



CN Pensioner Association of Manitoba



Meets the first Wednesday of the month at 01:30 P.M.
at the

Norwood Legion, 134 Marion St.

No regular mtg. July & Aug.

June-July-Aug.

2008

Members:—Check out our Website — www.cnpensioners.ca

Get involved in The Forum....our online community!

See what's new.

Janet Lewis Anderson

The CN Vet's 5-pin bowling league held their annual wind-up banquet on Thursday May 8th at the St. Joseph Club. President Wally Payonk, Secretary Marge Jacobson and Treasurer Dean Danforth were re-elected to their respective positions. They were railroaded into accepting these positions as they did such a good job in the past.

WHERE ARE THE NEW REPLACEMENT BOWLERS? We are a fragile group so get with it and get down to the Mosienko Lanes at Redwood and Main, Thursday mornings at 10.00 A.M. Bowling starts up again on September 4th, so give **Marge Jacobson** a call at 222 6012 and tell her your going to be there., only \$8.00 includes bowling and prizes. We need bodies. Don't let your league down, it's mixed bowling and we're there for the fun of it!

The Escalation Account, (E.A.), is the vehicle that pays our indexing formula and has a couple of "kickers" that apply.

There is a 5% threshold and a 10% threshold applicable when investment returns warrant.

CN pensioners have a \$7,030. billion liability to the CN Pension Trust Fund on a "going concern" basis. The applicable 10% threshold amount is \$703. million, and when the balance in the E.A. exceeds \$703 million dollars, the CN Pension Committee can recommend improvements to qualifying pensioners to the CN Board of Directors.

The 5% threshold amount is \$352 million dollars and when the balance in the E.A. exceeds this amount the indexing formula maximum is pegged at 60% is applied.

The cost of living figure is determined by a 12 month checking period of the previous year on a "basket of goods" that Statistics Canada uses to arrive at the COLA.

Applicable CN pensioners qualifying for the indexing formula must be 59 years of age and be retired 4 calendar years to qualify.

If the cost of living index exceeds 6%, say 8% our indexing formula is capped at 6%.

The last few years the cost of living in Canada has been relatively low such as last year it was 1.8% and our increase at the maximum rate was 1.08%.

One might ask, if the CN Pension Trust Fund amount is approximately \$15 billion dollars and pensioners liability is \$7,030 billion dollars what about the difference? The Fund represents all members of the Plan, actives and retirees and is calculated on a "going concern" basis.

There is currently a surplus in the Fund, one might consider this a contingency fund to protect pensions when the market fluctuates. To keep our pensions constant in good times and bad, this is not a bad idea. Harvey

This years' Honourary Luncheon was held at the Masonic Memorial Centre on Wednesday, May 7th. Invited honourary members attending , **John & Maralyn Almdal, Jim & Gurdur Harris, Vern & Barbara McGregor, Stan & Leona Siwik, George & Gerrie Turnley, Lawrence & Florence Webb and Shirley Marshall.** **George & Doreen Clements** were unable to attend due to ill health..

We lost Honourary Member **Fred Humphry** earlier this year

President John Mozol was called on to greet the members and their wives and said Grace..

The Honourary Members were introduced and a short summary of what they contributed in the past to help make this such a healthy association.

A nice luncheon was followed by a social get-together. We are planning on amalgamating the Honourary Members Luncheon with the Christmas Luncheon.

A good friend of CN pensioners, Keith Hunt passed away April 21, 2008 at age 84.

Keith retired from CN in 1981 as corporate vice president after serving 41 years with CN that was interrupted by a 6 year stint as a navigator with the RCAF in 1940.

He volunteered 16 years with the National Council and always cautioned us as Directors to remember that we are all CN pensioners.

His work and wisdom will be missed.

Harvey

2007-2008 Executive**President**

John Mozol 885 6031
kayomoz@shaw.ca

Past President

Bill Cameron 256 6488
bandmcam@shaw.ca

Vice President

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shdiakiw@shaw.ca

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cbh@mts.net

Treasurer

Ernie Borowski 255 1123
darlern@mts.net

Committee Chairs**Hospitality**

Gary Davis 663 7722

Special Event

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Janet Lewis Anderson 275 0482
jelretiredmama@hotmail.com

Ron Davis 489 4485
Past Pres. ronvel@mts.net

Carson Hull:— 269 2692

To order Golf shirts and Jack-
ets with CN Pensioner's insignia.

