



Special Points of Interest:



Congrats to Max Alain for winning our #CNTrain OfTheFuture contest for September!

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 meetings (unless otherwise stated under our Special Events article) is at the Norwood Legion, 134 Marion St., Winnipeg.

www.cnpensioners.ca

www.facebook.com/cnpensionersmanitoba



Fall 2019

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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 p.m. (DRESS CODE IN EFFECT - See Page 3).**
PLEASE NOTE - The doors will not open until 1:30 p.m.

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 4th** so **there will not** be a meeting in December at the Norwood Legion.

In 2020, January's meeting will be held on January 8 at the Norwood Legion. We will be back to our regular meetings (1st Wednesday of the month) 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.

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 position: National Director (3 year term).



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

Executive Council 2019

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

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204-415-0358

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204-275-0482

btanderson54@hotmail.com

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204-255-5688

tc2mccrindle@gmail.com

Hospitality

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Sergio.p@shaw.ca

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204-254-1441

ernieyakiwchuk@shaw.ca

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204-275-0482

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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

Janet Lewis Anderson - Officer

Joanne Gaborieau - Director

Patrick McMullin - Alternate

Director

Linda Schram - Pension and

Health Care

Membership Report - Joanne Gaborieau

Regular Membership - 3756

Associate Members - 16

Total Paid Membership - 3772

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

Betty Bahr
Helene Bilinski
Edward Carroll
Alvaro Carvalho
Joan Craig
Diane Demetriooff
Stanley Dycke
Isabella Faralli
Andrew Flett
June Furber
Willie Genaille
Kim Johnston
Clemus Laurila
Robert J. Moran
Julian Mrozek
Patricia Myron
Hazel Otto
Bernice Polischak
Anne Routley

Kathy Rusiecki
Chris Seneshen
Susan Spencer
Kerry St. Germain
Fran Thompson
Glen Toews
Robert Turner
Phyllis Vince



We invite spouses to become associate members so that they can enjoy 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 Pensioner's pin:

September: Ken Butchart, James Doran and Ken McCracken, Hamath Sy

Birthday Draws: *August:* Marge Jacobson
September: Marc Mercier

Attendance Draw: *September:* Francis Boon, Ken Ivanyshyn

Door Prize Draws: *September:* Jim Doran, Jim Miln
Bryan Labarge and Tom Nicholl

Hope to see more new faces at future meetings!

Special Events - Ernie Yakiwchuk

Our meetings are held at 1:30 p.m. on 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 St. All are welcome to arrive after 12:30 p.m. to enjoy a 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 2nd - MEETING TO BE HELD AT CLAUDE MONGEAU TRAINING CENTRE, 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. We will still have the 50/50 draws and will be selling the Christmas Luncheon Tickets.**

November 6th - No speaker as elections for CNPA of Manitoba Executive and National Council positions will be held.

December 4th - NO MEETING due to Christmas Luncheon at Masonic Memorial Centre.

*****NOTE***** - January's meeting has been changed to **January 8th**, due to Wednesday, January 1st being a Statutory Holiday.



Annual Christmas Luncheon will be held at the **Masonic Memorial Centre** at Corydon and Osborne on **Wednesday, December 4th, 2019**. Doors will open at 11:30. This is a sit down luncheon with wine at tables. There will be 50/50 draws and many more door prizes. We are looking forward to having Santa once again. The cost per ticket is \$20.00 a person and is open for 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 will be November 15th.

CNPA Bowling League

The CNPA Bowling Leagues Executive for the 2019 - 2020 season is:

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



The league started on Thursday, September 5th 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 after the start date.

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 questions, please consider changing from a mailed copy to an emailed copy, rather than by Canada Post.

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	Albert Delbaere	204-256-8419
Linda Ksionzek	204-669-8308	Jack Moore	204-224-1019
Carson Hull	204-269-2692		



*Please contact any member on the Outreach Committee with information on pensioners who are hospitalized, passed away, 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 will be 100 on November 2nd
Ken Butchart was 81 on August 13th
Mary Butchart was 76 on August 24th
Huguette Champagne was 84 on August 13th
Alice Claeys will be 85 on September 23rd
Jean Girouard was 100 on September 12th
Audrey Kulbaba was 78 on July 11th
Paul Kulbaba was 91 on August 12th
David Logan was 80 on September 4th
Edward Malazdrewicz was 90 on July 28th
Don McArthur will be 90 on October 18th

