



Special Points of Interest:

The Canadian National Railway-Via Station at Churchill Manitoba is a picturesque station with a dominant central tower. Situated at the corner of First St. and Railway Avenue, it is one of the oldest and most important buildings in the community. It was built in 1929-30.

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CN Pensioners' Association of Manitoba

Meetings held at 1:30 p.m. on the 1st Wednesday of the month except for the months of July, August and December. Location of the meetings (unless otherwise stated on our Special Events page) is at the Norwood Legion, 134 Marion St., Winnipeg.

www.cnpensioners.ca
www.facebook.com/cnpensionersmanitoba



Fall 2018

President's View - Ron Davis

To all members, make sure of where the monthly meetings of the Pensioners' Association of Manitoba are being held.

The **October** meeting will be held at the Claude Mongeau Training Centre in Transcona. **MEETING STARTS AT 2:00 p.m. (DRESS CODE IN EFFECT - See Page 3).**
PLEASE NOTE - The doors will not open until 1:15.

The November meeting will be held, as usual, at the Norwood Legion.

The Christmas luncheon will be held at the Masonic Memorial Centre near Confusion Corner (the intersection of Osborne and Donald Streets) on Wednesday December 5th, so **there will not** be a meeting in December at the Norwood Legion.

In January 2019, we will be back to our regular meetings at the Norwood Legion.

ELECTIONS:

Manitoba Association:

At our November 7th meeting, we will be holding our Annual Election for the Executive positions. Our Executive includes: President, Vice-President, Secretary, Treasurer, Publicity Chair, Special Events Chair, Outreach Chair, Membership Chair, Webmaster Chair, Hospitality Chair and Member(s) At Large.

We currently have vacancies for the following positions: Hospitality Chair and Publicity Chair. If anyone wishes to put their name forward for any position, please contact our Past President: John Mozol. If you require any information on these positions, please see any member of the current executive.

National Level:

There will also be an election for the following National Council positions: Director, Pension Rep, Alternate Pension Rep and Alternate Health Care Rep. Please note that since these positions represent our Saskatchewan members in addition to Manitoba, Saskatoon Council will also be holding elections for these positions.





Executive Council 2017 - 2018

President

Ron Davis, 204-489 4485

ronvel@mymts.net

Past President

John Mozol, 204-885 6031

kayomoz@shaw.ca

Vice-President

Linda Schram, 204-255-5636

fgl@mymts.net

Secretary

Patrick McMullin,

204-415-0358

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Treasurer

Jerry Dunford, 204-487-7478

jdunford@mymts.net

Committee Chairs:

Publicity & Editor

Jack Moore, 204-224-1019

jandbmoore@shaw.ca

Hospitality - Vacant

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

John Yarema,

204-253-9263

jjy78@live.com

CNPA National Level

Bruce Anderson - Director

Joanne Gaborieau - Director

Janet Lewis Anderson - Officer

Ron Davis, N.C. Advisor

Linda Schram - Pension and
Health Care Rep.

Membership Report - Joanne Gaborieau

Total paid membership - 3861

Pension Cheque deduction - 3846

Associate Members - 15

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

Carolyn Bale
Peter Boon
Calvin Brad
Barbara J. Carr
Rodrigo Cas
Cyril Dejonge
Grant Edwards
Allan Finlay
Leonard Geldart
Wayne Gouzecky
Jeffrey Guarino
Jeanette Jackson
Kevin Kauk
Bryan Kotelniski
Jamie Lapointe
Darcia Larocque
Darlene Leggett
Bernadina Loschiavo
Lorraine Allison Malmquist

Charles Mansfield
Danny McClory
Glen McIvor
Frida Miles
Daphne Nixon
Thea Nykon
Curtis V. Payment
Suzanne Prince
Angela Richichi
Sylvia Sharaburak
Mike Shewchuk
Dave M. Sith
Helene Sward
Russell S. Thordarson
Lina Trudeau
Derrick Vendramin
Jane Walker
Brian Westlenko
Tim Willison

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:

September: No First Time Attendees

Birthday Draw:

August: Richard Lesage

September: Mark Mercier

Attendance Draw:

September: Sandra Seal, Gerrit Vanderklok

Door Prize:

September: Serge Poulin, Linda Schram, Lance Smallwood,
Joanne Gaborieau

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

Special Events - Ernie Yakiwchuk

Our meetings are held the first Wednesday of the month except for the months of July, August and December. Location of meetings (unless otherwise stated below) is at the Norwood Legion, 134 Marion Street and commence at 1:30 p.m. Many arrive earlier to have coffee, donuts and a visit. If you are interested in helping out in any way, please contact Ernie at 204-254-1441.