Jacket is \$39.99 plus tax available in
S, M, L, xL, xxL & xxxL. Navy only!
Add 10% for xxL & 15% for xxxL

Golf shirts are available at \$19.99
plus tax. Same sizes as above in Navy,
Forest, Black, Khaki, Red or White.
10 and 15% increases apply.

A minimum order of 24 are neces-
sary of combined items.

Membership:— Wayne Zaharia

As of May 31, 2008 membership is as
follows:—

Payroll Deduction	2,929
Fee paid by cheque	248
Exempt	1

Total paid membership 3,178

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There were 17 members who for what-
ever reason did not renew their 2008
membership.

.....
I would like to welcome the
following new members and look for-
ward to seeing them out at our regular
meetings.

Alejo, S.S. (Jun)	Asselstine, Roy
Bauer, Henry	Bertone, Ermanio
Bullock, Terrence	Clarke, James
Clemenson, Charles	Dorward, Fred
Dutchak, Anne	Evans, Christopher
Ganne, Don	Giesbrecht, Warren
Gill, Jasbir S.	Granda, David
Greer, Raymond	Grimwood, Fred
Henry, Donald	Hobson, Shirley
Hodge, John A.	Ivey, Mike
James, Betty	Jones, Charles
Just, Viola	Kauk, Shirley
Kith, Dennis	Lafreniere, Beatrice
Lewis, Richard	Luchik, Kenneth
Melville, John	Miles, Mary
Parkin, Harvey	Pietkiewicz, Henry
Sala, Gilles	San Diego, Teresita
Sidley, Paul	Siwicki, Helen
Sutherland, Audrey	Tennant, Linda
Waluk, Monika	Wells, Mabel
Zest, Norma	

.....
Members who pay their annual fee
of \$12.00 by cheque would make it much
easier for themselves and me by going on
pension cheque deduction of \$1.00 a month.
Please call me at 694 5133

Meals on Wheels:

Always need drivers and/or servers.
Phone **204 956 7711**, seven days a week.
They are really short of volunteers.

Following members have
moved and did not give a forward-
ing address. Would appreciated
hearing from anyone who knows
where they might have moved to .
Thanks.

Cassidy, Robert g.
1203—1150 Munroe Ave. Wpg.
Dubeski, Peter,
1040 Talbot Ave., Wpg. moved to
Calgary.

Firby, William Al
217 Aldine St., Wpg.

Flynn, Michael J.
206—880 Arlington St. Wpg.
Forest, Alphonsine
502—70 Poseidon Bay, Wpg.
Graham, Edward J.
213—3161 Grant Ave. Wpg.

Grogrenz, Frank
946 Ingersoll St. Wpg.
Komyshyn, Leonard
196 Whellam Lane, Wpg.
McCormick, Robert
1015—3033 Portage Ave. Wpg.

Perkles, Harriet
9—303 Furby St. Wpg
Sharpe, Peter D.
123B—3250 Rock City Rd.
Nanaimo B.C.

Call me at 694 5133 if you have
any information on the above, thank
you.

Address for CN Scholarships:—

Assoc. of Universities & Colleges
600—350 Albert St.
Ottawa ON, K1B 1B1

U.S. Railroad Retirement Region
U. S Social Security

Fargo ND 1 701 239 5117
Grand Forks ND 1 701 772 5518

Outreach Committee**Bob Gill Chair**
Mel Rusiecki—**256 3897**
255 1361**Hank Gosselin** **255 2722**
Geo. Lintick **254 1032**

Thanks to the above Committee for their assistance in keeping us updated on the well being of our members. Don't forget to keep us posted on "happy events" such as marriage or a milestone anniversary or birthday that may be occurring amongst our membership. Another reminder—please note that my phone number is 256 3897.

To those previously mentioned on our Sick List, we hope that you are well on the road to recovery and good health. To those that are currently ill or still experiencing health problems, please know you are close in our thoughts and the membership joins me in extending Best Wishes to you.

We have received updates and reports on the following Pensioners since the last meeting.

