $23^{rd}$ . Ronald and Valerie Smith  $-60^{th}$  June  $13^{th}$ . Dan and Elaine Trochim  $-60^{th}$  September  $8^{th}$ .



#### www.cnpensioners.ca

To those previously mentioned on our Sick List, we hope that you are feeling much better, and well on the road to recovery. To those who are currently ill or still experiencing health problems, please know you are in our thoughts. The membership joins us in extending Best Wishes for improved health and a speedy recovery. We have received reports and updates on the following Pensioners since the last newsletter:

## Sick list:

Lindy Anderson\*

Laurila\*

Shirley Badger

Joseph Balbon\*

Robert Bourrier\*

Marcella Cavers\*

Coyston\*

Myrth Bilyk

Gail Bouttell

Glenn Cole\*

John Cran\*

William Dahl

Joan Dresna\*

Mary Dupas\*

Paul Erb\*

Kerry Falk\*

Maria Farias

Robert Ferris\*

Allan R Finlav\*

John J George\*

Carol Graham

James Gillespie\*

Anne Duxburv\*

Margaret Dyck\*

Joe C DaSilva\*

Don Angus\*

**Bert Andrews** suffered a stroke in June. He is recuperating at home.

- Ken Campbell is in the Kildonan Personal Care Centre on Henderson Hwy. He is dealing with eyesight problems but nothing really serious. He is allowed visitors.
- Gerry Russell fell on a cement parking lot in early August. He was hospitalized for 9 days. Tests didn't show why he fell. He didn't break any bones, is now using a walker, and hopes they can get back to the fitness centre soon.

**Obituaries:** The following pensioners have passed away since the last report: (\* denotes contributing member of the Manitoba Pensioners' Association).

Sophie Gulakow\*

Marjorie E Howard\* Anthony Bacon\*, partner of Clemus Helen Huillery\* Eugenia Kandia\* Brian Keelev\* Rose Balamtowski, wife of Eugene James Kirkhope\* Moira Kowalchuk\* Balamatowski\* Emil Krawetz\* William Billedeau\* John Krawetz\* Stanislawa Krzywdzinski Ken Kulbaba\* Martha Laubmann Darlene Leggett\* Maria Lejman\* Donald Coughlan\* Douglas Liscum\* Victor Coyston, brother of Garth Nell Macauley\* Lorraine MacDonald\* Catherine MacNaught\* Anna Manciulenco\* Denise Mangin Marianna Masi Kenneth R Mason\* Jack McBain Edith McCracken\* Dorothy McCorry\* John Milkovic\* Jean Moszynski Verona Norris\* Joao Pacheco\* Gerard (Gerry) Gendron\* Bernard Polanski\* Anne Pomor\* John Prysiazna Elsie Pypka\* Victoria Guenther\* Pauline Ratushniak\*

Jose Rego Shirley Richards Annabel Ritzer Hugh Ritzer\* Diane Ross\* Mary Semeniuk Marlene Shand\* Margaret Shawaga James Short\*, father of Richard Short\* David Simard, brother of Marcel Simard\* Donald Skelly\* Marie Smook\* Constantina Sousa\* Victor St Germain\* Dianna Stewart, wife of Howie Stewart\* Mary Stuart\* Cyril Sutherland Anthony Swystun Laszlo (Les) Szeredi\* Pauline Szymanski Les Thompson\* Ronald Timlick, brother of Bob Timlick\* Gabriel Torchia Rav Vachon\* Walter Verch Ben Voth\* Harry Wasiuta\* Elsie Wegner\* Bernie Wielgosh\* Mary Wildeman\* Victoria Winter\* John Wright\* Avis Xavier-Befound\*

Angela Zawisinski

Note: Ronald E. Fetterly was the person listed as deceased in our last newsletter. Ronald S. Fetterly\*, who worked in CN Stores Transcona, is alive and well.

The CN Pensioners' Association of Manitoba extends our sincere condolences to the family and friends of the deceased.











# HAPPY 100TH BIRTHDAY





**Una Ruth Macpherson** recently celebrated her 100th birthday on May 14th, 2022.

When looking back at her life, this lady realizes all the changes in the world that she has lived through. But what a life she shared with her parents and brother then her adoring husband, daughter and son, then their families with four grandchildren and five great grandchildren.

Ruth was always a wonderful curler and golfer and she still enjoys playing card games, crib especially, with friends and family. Her love of travel took her around the world and some of her best memories would be the winters she spent as a snowbird in San Antonio, Texas.