Bernice McCrea will be 101 on November 20th
Florence Neimor will be 100 on October 22nd
Gerry Russell will be 90 on November 2nd
Nellie Serofin will be 103 on September 13th
Dora St. Laurent will be 100 on November 1st
Margaret Stephen will be 105 on November 23rd
Eileen Wilson will be 75 on November 2nd
Ernie Yakiwchuk will be 62 on October 20th

Happy Anniversary Wishes To:



Bill and Diana Baran will celebrate their 64th Anniversary on October 8th.
Ed and Linda Barker celebrated their 4th Anniversary on September 4th.
Bohdan and Linda Bontey celebrated their 39th Anniversary on August 2nd.
Ken and Mary Butchart celebrated their 57th Anniversary on March 24th.
Dean and Stephanie Danforth will celebrate their 57th Anniversary on September 22nd.
George and Janet De Serranno celebrated their 55th Anniversary on September 19th.
Forrest and Verla Finlay will celebrate their 65th Anniversary on November 20th.
Rick and Joanne Fleming will celebrate their 45th Anniversary on November 30th.
Al and Marie Hintz will celebrate their 60th Anniversary on October 10th.
Nestor and Olesia Kalinowich celebrated their 50th Anniversary on July 19th.
Lloyd and Judy Kreutzer celebrated their 59th Anniversary on September 3rd.
Paul and Audrey Kulbaba celebrated their 59th Anniversary on June 11th.
Jack and Isobel Melville will celebrate their 58th Anniversary on December 9th.
Bud and Faye Serofin will celebrate their 65th Anniversary on October 16th.
Stan and Mary Steppler celebrated their 60th Anniversary on June 27th.



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:

Bob Mozol had his 9th immunotherapy treatment at the end of August. Everything is going well, but he is tired a lot of the time.

Steve Skrybalo is having some difficulty getting around and a slight problem with his balance, but continues to have a positive outlook on life.

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

Therese Jc Anaka*
 Faultain Stephen (Steve) Bahr*
 Barrie Birch*
 Fernando (Frank) Buccini*
 Donna Calder*
 Eveline Champagne
 Donald Chapman*
 Simone Davies
 Mary Delbaere, *mother of Albert Delbaere**
 Rita A Dufort*
 Andrew Fedorkiw*
 Edna Forrest
 Rose Gevoga
 Clifford A Hagglund
 Robert Heelis
 Earl Hooper*
 Edward (Ted) Hunter*
 Loraine Huuk*
 Annette James*
 Fred Johnson*
 Wayne Kasper*
 Joseph Komadowski*

Walter Laschuk*
 George Lee*
 Tillie Lewycky*
 Phillipe L'Heureux*
 K H Winona Lulashnyk*
 Eleanor Marino
 Lucille M McPhee
 Simone Morin*
 Lucy Mottola*
 Ronald Poersch*
 Michael Polischtak*
 Steven Ponomets
 Thomas Prendergast*
 William Rheault*
 H Bruce Routley*
 Frances Russell
 Ivan Seneshen*
 Ronald J. Smith* (*of Pembina Hwy*)
 Belva Z Steeple*
 Walter Strilec*
 Mary Thiessen*
 Marino Ursi*
 Kenneth Vince*

Margaret Wakeman*
 Fay Walker
 Brent Wood*
 Stella Woytowich*
 John Yarema*
 James R Young*
 Teddy Ziemski*



***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. Lest we forget.***

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



Annual Golf Tournament:



Tuesday, June 25th, 2019, was a warm and comfortable summer day at Kingswood Golf Club, just the right temperature for the 33 players who participated in the tournament. The low scores were Lorne Gardiner with 80, Dave Shaw with 88, Gord Hoskins and Al Bouma had 94, Bill Jenken had 97. Congratulations to all participants! Everyone enjoyed a BBQ sirloin steak dinner. Thanks to the staff at Kingswood for treating us so well. Also a big thanks to Ron Davis for organizing another great golf outing.



Continued on next page



In Memoriam - John Yarema

Born: May 22, 1932

Date of Passing: August 16, 2019



We are saddened to announce that John Yarema, an Honorary Member of our Association, passed away peacefully, with family by his side, on August 16, 2019. He was predeceased by his wife Joan. He leaves to mourn his son Michael, his wife Andrea, grandchildren, Alexandra, Matthew, and Mason, his daughter Kathy, husband Calvin, grandchildren, Jesse and Isabel, and sisters, Julia and Marion, as well as nieces and nephews.

John began his career with CN in the Icehouse in The Pas. He quickly moved up the ladder to Fireman. The first train he drove was a steam locomotive. He moved to Winnipeg in 1966, and retired after 37 years' service. John loved hunting, building things, including a train set, and spending time at the lake.