Upcoming Meetings:

October 3rd - MEETING TO BE HELD AT CLAUDE MONGEAU TRAINING CENTRE, 650 Pandora Ave. East - Transcona. **Dress Code in effect (no sleeveless shirts, shorts or sandals). Doors open at 1:15. Meeting starts at 2:00 p.m.**

November 7th - No speaker as elections for CNPA of Manitoba Executive and National Council positions will be held.

December 5th - No meeting due to Christmas Luncheon at Masonic Memorial Centre.

Annual Christmas Luncheon

will be held at the Masonic Memorial Centre at Corydon and Osborne on **Wednesday, December 5th, 2018**. Doors will open at 11:30 with luncheon served at 12:00. This is a sit down luncheon with wine at tables. There will be 50/50 draws and many door prizes. The cost is \$20.00 per person. This luncheon is open to contributing members and a guest. Tickets will be available at the October and November meetings. If you need more info please call Ernie at 204-254-1441. Cut-off date for ticket sales is November 15th.

Annual Picnic: The annual picnic was held on Thursday, June 14th at Assiniboine Park. Over 60 people enjoyed a day of great weather, good food, seeing old acquaintances and meeting new friends. A special thanks to Ernie Yakiwchuk for organizing this event and to all the people who gave their time to help serve food.

The winners of the Bocce tournament were:

1st Place - *Joanne Gaborieau and Terry Gysel*
 2nd Place - *Lance and Linda Smallwood*
 3rd Place - *Patrick McMullin and George Lintick*
 4th Place - *Ken and Lorna Ivanyshyn*

Annual Golf Tournament:

Tuesday, June 26th, 2018, was a warm summer day, just the right temperature for golf as 35 players participated in the tournament. All enjoyed a BBQ steak dinner plus dessert. A big thank you to the staff at Kingswood for treating us so well.

The low scores were:

Lorne Gardiner - 78
 Dave Shaw - 80
 Chris Nemish - 88
 Gord Hoskins - 93
 Les Bayrack - 95
 Rick Kuchel - 95



More pictures on page 8.

Outreach Chair's Report - Rose Chapman



Mail Outreach info to: 186 Windham Rd, Wpg, R3J 3B8
Phone: 204-832-1105 or email: rchapman17@shaw.ca

Outreach Committee:

George Lintick	204-254-1032	Mel Rusiecki	204-255-1361
Linda Ksionzek	204-669-8308	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:

Nancy Bially - 85 - September 18th
Nestor Bially - 87 - August 3rd
Norman Burnett - 87 - August 23rd
John Cochrane - 92 - August 18th
Eldon Dimond - 78 - September 19th
Ralph Huuk - 89 - July 25th
Joyce Jackson - 85 - November 11th
Larry Lange - 82 - October 5th
Bill Malazdrewicz - 85 - September 10th
Bernice McCrea - 100 - November 20th
Jennie Pieczko - 85 - November 4th
Irvin Randall - 72 - August 19th
Marilyn Randall - 68 - June 11th
Bob Semenchuk - 87 - September 25th
Nellie Serofin - 102 - September 13th
Margaret Stephen - 104 - November 23rd
Matty Strachan - 101 - September 24th
Ernie Yakiwchuk - 61 - October 20th



Happy Anniversary to:

David and Sylvia Allan celebrated their 50th Wedding Anniversary on June 29th.
Bill and Diana Baran will celebrate their 63rd Wedding Anniversary on October 8th.
Ed and Linda Barker celebrated their 3rd Wedding Anniversary on September 4th.
Nestor and Nancy Bially will celebrate their 65th Wedding Anniversary on October 10th.
Herb and Alice Hein celebrated their 61st Wedding Anniversary on April 27th, shortly before Herb passed away on June 9th.
Ralph and Lorraine Huuk celebrated their 65th Wedding Anniversary on June 13th.
Stan and Evelyn Kopp celebrated their 55th Wedding Anniversary on September 7th.
Lloyd and Judy Kreutzer celebrated their 58th Wedding Anniversary on September 3rd.
Bill and Wendy Mitchell will celebrate their 40th Wedding Anniversary on September 23rd.
Harold and Linne Prystie celebrated their 63rd Wedding Anniversary on September 3rd.
Irvin and Marilyn Randall celebrated their 49th Wedding Anniversary on May 17th.
Bud and Faye Serofin will celebrate their 64th Wedding Anniversary on October 16th.