Still a very sharp lady, both in her style and her mind, we wish her a wonderful birthday celebration with more years of joy and love.



**James (Jim) Magill** was born in Saskatoon on July 7, 1922. He began his apprenticeship with CN at Symington Shops in 1939 and volunteered to join the RCAF in 1940. He served in WWII from 1940 to 1945 and CN included his service years towards his pension. Jim was decorated by Canada and France for his courageous war service.

After returning from overseas, Jim continued his career with CN as a carman in Saskatoon. He married Evelyn Cameron in 1949. While in Saskatoon, he was promoted to Assistant Foreman. In 1956, he was promoted to Car Foreman and transferred to Vancouver. After 9 years in Vancouver, Jim, and his family which by then included four children, was on the move again. They headed back to Winnipeg where Jim's CN career had started. In Winnipeg he served as Manager of Claims & Prevention Services.

Jim retired from CN in 1984. He and his wife Evelyn spent 17 winters in Mesa, Arizona and in the summers Jim enjoyed golf and gardening. During those retirement years Jim and Evelyn welcomed 2 grandchildren and after Evelyn's death in 2010, Jim also welcomed 2 great-grandchildren, who are the apples of his eye!

Since 2010 Jim has lived at The Waverley. He celebrated his 100th birthday on July 7, when the photo of him with this lovely gift from CN was taken.

## www.cnpensioners.ca



**Carmina Da Silva** - In 1961, Carmina along with her three young children immigrated to Canada from S. Miguel Azores to join her husband John Da Silva and her eldest son in Winnipeg, MB.

John was employed at CNR from 1957 until his retirement in 1989. Carmina and John loved having family gatherings during holidays and special events. They especially loved seeing their twelve grandchildren grow up to be successful individuals.

Carmina is selfless when it came to doting on her grandchildren and great grandchildren throughout the years. We love you VAVO. Special congratulations on reaching this milestone of 100 years!





If you would like to contact a patient in a hospital or care facility and/or wish to send "Well Wishes" - click on the link, unless otherwise noted:

Concordia Hospital: https://concordiahospital.mb.ca/well-wishes/

Deer Lodge Centre: https://deerlodge.mb.ca/living-at-dlc/well-wishes/

Grace Hospital: https://gracehospital.ca/visitors/well-wishes/

Health Sciences Centre: https://hsc.mb.ca/visitors/visiting-a-patient/well-wishes/

Misericordia Health Centre (or Place): https://misericordia.mb.ca/email-a-resident/

Riverview Health Centre: egreetings@rhc.mb.ca (send by email)

St. Boniface Hospital: https://stbonifacehospital.ca/visitors/well-wishes/

Seven Oaks General Hospital: http://sogh.ca/well-wishes/

Victoria General Hospital: https://vgh.mb.ca/well-wishes/

Visit our website often at www.cnpensioners.ca to view our newsletters or our Facebook page www.facebook.com/cnpensionersmanitoba for updates and announcements .

#### Page 8

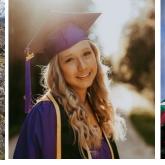
## HARVEY HOSFIELD BURSARY RECIPIENTS - 2022

## **Congratulations to the following recipients:**











Celina Telenko

Xavier Burgess

Katie Thompson

Kianna Antonick

Madalena Governo

**CELINA TELENKO:** Celina is the Granddaughter of Henry Telenko. She graduated from High-school and plans to attend the University of Victoria, Victoria, BC. Her field of study is in Humanities, towards a Bachelor of Arts degree.

*XAVIER BURGESS*: Xavier is the Grandson of William Critchley. His objective is to obtain a double honours major Bachelor of Science in Astronomy and Physics as his first step towards graduate and doctoral studies in Astrophysics. He will be attending the University of Waterloo in Waterloo, ON.

**KATIE THOMPSON:** Katie is the Granddaughter of Ric Ksionzek. She will be entering the faculty of science, to get her Bachelor degrees of Biology and Psychology at the University of Victoria. Her future plans are to attend University of British Columbia to obtain her Master's degree in Speech-Language Pathology.

**KIANNA ANTONICK:** Kianna is the Granddaughter of Jim Antonick. She will be attending the Lakehead University in Thunder Bay to obtain her Nursing degree. She wants to follow in the footsteps of her grandmother.

**MADALENA GOVERNO:** Madalena is the Granddaughter of Robert Nykoluk. She will be attending the University of Winnipeg to obtain a Bachelor of Science through the "Neuroscience" program. Her interest is in biology and understanding the complex nature of the brain.