John was a faithful volunteer on our Executive Committee from the Spring of 2016 when he was appointed Member-at-Large until October 2018 when he gave up volunteering due to health concerns. John greeted members at the door as they arrived for our monthly meetings and Christmas luncheons. He listed the names of members who attended a meeting for the first time, was in charge of collecting names for the current month's birthday draw, and sold door prize tickets. He was a quiet, kind man and will be missed by his family and many friends. The CNPA of Manitoba wishes to extend our heartfelt sympathy to the Yarema families. May he rest in peace.



Congratulations to the following:

Myra Logan, wife of David Logan - \$250 spousal grant for the Grace Hospital Auxiliary.

Rose Chapman - \$500 grant and \$250 spousal grant for the Grace Hospital Auxiliary.

Janet Lewis Anderson - applied for and received a \$500 grant for the Daughters of the Nile (philanthropy is the Shriners Hospitals for Children).



Henry Miller - This past year I received "The Railroaders in the Community" Grant of \$500 for 40 hours of volunteer work. I forwarded the funds on to Camp Assiniboia, located near Winnipeg, to be used toward construction of 4 cabins and a new workshop. This work was done over the last 4 years and is now finally complete. It was a tremendous help to the camp as it is a not-for-profit organization which relies heavily on volunteers and personal and corporate donations to support the hiring and training of staff and camperships to send kids to camp who don't have the money to go otherwise. Camp Assiniboia was very grateful for this assistance. Over the last 4 years, I have donated over 750 hours to Camp Assiniboia. Thanks to CN for this donation.



Jean Girouard became a Centenarian on September 12, 2019.

Jean was married to Romeo who worked as a Carman at the Transcona Shops. She has 2 sons and a daughter, 4 grandchildren and 2 great grandchildren.

Jean loved to bowl, play scrabble and do the daily news-paper jumble.

Joanne Gaborieau presented Jean the plaque on behalf of the CN Pension Committee and CN Pensioners' Association.





Where do we go to get a National Pharmacare Plan

There is an upcoming Federal Election - Will the candidates running in your constituency actively support Pharmacare and the report which created a proposed timeline and process for implementation of a national drug plan for all. If not you may need to reconsider who you vote for.

Your CN Pensioners' Association has been actively involved in the entire process. Please go to our national website at www.cnpensioners.org, read our letter and open the related links. It can be found under the Healthcare section. As Seniors, we use over 65% of all prescription drugs in Canada and we need to make sure our ability to afford all the medications we need at a low fee is available to us. Make this an election issue!

CN100 Commemorative Tree Planting Event - September 28th



In honor of CN's 100th anniversary, CN and **Tree Canada** are partnering with each of the *CN100 - a Moving Celebration* host communities to develop green space initiatives. A legacy forest will be planted to commemorate CN's contribution to your community. Tree Canada is proud to partner with CN in an effort to grow better places to live.

Please join the city of Winnipeg, CN, Friends of the Harte Trail and **Tree Canada** for a recognition event in Winnipeg on September 28th to celebrate the planting of 100 trees.

A ceremonial tree planting and plaque unveiling will take place along the Harte Trail off Elmhurst Road. Following the ceremony, volunteers are invited to help plant the trees along the pathway. Light refreshments will be served.

Your presence would be most welcome.

When: September 28, 2019 10:00 am

Location: Harte Trail at the Van Roon Garden
(Entrance at south end of Cullen Dr. and Bergman Cres.)

Please RSVP: Jennifer Feschuk: jfeschk@treecanada.ca



Treasurers Report - Bruce Anderson

The audit of the financial records for the Association for the fiscal year September, 2018 through August 2019 has been completed.

Auditor's report:

"I have reviewed the financial position of the CN Pensioners Association of Manitoba.

This review consisted of enquiry, analytical procedures and discussion related to the information supplied by the Treasurer. Based on the review nothing has come to my attention that causes me to believe that the Financial Statements are not in all material respects in accordance with generally accepted Accounting practices"

Walter M Lesiuk



MEDICAL FACT CHECK - STROKES

Blood Clots & Strokes

Blood Clots/Stroke - They Now Have a Fourth Indicator, the Tongue.

It only takes a minute to read this...

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke...totally. He said the trick was getting a stroke recognized, diagnosed, and then getting the patient medically cared for within 3 hours, which is tough.

Recognizing a Stroke

Thank goodness for the sense to remember the '3' steps, **STR**. Read and Learn!