(An asterisk * denotes member)

Erich Beck*	had by-pass surgery, now home recuperating.
Tibor Boda	has gout, also some surgery, however, is now home recuperating.
Walter Bogan*	had a double hernia operation, now home recuperating.
Bill Brychka*	had surgery to his arm, now home recuperating.
June Brychka	wife of Bill Brychka* had eye surgery, now home recuperating.
Jack Dawson*	in Victoria Hospital for tests.
Robert Davie*	in Concordia Hospital for further tests.
Velma Davis	wife of Ron Davis* broke her ankle while on vacation, home recuperating.
Larry Deblare*	taking radiation treatments at the Health Science Centre.
Gordon Demke*	had rotor cup surgery, now home taking therapy treatments.
Armond (Dick) Derychk*	had a minor heart attack, now home recuperating.
Wallter Diaczun*	has moved to Riverview Hospital
Bill Foots	now home recuperating from a broken leg.
Beatrice Frederik*	at home recuperating from an accident
Sven Hagglund*	in Concordia Hospital for further tests.
Joe Kowalski*	now home, recuperating after having heart surgery.
Garth Kruger*	at home recuperating from an accident.
Clarence Martineau*	transferred from Riverview Hospital to Riverview Nursing Home.
Ralph McWhiter*	had a stroke, is in St. Boniface Hospital.
Len Mulvaney*	fell and had hip surgery, now home recuperating.
Don Sebastian*	in the Health Science Centre recovering from surgery to his oesophagus.
Pete Soisiak*	in the Concordia Hospital for tests.
Wally Turek*	had quadruple by-pass surgery in Mesa, Arizona, now home recuperating.
Walter Wencek*	in Concordia Hospital for observation.
Don Wilson*	advising that he is suffering from constant nausea.

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Special Anniversaries!!

Edward & Helen Barker*	celebrated their 50th Wedding Anniversary on May 24th.
Elmer & Dorothy Cairns*	celebrated their 60th Wedding Anniversary on May 14th.
Ralph & Rita Hassar*	celebrated their 50th Wedding Anniversary on May 3rd.
Ed & Emily Luchka*	celebrated their 50th Wedding Anniversary on April 12th.
Kenneth & Lorraine Poersch*	celebrated their 50th Wedding Anniversary on May 3rd.
Ernest J. Sailor*	will celebrate his 80th Birthday on June 8th
Boris Beyak*	will celebrate his 80th Birthday on June 3rd.
Ernest & Florence Sailor*	will celebrate their 60th Wedding Anniversary on June 18th.
George Snead*	celebrated his 91st Birthday on March 13th.

Congratulations to All!

Here are our most recent Birthday of the Month Winners:

for March——	Gordon Bell
April——	Gerald Prejet
May——	Margaret Balagus

We encourage all members to come out to our monthly meetings—especially if you are having a birthday that month—you too could be a winner. Don't come out the months of July & August we're on recess.

The following pensioners have passed away since the last report, (an asterisk *) denotes member of the Manitoba Pensioners Association:—

Olga Anderson*	Allison J. Bell	Robert Beninger	Peter Barteski
Valmore Boissonneault	Michael Botchar*	Nora L. Brown	Donald Brownlee*
Doris Burchney*	Nellie Burnell	Frank Burtney*	Matthew Calvo
Harry R. Cambell	Robert Cantafio	Mary J. Cathcart	Zenobie Champagne
John K. Chudzik*	Barbara A. Cooper	Charles (Bill) Dance	Harry S. Davie
Nina M. Deighton	Ethel M. Dennis	Albert Desrochers	
Florence Diduck wife of Steve Diduck*		Annie Didychuk	
Margaret Dixon mother of Marilyn Dixon*		Doreen (Marge) Eros wife of Charles (Willy) Eros*	
Cyril Dufault	Joseph Dutchar*	Norma Emslie	Mabel Evans
Jean English	Marie Felewich wife of Mike Felewich*		Thomas Ferguson*
Tony Fofelchuk	Edward E. George*	Margaret Gledhill*	Kenneth Hannah
James (Jim) Hastings*	Sidney Hazelwood*	Aime Hebert*	Richard S Henry
Bill Hobson*	Julia Homiak	Fredrick G. Humphrie* Honorary Member	
Sigrid A. Houle wife of Serge Houle*		Katherine H Johnson	Mathilde Jones
Alfred Just*	William Kadeshuk	Rachelle Karpick	Hendrik Kooy
Peter Koyuch*	Rose Koshman	Margaret K Lenton*	
Michalina Lukawieck	Minnie Lulashny	Ollie McKay*	Jessie Malcheski*
Lawrence Marchant	Mary Maryniuk	Christine McDonald wife of Douglas McDonald*	
David G McDonald*	David S McLaren*	Marie Medwid*	Nadia Melnyk
Harry Mendell*	George Miles	Evelyn Mitchell*	Jeanette Morand*
Joseph Morden	James E O'Sullivan	Maria Pastuch	Mary V Patterson
Albert Payne	Winnifred Pettipas*	Shirley Pinchevsky	Joseph Pronchuk
Alex Rawliuk	Stanley Rech	Gordon F Reuther	Margaret Ridings
Leonard M Rumpel*	Nellie Rybak	John Semeniuk	Orest Shmelski
Johannes Sigvaldason*	Joe Siwicki*	Ida Stenberg	Elsie Sorensen*
John D Sutherland	Frances E Tasker	Peter Tesarski*	Lillian Thomas
Donald J Tough*	David (Bud) Turner*	Irene Van Buren	Madeline Voss
Boleslaw Waluk*	Frank S Welch	Bill Werbenuk*	Stephen Werstiuk
Arthur White	Grace Young*	Mike Yurkewich	
Petronela Zaborowski	Mykola Zubatyi		