## **TRADE BURSARY RECIPIENTS - 2022**

We regret to announce that there were no qualifying candidates for the 2022 Trade Bursary, however we encourage applicants to reapply next year if they are still in their program.

## NATIONAL COUNCIL SCHOLARSHIP RECIPIENTS - 2022

## **Congratulations to the following recipients :**

**ASENA SAGE BLACKWELL:** Asena Sage is the Granddaughter of Marvin Blackwell. Asena will be attending the University of Victoria to obtain a Bachelor of Arts degree. She has an interest in journalism, international relations and social justice issues

**CERYS EVANS:** Cerys is the granddaughter of Rosemary Chapman and Arthur Chapman. Cerys has completed three years of studies towards a Bachelor of Arts at the University of Manitoba. Once completed, Cerys will continue on to obtain her Bachelor of Social Work.

*CARISSA TRAN*: Carissa is the Granddaughter of Warren Swait. Carissa will be attending McGill Univiersity. She wants to complete a Bachelor of Science degree with a physics major to pursue a master's degree and ultimately a PhD in nuclear physics.

*KATHLEEN THOMPSON*: Kathleen is the Granddaughter of Ric Ksionzek. After completing her Bachelor's Degree in Biology, she hopes to further her education at the University of British Columbia in the field of Speech-Language Pathology

*CALLE WILK*: Calle is the Daughter of Rick Wilk. Calle will be attending the University of Saskatchewan. Her objective is to obtain her Doctorate in Medicine. Her long term goal is to become a radiologist.

# On behalf of the CN Pensioners Associations, we wish our recipients success in their studies and future endeavours.

A full report of the 2022 Scholarship Program will be in the Winter Edition of the National Newsletter.







To all Bursary and Scholarship Recipients



We are always looking for interesting stories about our CNPA of Manitoba members. If you want to let your former co-workers know what you are up to after retiring, let us help tell your story.

You can submit stories and photos to: Tim M CNPA

Tim McCrindle CNPA Publicity Chair tc2mccrindle@gmail.com

## www.facebook.com/cnpensionersmanitoba

Page 10



## Treasurer Report - Bruce Anderson

The audit of the financial records for the CN Pensioners Association of Manitoba, for the fiscal year September 1, 2021 through August 31, 2022 has been completed and verified to be in accordance with generally accepted Accounting practices. Walter Lesiuk, CPA CMA.



## Health Care Report - Joanne Gaborieau Health Care Representative

Blue Cross Claims - Remember to submit your claims as they happen rather than waiting until the deadline. Deadline to submit is April 30 yearly for the previous year's claims.

The next Health Care meeting will be held on September 28 and 29 virtually. The Health Care Committee meets two times per year (May and September). You can email at <u>joannegabor@hotmail.ca</u> with any Blue Cross issues.



## **Pension Report - Joanne Gaborieau** Pension Committee Representative

Question received: What will my spouse receive when I die? Part 1:

Answer: The table below provides what survivor benefits are payable based on option selected at retirement to Plan members whether they elected the 55% or 60% survivor benefit.

The amount and type of pension you receive will vary according to your marital status and the option elected at retirement, as follows:

Marital status at retirement	Form of pension payment	Pension benefits payable		
		To you for life	To your surviving spouse for life	To your estate*
With eligible spouse	Option I 60% survivor benefits	Basic pension slightly reduced	60% of your slightly reduced basic pension	60% of your slightly reduced basic pension
	Option II 55% survivor benefits	Basic pension unreduced**	55% of your basic pension	55% of your basic pension
Without eligible spouse	No option	Basic pension unreduced**	N/A	55% of your basic pension

\* Benefits are payable to your estate if you and your eligible spouse, if any, both die within 10 years of your retirement date. Estate benefits cease at the end of the 10-year period.

At retirement, when we calculate the member's retirement benefit based on the Plan formula, it is referred to as their **"basic pension"** amount and excludes any IPO allowance they may have elected. The Plan provides for the "normal form" of pension, which is the 55% survivor benefit. Members may elect the 60% survivor benefit, but in doing so agree to a slight reduction to their basic pension, which is reduced for life to cover the cost of the increased survivor benefit, and thus this slightly reduced benefit becomes their **"basic pension"** amount. Survivor benefits are determined using the **basic pension**, <u>plus any indexation amounts paid.</u>

Part 2 regarding a similar question but where the retiree had elected the Increased Pension Offer (IPO) to age 65 to follow in our next issue.