CORRECTION: Mary Wildeman was 96 on February 17th, not 100 on July 17th as listed in the Summer newsletter.

To those previously mentioned on our Sick List, we hope that you are feeling much better. 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 a speedy recovery. We have received reports and updates on the following Pensioners since the last newsletter:

Sick List:

Bruce Candling is not well, but resting at home.

Irvin Randall had three spots removed from his lung in February, followed by more surgery in April to remove his esophagus and reattach his stomach. He is home waiting for more chemo.

Mel Rusiecki has undergone mitral valve replacement surgery. He is in St. Boniface Hospital.

Bob Semenchuk had an accident in February and broke his hip. He is recuperating at home.

Steve Skrybalo has been advised he is cancer free. He is now on a five-year plan.

Obituaries: The following pensioners have passed away since the last report (* denotes member of the Manitoba Pensioners' Association). **The CN Pensioners' Association of Manitoba extends our sincere condolences to the family and friends of the deceased.**

Walter Babiniek*
 Sophia Baczynsky
 Marcelle V. Bagan*
 Ann Bisio*
 Martha Boreski
 Rita Carroll*
 Margaret Charles*
 Annie Cohen
 Rita Cummine*
 Madeleine Delbaere*, *wife of*
*Albert Delbaere**
 James (Jim) Drennan*
 Bert (H.J.) Drew*
 Elizabeth Drost*
 Patrick J. Farmer*
 Mary Federowich
 Lloyd Feener
 Ted Francis*
 Alex Gawryluk*
 Gloria Hapin*
 Herb Hein*
 Donald Hiebert*

Olive Jenkins*
 Marion Kachkowski
 Anna Kajpust*
 Donald Keachie*
 Olga Kokolsky*
 Betty Kramble, *wife of*
*William Kramble**
 Josephine Kruchak*
 Jeannette R. Lake*
 Donald Leggett*
 Sam Loschiavo*
 Annie Mann*
 Nancy Marchylo*
 Walter McDonald*
 Gilbert (Gib) McKay (CN/VIA)
 Margaret Miller, *sister of*
*Jim Miln**
 Enid Joy Moors
 Edith Munroe*
 Verna Nowicki*
 John Nykon*
 Ronald Pearson*

Victor Peterson*
 Thomas L. Radford*
 Anastasia (Natalie) Robertson*
 Peter Robitaille*
 George (Jerzy) Saciuk*
 Raymond Shay*
 Eugene Skakun*
 Augusta Small*
 Jutta Stebner*
 Joan Szpak*
 Jacqueline Thorkelson
 Richard Tomczak
 Gerrie Turnley*
 Marion Tylopski*
 Joao Valente
 Florence Wagar*
 Hugh Walker (Victoria BC)
 Hugh W. Walker*
 Elaine R. Welsh*
 Dennis Wizniak
 Isabella Worbanski*
 Mary Yaskowich

They shall grow not old, as we that are left grow old:
 Age shall not weary them, nor the years condemn.
 At the going down of the sun and in the morning,
 We will remember them.

From For the Fallen, written by Laurence Binyon
 Remembrance Day - Sunday, November 11th.





**MANITOBA INSTITUTE
FOR PATIENT SAFETY**

What is a Patient Advocate?

You have the right to get help from a trusted friend or family member when you receive healthcare services. This person is called a **patient advocate**. A patient advocate can act on your behalf according to your instructions. She or he can share your healthcare needs and wishes. An advocate can be a second set of eyes and ears during the healthcare process.