Our sincere condolences go out to the Family and Friends of the Deceased.

Special Events Report:— Diane Walton—269 1303

Well another season is coming to a close and we have had many successful events...program meetings were well attended and speakers provided information of interest to all.

Our last regular meeting will be held Wednesday June 4th and the speaker will be Jean G. Mercier of Green Acres Funeral Home. Hope to see you there!

Our recent Special Event was the Honourary Members Luncheon on May 7th at the Masonic Centre. Although our numbers were low, the guests enjoyed a very enjoyable day with good food and good friends.

We moved to the Masonic Centre because our usual venue, Canad Inn Transcona, has completed major renovations and the prices have increased dramatically. The Masonic Centre provided excellent food, lovely rooms, lots of parking and is on major bus routes. We plan to have the Christmas Luncheon there as well.

The Alaska cruise has proved to be very popular. We have 54 members, family and friends eagerly awaiting departure! Many others were interested but were unable to go at this time. We hope to offer another cruise next year, perhaps to a different locale. Let us know if you would be interested.

Thanks to all members who came to our regular monthly meetings and also the Christmas Luncheon and Honourary Members Luncheon. I would also like to thank you for the respect you showed our speakers with your attention and questions. It is very much appreciated.

Have a good summer and hope to see you in the Fall. Will send you a postcard from Alaska!!

CN Pension Committee Member Ron Davis says—

There is a relatively small amount of money above the 10% threshold in the Escalation Account (E.A.). At the May Pension Committee meeting, Mercer, the CN Pension Plan administrators will present the Committee members some choices in how to spend this money. The first priority for all pensioners is to increase the indexation percentage from 60% to 100%.

Mercer also estimates that the E. A. could also rise above the 10% threshold for the next two years, providing there are no wild swings in the markets. Last year, the investments produced an 8% return, the best return of any large pension fund in Canada. Since 1978, the investments have averaged 11.5% return. The CN Pension Plan is fully funded on both a going-concern and solvency basis.

Website Report:—**Janet Lewis Anderson**www.cnpensioners.ca

Happy Birthday to us! Our website has now been in operation for one year! This has been such a great experience as we have developed, constructed and launched our very own website. It is clean, informational, user friendly and dynamic and we hope that all of you—our Pensioner audience, will continue to visit the site and benefit from it.

As we embark on our second year, we look forward to bringing you new and exciting things as we continue to grow and enhance our site. It is for your enjoyment, so we encourage all to bring forth ideas and participate in its ongoing development. Stay tuned and check us out frequently—you never know what interesting things may appear over the summer months.

Our sincere thanks to our Technical Consultant, Ryan Zaharia, and also to all of you who have brought us stories and photos to share.

What's New—We have just recently added some more stories on our Bits and Pieces page, as well as photos in our Photo Section including a picture taken of our Honourary Members in attendance at our luncheon this May. Enjoy!

The Newsletter—You now have a choice—you can either access our newsletter on line via the Forum on our website or you can continue to receive a paper copy in the mail. Please let us know your preference by checking the appropriate box and returning to us. We will implement these changes effective with the Fall newsletter.