# **Building The Northern Transcontinental Railways** – PowerPoint Presentation by Grant Bailey

The CNPA of Manitoba recently received an inquiry from a Professor in the History Department at the University of Victoria. He had recently watched and enjoyed the above PowerPoint presentation which we have on our website under our "Pages From the Past" section <a href="https://www.cnpensioners.ca/pages-from-our-past.html">https://www.cnpensioners.ca/pages-from-our-past.html</a>.

In response to this inquiry, we were able to track down the creator (Grant Bailey) of the Powerpoint Presentation. He created the presentation to deliver to a meeting of the Lexington Group History Panel which took place in Calgary, Alberta on September 30, 2010. Much of the research was made possible through materials that his father, R.M. Bailey, had collected through the years. His father was Chief Engineer of CN's Prairie Region in the early 70's and of the Mountain Region from 1972 to 1984 when he retired.

We wish to thank Grant for putting this together and for sharing this great piece of history with us. The presentation can be found on our Manitoba website by clicking the link above.



## Get Involved. Together We Can Save Lives

Each time you cross a railroad track irresponsibly there is a potential danger. At CN, we look out for each other, and by everyone looking out for others in their communities, we can help keep them safe. Our ultimate goal is to bring railroad crossing/trespassing accidents down to zero. By joining efforts, we can prevent railroad crossing/ trespassing accidents.

Here is how you can make sharing what you've learned easy.

- Say something! Save the CN Police phone number and call if you witness any unsafe situation near the railroad: **1-800-465-9239**.
- Act as a role model around trains and tracks.
- Share rail safety tips with your family, friends, colleagues and community.
- If you live in a CN-served community email <u>CN Safety</u> to organize a safety presentation in your local school or volunteer to talk to your kids' class about rail safety.



Test your knowledge and take the pledge.

**NOTE:** We are looking for volunteers for this event which will be held at the Claude Mongeau Training Center, 650 Pandora Ave. East. If you are interested, please contact Bruce Anderson at <u>btanderson54@hotmail.com</u>. Coffee and



The impact is REAL. Talk to your loved ones about rail safety.



www.facebook.com/cnpensionersmanitoba

September 2022



## CN Police want you to STAY SAFE this Winter

No matter where you live, chances are you will face some challenging driving conditions in the months ahead. Freezing rain, snow, sleet and whiteouts can make winter driving downright dangerous.

In fact, according to the Transportation Safety Board, there's a spike in railway crossing incidents during the winter months. This is due to many factors, including:

- Ice and snow making it harder for drivers to stop and manoeuvre their vehicles;
- Snowy roads that hide pavement markings;
- Blowing snow, fog, and sleet that reduce visibility;
- Snowbanks and snow in trees reducing sight lines;

Reducing the likelihood of being in a serious car accident in winter starts with proper planning and knowing your rail-safety basics.

Following these simple tips can help keep you safe when you encounter train tracks this winter:

#### **PLAN AHEAD**

and check the weather forecast before travelling—not only for your current location, but also for your final destination. If conditions deteriorate while you're on the road, stop at the nearest town or rest area and wait until it's safe to continue driving.

#### **REDUCE YOUR SPEED**

when road conditions are poor, it takes longer to stop. Always slow down well in advance of a railway crossing. The more time you have to react, the better chance you have of avoiding a collision.

#### **AVOID DISTRACTIONS**

when approaching railway crossings turn off your radio and heating fans so you can listen for trains. Reduced visibility and sounds from a storm can make it more difficult to see and hear if a train is coming. Roll down your window—especially if it's frosty or foggy—and look both ways before crossing the tracks.

## LOOK FOR RAILWAY WARNING SIGNS AND SIGNALS

snow may cover train tracks at a crossing, making them look like the road. Look for warning signs and other indications that there is a railway crossing ahead so you can prepare to stop, especially when driving at night.

## **USE WINTER TIRES**

they have treads designed to grip ice and snow, so you will be less likely to slide on the road or into the side of a train. All-season tires can begin to lose their traction when the temperature drops below 7°C.

## **DON'T DRIVE IMPAIRED**

alcohol and drugs such as marijuana reduce your ability to pay attention, react quickly and make safe driving choices. Remember "any time is train time". Be rail-smart this winter: Look. Listen. Live.

## STOP, LOOK AND LISTEN FOR TRAINS

At a crossing, stop, look both ways and listen for approaching trains; proceed only if you are sure it is safe to do so. If a train is approaching, or if railway warning signals are activated, stop behind any gates or stop lines—or no closer than 5 metres from the nearest rail—and wait for the train to pass. Cross only after the warning signals have ceased and you are certain no other trains are approaching, from either direction, on any track.