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke.

Now doctors say a bystander can recognize a stroke by asking Three simple questions:

S *Ask the individual to **SMILE**?

T *Ask the person to **TALK** and **SPEAK A SIMPLE SENTENCE** (Coherently)
(i.e., It is sunny out today.)

R *Ask him or her to **RAISE BOTH ARMS**.

If he or she has trouble with ANY ONE of these tasks, call emergency number immediately and describe the symptoms to the dispatcher.

New Sign of a Stroke ----- Stick out Your Tongue

Another 'sign' of a stroke is this: Ask the person to 'stick' out his tongue... If the tongue is 'crooked', if it goes to one side or the other, that is also an indication of a stroke.

A cardiologist says if everyone who reads this and tells it to 10 people, you can bet that at least one life will be saved.

HARVEY HOSFIELD BURSARY RECIPIENTS - 2019

Congratulations to the following recipients:

Cerys Evans - Cerys is the Granddaughter of Rosemary and Arthur Chapman. She is currently attending the University of Manitoba this fall to gain experience in different fields such as agriculture.

Catherine Moran - Catherine is the Granddaughter of Ronald Moran. She is currently attending the University of Ottawa with the objective of earning a Doctorate of Medicine.

Trey Carson - Trey is the Grandson of Wayne Mason. He will be attending the University of Manitoba in the fall to obtain a degree from the Asper School of Business to pursue his studies in the field of actuarial mathematics.

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 - 2019

Congratulations to the following recipients :

Jayson Szun - Jason is the Grandson of Gloria Szun. He is currently enrolled at the University of Manitoba to pursue his studies in Dentistry with the objective of become an orthodontist.

Maria Thiele - Maria is the Granddaughter of Lorna Kram. She will be attending the University of Alberta to obtain a Bachelor's Degree in Education to fulfill her dream of becoming an elementary teacher.

Garizaldy Gerra - Garizaldy is the Grandson of Pedro Y. Gerra. Garizaldy will be attending the University of Manitoba to obtain his degree in Computer Engineering to pursue his passion in software programming.

Coral Williams - Coral is the Granddaughter of Nunzio Nardella. Coral is currently enrolled at the University of Saskatchewan to obtain her Doctorate in Veterinary Medicine and pursue mixed animal practice in rural Manitoba.

Alana Ramshaw - Alana is the Granddaughter of Ronald Ramshaw and is attending the University of Manitoba to obtain a Bachelor of Commerce in Actuarial Mathematics from the Asper School of Business.

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

A full report of the 2019 Scholarship Program will be in the Winter Edition of the National Newsletter.



TRADE BURSARY RECIPIENTS - 2019

We are regretful to announce that there were no qualifying candidates for the 2019 Trade Bursary, however we encourage applicants to reapply next year if they are still in their program.

Congratulations to our Hospitality Chair - Serge Poulin



Serge Poulin and his new wife Agnieszka Buchowicz were wed on September 7th, 2019. The ceremony was held at Baileys Restaurant with close friends and family in attendance. The happy couple left for their honeymoon the following day to Europe. They will be travelling to Poland and Greece for 21 days. Agnieszka was born and raised in Poland.



TRANSCONA MUSEUM'S



TICKETS | PRICE
 INDIVIDUAL | \$25.00
 TABLE OF 8 | \$180.00

ALL PROCEEDS GO TOWARDS CN 2747 PRESERVATION

CN 2747 TRIVIA NIGHT FUNDRAISER

OUTWIT YOUR COMPETITORS WITH GENERAL FACTS AND TRIVIA TO WIN RAINBOW AUCTION AND MORE

Where: Transcona Legion 117 Regent Ave E.
 When: October 19, 2019
 Doors open at 7:00pm
 Game starts at 7:30pm

TICKETS AVAILABLE:
 ONLINE: WWW.TIXIT.CA OR WWW.TRANSCONAMUSEUM.MB.CA
 IN-PERSON: TIXIT OFFICE-119A REGENT AVE W. | MON-FRI 10AM-4PM
 BY PHONE: TIXIT OFFICE 204-219-9444 | MON-FRI 10AM-4PM

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TICKETS | PRICE

INDIVIDUAL | \$25.00

TABLE OF 8 | \$180.00

ALL PROCEEDS GO TOWARDS CN 2747 PRESERVATION



**CN PENSIONERS
ASSOCIATION OF
MANITOBA**

10 Greenwich Bay
Winnipeg, MB
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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 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.

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

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

<https://www.gocollette.com/en-ca/landing-pages/partners/cnpa>

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