Name _____

Newsletter Online Yes _____ No _____

Newsletter Regular mail Yes _____ No _____

You can also e-mail us your preference at :—

janet@cnpensioners.ca**Canadian Railway Hall of Fame**

Since 2002, the web-based Canadian Railway Hall of Fame has been celebrating the success of Canada's railway industry. Participants and friends of the industry are invited to nominate those individuals, communities and technology that you believe to be deserving of recognition. Perhaps it is someone you've worked with in your career, or someone who, looking back over the years, has made a significant contribution to modern railway operation, safety improvements, or the betterment of our industry as a whole. Maybe you can think of a specific technology that we should be promoting that has played an important role in the industry's evolution. The Hall of Fame website is—www.railfame.ca

The Pensioner's Help Line number :—**1 800 361 0739**

Always have your P.I.N. to better identify you when making inquiries. Adjustment to tax deducted off your cheque advise the above number. If you are married at the time of retirement, make sure that CN has your spouse's name on file. Direct Deposit, never close your old account until your cheque shows in the new account.

Canada Pension and Old Age Security information call

1 800 277 9914Canadian Customs & Revenue Service General Inquiries, re Income Tax,**1 800 959 8281**Blue Cross in Winnipeg, contract number is 93115 for information call**775 0161**

Letters to the Editor are much appreciated. If you have something of interest to share with other CN Pensioners I will be happy to pass it along.

Mailing address:—

122 Borebank St.,

Winnipeg MB R3N 1C9

This **Newsletter** is mailed out by your local Association five quarterly. Total cost of the Newsletter is the responsibility of your Association.

Dec.-Jan.-Feb.

Xmas Luncheon & AGM of the National Council report.

Mar.-April-May

Income tax time! Ugh!

June-July-Aug.

Start of new season. Election of local officers at the Nov. mtg.

Sept.-Oct.-Nov.

Start up after recess

Local elections in Nov.

Margaret Emek wrote a four page article on her family. Her father, deceased, **Alexander (Sandy) Phimister**, emigrated from Scotland in 1909 at the age of 23 and settled in Winnipeg. He was a born entertainer performing at any and all functions as a singer and known as the Scottish humour man.

He found work as a CN carman, fought in France in W.W. War I, wounded and repatriated to Canada siring a daughter & two sons.

Marsh Phimister was a well known entertainer in his own right.

Many will remember Marsh as the band leader at the Winnipeg Beach dance pavilion. He also played at the "Cave" in downtown Winnipeg, owned "Jacks' Place" on Pembina Highway.

Pension Committee Report:—

Ron Davis

When sufficient funds exist in the Escalation Account, eligible pensioners can expect to have their pensions increased on a percentage basis in January each year. Because the monetary increase is a percentage of the basic pension, those pensioners with higher pensions receive more of an increase than those on the lower end of the scale. There has been some talk of trying to get this system changed so that all pensioners would receive an equal increase.

This issue has been discussed by the pensioner representatives on the Pension Committee, who after careful consideration have rejected this idea. Pension Plan rules have established the Maximum Indexation Benefit as 50% or 60% of the Consumer Price Index increase on January 1st, depending on the amount in the Escalation Account. If each pensioner were to receive an equal increase, then some pensioners would receive less than the 50 or 60% guaranteed increase, and some would receive more. Not everyone would receive the guaranteed percentage.

In order to make this idea work, the National Council would have to survey each and every pensioner and survivor, to ask if they would be willing to give up part of their increase so that those with smaller pensions would receive a larger increase. Before we could do that, we would have to get the whole of the Pension Committee to agree with the idea of equalizing the indexation. Then we would have to get the Unions to agree with this concept. And, finally we would have to get the Board of Directors to change the Pension Plan rules.

If we get to the stage where the Board agrees to change the Pension Plan Rules, then do we change the rules for one time only, do we change them for a full year, or do we change them forever? To change the rules, we would be asking those who receive higher pensions to give up part of their increase. Could we ask them to give up their full increase for just one time, for a year, or forever?

Editor's note:—My monthly increase re the indexing formula was \$31. and change. I find it hard to believe that recipients of higher pensions would find it economically financially ruining to give up some of this monthly increase to help the less fortunate. What needs to be done by the Committee is to find out what the equal amount would be and then we would know what we are talking about!

Golf News:—

Ron Davis 489 4485

The Spring Golf Tournament will be held at Kingswood Golf Course on Tuesday, June 10th 2008, commencing at 09.30 AM. Cost is \$70.00 per person which includes a round of golf, share a cart and a BBQ Steak dinner and with luck, a prize for all. Anyone interested and not already on the mailing list can call me at 489 4485.