### **PROCEED WITH CAUTION**

Metal tracks can be slippery, especially when wet or in snowy conditions; the wheels of your mobility device could skid if you cross too fast or don't cross at a right angle. Also, you may have reduced traction as a result of accumulated gravel and dirt —so proceed with caution.

### GET IMMEDIATE HELP IF YOU GET STUCK

If your mobility device breaks down or gets stuck at a railway crossing, you need to get away from the tracks immediately. Ask passing pedestrians, cyclists or motorists for help in getting you out of your mobility device and moved to a safe distance away (at least 30 metres away from the tracks). Contact the railway company immediately and let them know there is a mobility device on the tracks. Railways post their emergency numbers and crossing locations on a blue sign under the crossbuck or near the crossing. This information may also be displayed on a nearby signal house. If you don't see a railway emergency number, call 911.

Page 12



## THERE IS "WHAT" IN MY BLOOD?

Gerrit Vanderklok aka" CHOOCH" aka "SPARKY" has been a CNR pensioner since 2001 and has railroading in his blood.

A third-generation railroader whose grandfather was a locomotive engineer for the Netherlands Railway. Gerrit emigrated to Canada in 1956 with his parents and sister. His father worked at CPR as a wheel roller and later found work at CNR when they opened Symington Yard in 1962. Little did Gerrit know, that after a grade 12 electrical course he would follow in his father's footsteps and be hired by CNR as an electrician in 1971.

Having a childhood hobby of model railroading, now he could climb all over the real thing and take measurements and pictures for modelling. In Holland, Gerrit had a 1/48 scale live steam engine and cars. His first train was a 1/120 scale windup train that he received for his 8<sup>th</sup> birthday. His new interest in trains came when he saw the new "N" 1/160 scale model and this became his choice scale for his home. Gerrit's model train interests didn't just lie in modelling, he also enjoyed all train photography and memorabilia.

Gerrit became vice president for the Mid Western Museum and looked after restoration projects. He was involved with the restoration of the railway station and its associated structures in Miami, MB. He also volunteered at the Miami train Station as a tour guide in 1977. The Midwestern Rail Museum also sold post cards, tiles and light lunches on board the Prairie Dog Central to raise money for their fundraiser.

In 1977, Gerrit moved over to work equipment. In 1978, he started working on the road with the steel gang. He previously worked the Search machine at Symington testing locomotives where he got to know the engines inside out, electrically. Trouble shooting was his expertise. While repairing machines for the steel gang in Kenville MB, Gerrit heard an engineer on the radio near Swan River in trouble with a 4200 series GP9s. The engineer said that one engine was dead, and he couldn't make it to Dauphin without it. Gerrit told the gang supervisor that he might be able to help. The supervisor promptly sent him to Swan River where he found the problem with the engine. Gerrit studied the blueprint and quickly found a damaged wire in the excitation circuit of the generator. He was able to reset the resistance value by using two hose clamps to complete the circuit and start the engine. Gerrit's expertise as a trouble shooter had him working from Kingston, Ontario to Smithers, British Columbia. He was even sent to help the DWP railway in Virginia Minnesota with repairs on some of their machines.

Gerrit travelled OCS so much that he had a tee shirt made that said, "SEE CANADA, JOIN THE RAILWAY". It was an exciting career. Gerrit kept up with his rule card and has been volunteering on the Prairie Dog Central since 1998 as a conductor. He has also worked as a porter, brakeman, and locomotive fireman.

Gerrit has also been the president and a board member of The Dutch Canadian Society of Manitoba since 2007. This position provides him the opportunity to repair and operate a 1911 Dutch street organ which is air operated, hand

driven and mostly made of wood and leather. Last winter Gerrit replaced the bellows crankshaft bearing and the leathers on 14 valves. This year some oak block bearings needed to be replaced, the flywheel also needed extra weight and the handle needed to be repositioned and all the parts need to be handmade.

Keeping active keeps him young and feeling young keeps him healthy!





#### www.facebook.com/cnpensionersmanitoba





CARP (Winnipeg, Manitoba) invites you to attend

## "Prostate Cancer, You and Your Partner"

## Thursday, September 22, 2022 – 2:00 pm to 3:00 pm including Q &A

#### **Overview**

September is Prostate Cancer Awareness month and no better time to remind people of this common form of cancer which will affect one in nine men.