Your patient advocate can:

- Arrange medical appointments
- Attend medical appointments, tests and treatments with you
- Be present when a doctor or provider speaks with you
- Review your healthcare provider's handwritten information to help you read and understand it
- Ask questions about your healthcare and test results
- Access your personal health information if you agree
- Track your medications
- Communicate your needs and requests

Remember:

- Choose your patient advocate before you need one
- Be clear on the type of help you want
- Fill out the MIPS "My Patient Advocate Agreement". Go to www.safetoask.ca/s.a.f.e.-toolkit/patient_advocate_agreement

For further tips on finding an advocate:

- go to "Tips on Finding an Advocate in Manitoba" mips.ca/assets/tips-for-finding-patient-advocate-in-manitoba
- Leave copies of this form with your doctor and your patient advocate
- Give your family and healthcare providers the name of your patient advocate

Before you decide to be someone's patient advocate, ask yourself:

- Will I have the time and energy to support the patient?
- Will I be able to speak up if problems occur?
- Will I act in the best interests of the patient?
- Will I support the patient's healthcare wishes?
- Is a second advocate needed?

To avoid confusion, record your healthcare wishes on:

- "My Patient Advocate Agreement"
- A Health Care Directive (Living Will): Call 204-945-6565 in Winnipeg or toll-free 1-800-665-6565 for a copy of a Health Care Directive or go to <http://www.gov.mb.ca/health/livingwill.html>.



Operation Lifesaver (OL) is dedicated to preventing collisions at railway crossings and railway trespassing incidents in Canada. We believe the key to achieving this goal is public education. Funded by the Railway Association of Canada and Transport Canada, we work with the rail industry, governments, law enforcement, labour groups, the media, and other organizations and communities from coast to coast to increase awareness about rail safety - because we believe rail safety is a shared responsibility. **Rail Safety Week is September 23rd - 29th, 2018. For Rail Safety Tips**, visit our website at www.cnpensioners.ca. Take the Pledge at www.mysafetypledge.com

CNPA Bowling League

The CNPA Bowling Leagues' new Executive for the 2018 - 2019 season is:

President - Eric Oman 204 222 - 9532
Treasurer - Dean Danforth 204 452 - 9203
Secretary - Donna Bremner 204 853 - 7413

The league started on September 6th at the Billy Mosienko Lanes at Redwood and Main. Bowling starts at 09:45 a.m. Contact any member of the League executive to sign up. Interested bowlers can be added in after the start date.

The October Bingo Bowl will be held on Tuesday, October 30, 2018 at 10:00 am with pizza and prizes. Sign up with the Bowling League executive.



Good Samaritans Among Us

The CN Pensioners' Association is very proud of our Manitoba Association Special Events Chair Ernie Yakiwchuk and his wife Gwen, also a CN employee.

On Sunday, August 26th, Ernie and Gwen Yakiwchuk were awoken early by the sounds of sirens and fire trucks in their neighborhood. They got out of bed and went outside to see what was going on only to find out that a nearby apartment complex was engulfed in flames.

By then, several neighbours had gathered and watched in horror along with the families who lost everything in the fire. Fortunately, all of the residents made it out safely and at least had that to be thankful for.

While watching this terrible event, Ernie and Gwen noticed a young couple with a baby standing outside the burning building. They immediately went over and spoke to them and learned that they were a family of 8 with children ranging in age from one month to 17 years old. They had lived on the third floor in the south portion of the building and had lost everything. With no tenant's insurance, they would have to start over from scratch, but they were all very glad to be safe and alive.

Ernie and Gwen then invited Anthony Johnston and Leanne Nacionales and their six children into their home and made them breakfast. They even made a trip to Walmart to pick up diapers, sleepers and a blanket for the baby.

An emergency social services worker with the City of Winnipeg is now helping the family. The Canadian Red Cross is also helping the family. However, Ernie and Gwen plan to keep in touch and have exchanged phone numbers with Anthony and Leanne. As it turns out, while having breakfast at the Yakiwchuk's, Leanne noticed a photo of Ernie and Gwen's daughter. It turns out the two women used to work together.

Ernie and Gwen were happy to help make a very difficult day a little easier for Anthony and Leanne and their family. No doubt, a very special bond has been forged between these two families through the act of kindness shown by Ernie and Gwen.



Annual Golf Tournament:

It was a warm sunny day at Kingswood Golf Club for the 35 people who came out to golf. Thanks to Ron Davis for organizing another great golf outing.

Annual Picnic:



HARVEY HOSFIELD BURSARY RECIPIENTS - 2018

Congratulations to the following recipients:

Madyson Richard - Madyson is the Granddaughter of Joseph Stanwick. She is attending the University of Manitoba to obtain a Bachelor of Science degree to pursue entry into Medical School.

Megan Dyck - Megan is the Granddaughter of Laszlo Szeredi. She will be attending the University of Manitoba with the objective of earning a Bachelor of Commerce degree.