The Mixed Golf Tournament will be held on Thursday, August 14th, 2008 at the Oakwood Golf Course. The cost has not been established yet. Again, anyone interested not on the mailing list can contact me at 489 4485

Cost of printing and mailing
this Newsletter is born entirely by the local pensioners Association.

Volunteers in mailing:

Tom Cassels, Lyle Corbett, Joe DeReuck & Myrtle, John Derksen, Eleanor Grey, Hank & Verona Gosselin, Jim Harris, Harry Kaye, Marge Jacobson, Lloyd Lovie, Tom Nicholl, Karl Olafson, Chontel Paterson, Bill Reilly, Mel Rusiecki, Gerry Savoie, Peter Sliwa, Gord Stein, Egon & Helga Stanik, Wally Thomson, plus the Executive Members and Wives.

Thanks to you all

Harvey

National Council Directors:—
2007-2008 Atlantic Region

John McNeil	Halifax
Reg Hebert	Moncton VP
Bruce Peacock	Moncton Treasurer
Bren Everard	St. John's NL

Quebec Region

Reginald Cloutier	Quebec VP
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Claude Lyonnais	St. Hubert QC

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David Simpson	President
Jim Meers	Bellville
Don Thomas	Bath VP

Prairie Region

Gary Heasman	Saskatoon
Carson Hull	Winnipeg VP
Janet Lewis	Winnipeg

Mountain Region

Chuck Lewis	Coquitlam
Sig Poeppel	Kamloops
William Whiteman	Edmonton V.P.

Past President:

Ron Davis	Winnipeg
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Executive Secretary:—

Wayne Greeand	Mount Pearl NL
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Liaison Officer

Peter Maslak	London
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These people all volunteer their time to represent you. Legitimate expenses are paid. **Women are encouraged to run for Directors positions on the National Council.**

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Jim Miln, retired CN pensioner compiles personal income tax returns.

He is familiar with recipients who receive U.S. Social Security and Railroad Retirement benefits and foreign tax credits.

Returns must be completed and date marked by April 30th. Call **Jim** at 253 0137

The average exchange rate to convert U.S. funds to Canadian dollars for 2007 is 1.0748%

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For Revenue Canada individual income tax inquiries call 1- 800 959 8281

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My apologies to the **Lawrence Dzyndra** family for miss spelling in his death announcement in the last newsletter. Harvey

Volunteers are Needed

The 11th annual "**CN Tracks of Glory Races**" will be held on Sunday, September 21st, 2008. This 10km run (Timex # 12, Provincial Championship status), and 5km fun run/walk starts at 10.00 A.M. at Assiniboine Park., Winnipeg. Our 10 km run is sanctioned by Athletics Manitoba.

This event gains in popularity every year and has become one of the biggest 10km races in Winnipeg. We expect over 600 runners to participate this year. There are lots of wonderful prizes awarded immediately following the race.

The generous donation of prizes from our sponsors and the commitment of our race volunteers allow the proceeds to be entirely donated to **Rossbrook House**. **Rossbrook House** was founded in 1976 by Sister Geraldine MacNamara and is an inner-city neighbourhood centre for children, youth and young adults. It offers a constant alternative to the destructive environment of the streets.

It takes 75 volunteers to ensure a successful event and we need your help. For example, we need 17 course marshals stationed along the route to direct the runners and make sure everyone is safe. Instructions are provided to all volunteers the morning of the race along with coffee and a CN Tracks of Glory Race T-shirt.

Come and join the fun, as a runner/walker, volunteer or spectator and contribute to this worthwhile cause. We are looking forward to seeing you on September 21st.

Volunteers Required

Before races:

Folding entry forms.
Distribute forms and posters
Preparation and/or distribution of race kits
Race Committee members

Race Day

Registration Desk	Water Station
Finish Line	First Aid Qualified
One-mile Marker	Course Marshalling
Photographer	Refreshment Table
Timer/Recorders	Clean Up
Prize Table supervisor	Timers/Recorders
Follower Cyclists	

This years proceeds will be donated to **Rossbrook House**. It's a great charity and a worthy cause..

Your support would be greatly appreciated

For more information contact Glen Sims at 956 5452, his e-mail address — bsymmy@mts.net or the Volunteer Coordinator :— Koreen Sims— 956 5452 her— e-mail koreen@gmail.com
Race Director—Kathryn Sawatzky—231 7718
Check our web site— www.cnpensioners.ca for more info.