#### In this presentation you will learn;

- about the warning signs of prostate cancer
- detection of the disease
- available treatments
- how partners and other family members can support their loved one, and,
- how to reduce the risk posed by this disease.
- You will hear from prostate cancer survivors about their cancer journey.

### Our Presenter



**NOTE:** When registering, please indicate that you are a CN Pensioners Association member.

Our speaker is Don Murray. Don is a prostate cancer survivor and is member of the Manitoba Prostate Cancer Support Group Board of Directors.

To register for this FREE WEBINAR go to: Winnipeg@carp.ca

- Provide your name, email address and phone number.
- You will receive a confirmation email.
- On September 20th you will receive a Zoom link for the webinar which starts at 2:00 pm on September 22nd.

Did you receive your newsletter by mail this time? Do you have a computer or tablet? Are you connected to the Internet? Do you have an email address? If you can answer "Yes" to these, please consider changing from a mailed copy to an emailed copy, rather than by Canada Post.



## **Importance of Exercise (remember Participaction?)**

During the warmer months, there are many natural opportunities for us to get some much needed exercise and fresh air. Gardening, walking, riding a bike are all forms of exercise that provide health benefits and get us outside in the natural light.

However, as fall and winter approach, those opportunities become limited as the seasonal weather in Manitoba isn't quite so inviting to be outdoors. There will be days when even though it may be colder, the sun is shining and the wind is low and it can be a great day for a walk, but you can't count on that for a regular exercise routine.

The CN Fitness Centre used to provide access for CN Pensioners and give them a reasonable option for indoor exercise. That facility was completely closed due to the pandemic and has just recently reopened, but due to the required enhanced cleaning protocols, it is currently only available to active CN employees, not their families or CN pensioners. This may change over time, but right now that facility is not open to us.

There are other options, some as simple as mall walking or swimming in public pools, but for those that liked the indoor access to the Fitness Centre, there are options available in the city, We have listed a few below, but encourage you to do your own research and find a facility that offers a fitness program that suits your needs, and provides you value for their cost.

- Ask each of them as many questions as you need, to fully understand what is available and what the costs are.
- If they sound interesting, ask if they provide a free trial visit, or a one-time low cost visit to try out the facility and the program.
- If you are only looking for a winter program, ask if you can sign up on a month to month basis and not a full year.

## **Orangetheory Fitness (www.orangetheory.com/en/ca)**

- ♦ 5 locations in the Winnipeg area
- Offering CNPA members \$10 off their regular monthly rates
- ♦ First workout is free
- They have "Premium" and "Elite" memberships which include different numbers of classes per month

## Blue Sky Fitness Studio (www.blueskyfitnessandhealthcoaching.com)

- ◊ 1 location in Winnipeg
- Run by Kathryn Sawatzky (used to run CN Fitness Centre)
- ♦ They offer an intro week for \$10 for as many classes as you want
- ♦ They offer 15% off to CNPA members

## Reh-Fit Centre (www.reh-fit.com)

- ♦ 1 location in Winnipeg
- Large facility offering a wide variety of programs and classes that would meet almost any need

We encourage everybody to exercise to your ability and get as much fresh air as possible, but when the winter months start to restrict both of these, these are some available options, among many, that you may want to explore.

CN PENSIONERS ASSOCIATION OF MANITOBA 10 Greenwich Bay Winnipeg, MB R2J 1T6	Frequently Called Numbers The CN Pension & Benefits Help Line 1-800-361-0739. Always have your PIN to better identify you when making inquiries. If you move, call the above number. If you are married at the time of retirement, make sure that CN has your spouse's name on file. Changing banks, with direct deposit, never close your old account until the cheque shows up in the new account.
We're on the web - www.cnpensioners.ca	Shows up in the new decount.         Change of Address       1-800-361-0739         Canada Pension & Old Age Security       1-800-277-9914         Canada Custom & Revenue Service       1-800-959-8281         Blue Cross National Claims Direct       Plan 93115         Health Links/Info Santé       204-788-8200         Or       1-888-315-9257         CN Police       1-800-465-9239, #3
We're on Facebook - www.facebook.com/ cnpensionersmanitoba	Phone numbers for International Employees:         U. S. Railroad - Fargo       1-877-772-5772         U.S. Social Security - Grand Forks       1-888-617-0456         For Travel Savings with Collette, visit       1         https://www.gocollette.com/en-ca/landing-pages/partners/cnpa

CN Pensioners Association of Manitoba 10 Greenwich Bay Winnipeg, MB R2J 1T6