Kyra dela Cruz - Kyra is the Granddaughter of Ruben dela Cruz. She will be attending the University of Manitoba in the fall to obtain a Doctorate Degree in Microbiology with a focus on infectious diseases research.

On behalf of all members of the CNPA of Manitoba, we congratulate you on the accomplishments that you have achieved and wish you all the best in your future.

NATIONAL COUNCIL SCHOLARSHIP RECIPIENTS - 2018

Congratulations to the following recipients :

Madison Corrin - Madison is the Granddaughter of Marjorie Wappel. She is currently enrolled at the University of Saskatchewan.

Madyson Richard - Madyson is the Granddaughter of Joseph Stanwick. She is attending the University of Manitoba.

Jori Bird - Jori is the Grandson of Kenneth Cox Jr. Jori will be attending St. Lawrence College in Kingston Ontario.

Megan Dyck - Megan is the Granddaughter of Laszlo Szeredi. She will be attending the University of Manitoba.

Cameron Lozinski - Cameron is the Grandson of Terrance Adams and is attending the University of Winnipeg.

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

A full report of the 2018 Scholarship Program will be in the Winter Edition of the National Newsletter.

Congratulations!

HAPPY BIRTHDAY 100TH



Lena Sereacki reached her 100th birthday on June 26th, 2018. To honour the occasion, Joanne Gaborieau presented Lena with a CN plaque. It was quickly hung up in her room at St. Joseph's Residence in Winnipeg. Lena has two children, Lawrence and Elizabeth (deceased), 4 grandchildren and 4 great-grandchildren. Lena was born in Oakbank, met her husband Stanley, and moved to Winnipeg. Lena was a homemaker and loved knitting,

gardening and baking. The grandchildren can still recall the smell and taste of the cinnamon buns and fresh doughnuts.

A party was held in her hometown of Stead Mb to honour **Sally Bezpalko** on her 100th Birthday on June 21st, 2018. The party was attended by many of her family and friends. Sally's husband Emil worked as a locomotive engineer from 1944 until 1981 when he retired. Emil passed away in 2002. Sally and Emil enjoyed travelling in retirement. She currently lives on her own, visiting with family and friends and has a great love of trains.



A celebration for **Frances Dudek** was held on Sunday, August 12th at the Spaghetti Factory with Frances and members of her family to celebrate her 100th birthday on August 13th. Frances Dudek was born on a farm in Cooks Creek, Manitoba where she lived with her parents and 10 siblings. She left home at 14 to work in Winnipeg, then traveled to Toronto where she was employed at a hospital and a munitions factory and where she met her husband Joseph. They moved back to Winnipeg to raise their family where Joseph started working at the CNR as a machinist and later as a foreman in the Transcona Shops. Frances loves people and shares her knowledge with her children, grandchildren and great-grandchildren as well as young and old people she encounters.

Frances, along with being a perfect mother by sewing her children's clothes and cooking and baking everyday, was very focused on education. One of her goals was for her and her children to go to University. This goal was finally accomplished when she attended the U of M at the age of 65. Her passions are natural health cures, politics and travel. Her wanderlust took her to various locations in North America and Hawaii. Frances is also quite a real estate entrepreneur, she has owned 10 houses but only retained her house in East Kildonan where she brought up her children and continues to make it a very welcome home. The plaque was presented to Frances by CNPA Director Bruce Anderson.

**CN PENSIONERS'
ASSOCIATION OF
MANITOBA**

10 Greenwich Bay
Winnipeg, MB
R2J 1T6

We're on the web -
www.cnpensioners.ca

We're on Facebook -
[www.facebook.com/
cnpensionersmanitoba](http://www.facebook.com/cnpensionersmanitoba)

Frequently Called Numbers

The CN Pensioners' Help Line (Morneau Shepell) 1 800 361 0739.

Always have your PIN to better identify you when making inquiries. If you move, advise 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.

Change of Address - CN Pensioners	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	204-775-9261
Income Tax Preparation & Tax Questions - Jim Miln	204-253-0137
Health Links Info	204-788-8200
	or 1-888-315-9257
CN Police	1-800-465-9239, #3

Phone numbers for International Employees:

U. S. Railroad Retirement - Fargo	1-877-772-5772
U.S. Social Security - Grand Forks	1-888-617-0456

CN Pensioners' Association of Manitoba
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