Sub Groups...Get-Together

T'Cona. Carmen	08.00 1st Wednesday	Canad Inn, Regent W. Stu	453 2330
T'Cona Machinist	08.30 last Wed.	Canad Inn, Regent W. Law.	222 5831
Marketing & Sale	Noon, 4th Wed.	R.C. Legion, 360 DeVries	694 5133
TR. M & P Supr.	09.00 3rd Tuesday	Windsor Park Inn	237 7204
TR. Pipe Fitters	09.00 3rd. Wed.	Canad Inn Regent w.	269 0104
TR. CarShop Sup	Noon last Tue.	Belgium Club	222 2894
Disp-Operator	08.30 2nd Tue	Canad Inn Regent W.	222 4694
Operator-Per.	08.30 2nd Thurs.	Windsor Park Inn	774 0079
Various Mangt.	Noon 2nd Thurs.	Perkins off Fermor	261 8727
TR. Electricians	08.30 2nd Tues.	Nor-Villa	222 3073
Sheet Metal	08.30 3rd. Wed.	Canad Inn Regent W.	222 2010
Signals	09.00 3rd. Thurs.	Smitty's on Regent	668 8493
CAW Stores	09.00 1st Tues.	Windsor Park Inn	339 0720
Signals Sup.	09.00 3rd. Thurs.	Windsor Park Inn	256 5101
Yard Office	09.00 1st Tues.	Canad Inn Regent Wl	222 8532
Trainmen	08.30 2nd Thurs.	Windsor Park Inn	255 1361
Engineering	09.00 last Thurs.	Windsor Park Inn	
Accounting Sup	11.30 2nd Tues.	Alto's Pembina	237 0566

The accompanying phone numbers are the contact person for that particular group, for more information, please contact that number.

Trivia. Things you can't live without knowing!!

Only the elderly of us CN pensioners (95 years of age), can remember when Easter was this early. Next time Easter occurs this early will be in 2228 or 220 years from now and in 2285 Easter will occur on March 22, 2,285.

The last time Easter occurred on March 22 was in 1818.

The acclaimed railway story, "A Sentimental Journey", by CN pensioner **Karl Olafson**, is now available direct from the author at reduced prices.

The paperback @ \$20.00 and hardcover @ \$25.00. Now includes postage anywhere in Canada. Make cheque or money order payable to **Karl Olafson**, 2-677 St. Anne's Rd., Winnipeg MB, R2N 4C4.

Gary Heasman, National Council Director from Saskatoon and Alternate member of the CN Pension Committee attended their regular meeting on March 26th in Montreal.

Mr. Heasman reported that a presentation was made to the CN Pension Committee by the new President of the CN Investment Division Mr. Russell J. Hiscock as Mr. Tulio Cedraschi retired..

Mr. Heasman reports that at the end of 2007 the CN Trust Fund total assets was \$15.9 billion compared to \$15.5 billion at the end of 2006. Impressive figures, but it would be interesting to see the comparative figures for the Escalation Account for the same time frame as this is the vehicle that funds the indexing and pension improvements .

Figures can be awkward to follow as in the CN Annual Report for 2007 found on page 54 showing the different balances of the CN Pension Trust Funds, state the CN Pension Plan at \$15, 208, additionally \$597 million of B.C. Rail and \$197 million from U.S. and other plans for a total of \$16. Billion that CN Investment Division is responsible for.

Another positive note was that the Company appointed Dave Simpson, President of the N.C. as co-chair of the CN Pension Committee. Gary reports that the Unions took exception to this new appointment as in the past the Unions and the Company were the co-chairs.

Sounds Good to Me:—**Bacon-Cheese Burger Meatloaf.**

Bake at 350* for 40 minutes or until cooked.

1 lb.	Ground beef
1/2 cup	Bread crumbs
2	Beaten eggs
1 cup	Grated cheese
1/2 cup	Mayo
1 tbsp.	Worcestershire Sauce
10 slices	Crisp bacon

Mix all together with your hands.

In a small bowl, mix 1/2 cup catsup. 1 tsp. mustard and 1/2 cup brown sugar, (could add a bit to meat loaf)

In 9 x 13 pan, layer bread slices.

Shape meatloaf and lay on top of bread slices.

Brush catsup mixture on top and bake at 350* F. for 40 minutes.

If you have canned onion rings, crush them and sprinkle on top and bake 15 minutes.