



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



Winter 2019/2020

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President's View - Ron Davis

Meet your CNPA of Manitoba Executive for 2020:



Front Row - (left)

Janet Lewis Anderson, Rose Chapman, Linda Schram, Joanne Gaborieau and Claudette McCrindle.

Back Row - (left)

Bruce Anderson, Patrick McMullin, David Kane, Serge Poulin, Ron Davis, John Mozol, Tim McCrindle, Ernie Yakiwchuk and Albert Delbaere.

As we come to the end of another year, the Executive of the CN Pensioners' Association of Manitoba would like to wish all members and their families, a very safe, happy and healthy holiday season and all the best in 2020.

Happy Holidays

Executive Council 2020

President

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Past President

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davekane@shaw.ca

Claudette McCrindle,

204-255-5688

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CNPA National Level

Bruce Anderson - Director

Joanne Gaborieau - Director

Patrick McMullin - Alternate
Director

Linda Schram - Pension and
Health Care

Membership Report - Joanne Gaborieau

Regular Membership - 3739

Associate Members - 16

Total Paid Membership - 3755

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

Brian Aird
Bryan Basabara
Eadie Bews
Dave Bilsky
Donna Brunton
Mary Buccini
David Budzey
Brad Cairns
Grant Colli
Michael Hebert
Bonnie Kasper

Helen Kimakowich
Claudette L'Heureux
Elizabeth Laschuk
Bernice Lavalley
Norma Lee
Kirk Luke
Chris Madden
Charles Madsen
Dan Michaluk
Joaquim Miranda
Derrick Paul

Vicki Ponomets
Cheryl Prendergast
Helene Purpur
Brian Sitar
Bertha Smith
Jean Strilec
Robert Stuart
Jean Waver
Darlene Wazny



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:

October: Diane Demetriooff, Val Friesen, Frank Hawryshko, Clemus Laurila, Keith Sharpe, Maurice Trudeau, Linda Wachal

November: Russell Thordarson, Bonnie Thordarson, Rosie Gouzecky, Wayne Gouzecky

Hope to see more new faces at future meetings!

Birthday Draws:

October:	Mel Martin
November:	Gloria Gorin
December:	Dennis Boboski

Attendance Draws:

October:	Denys Audette
November:	Henry Friesen, Dave Price

Door Prize Draws:

October:	Joanne Gaborieau, Eugenia Komish, Eugene Balamatowski, Eugenia Komish
November:	Serge Poulin, Henry Friesen, Marcel Ratte, Colette Audette

Special Events - Ernie Yakiwchuk

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.



Guest Speakers for Upcoming Meetings:

January 8, 2020 - Bruce Anderson, Director, National Council - Topic will be an Update on National Council Business and Programs

February 5, 2020 - Kelsey Dueck, Program Coordinator - Speaking on Caregiving with Confidence

March 4, 2020 - Michelle Vermeulen / Kristine Levandowski - Fraud Prevention and Awareness Presentation RBC

April 1, 2020 - Jamie Kinaschuk, Registered Social Worker - Speaking on Age and Opportunity



CN Guest Speakers

Throughout the years, we have had many different guest speakers invited to our CN pensioner general meetings. I would like to give the opportunity to our members to give their input on what their thoughts and ideas are for guest speakers.

We allow them approximately 45 minutes for a slide presentation and talk on their topic, along with brochures and pamphlets with contacts & phone numbers. The topics chosen are in the best interest of our CN Pensioners along with their families. We welcome many new faces to our meetings, so some of the topics chosen come back on a regular basis sharing new policies, regulations and changes throughout the years.

Please email me with your input at ernieyakiwchuk@shaw.ca



Health Care Report - Linda Schram

Health Care Representative

The Health Care Committee meets twice a year in Montreal. The committee is composed of 5 Pensioners, one from each region, and each of us has an alternate. The alternates attend 1 of the 2 meetings.

The committee works closely with our consultant from Mercer and Medavie Blue Cross. CN also provides Darlene Cherry from Morneau Shepell to assist.

Over the past 3 years we have implemented various programs with Blue Cross and it has paid off.

In 2015 we had to increase drug deductibles to offset large premium increases. Over the past few years we have improved the financial situation of the plan and in 2018 and 2019 there were no increases in premiums. In 2019 we also improved some of the benefits.

The committee is pleased to report that for 2020 there will be no increases in premiums and the deductibles for prescriptions will be reduced to the 2015 levels.



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 McCrindle**
CNPA Publicity Chair
tc2mccrindle@gmail.com

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:

Betty Bahr will be 80 on January 3rd.
Morris Bakun will be 83 on December 26th.
Ed Barker will be 83 on January 8th.
Linda Barker will be 69 on January 3rd.
Jim Carroll was 75 on December 5th.
Helve Dawson will be 95 on December 23rd.
Garry Kesterke will be 79 on December 25th.
Lou Koldy was 87 on October 28th.
Adam Kwiatek will be 75 on January 8th.
Juan Molina was 77 on November 11th.
Cecil Robinson will be 100 on January 26th.
Alice Smith will be 86 on January 15th.
Ernest Smith will be 89 on December 22nd.

Irene Stevens will be 103 on January 1st.
Raul Teles will be 75 on January 1st.
Mary Winfield will be 100 on January 6th.
Norman Wolk was 84 on October 16th.
Jennie Zankowski will be 102 on January 25th.



HAPPY ANNIVERSARY WISHES TO:

Bert and Betty Andrews celebrated their 61st Anniversary on December 4th.
Jim and Judy Carroll celebrated their 50th Anniversary on October 25th.
Lou and June Koldy celebrated their 67th Anniversary on October 18th.
Juan and Isabel Molina celebrated their 58th Anniversary on September 23rd.
Fred and Muriel Myers celebrated their 65th Anniversary on December 18th.
Harold and Sandra Rubin will celebrate their 60th Anniversary on December 20th.
Gerry and Mary Ann Russell celebrated their 47th Anniversary on October 14th.

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

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:

Dean Danforth is home from the hospital, recovering from a stroke.

Denise Larocque was in hospital recently. She is receiving treatment at home.

Al Madrigga is home, undergoing testing for lung problems.

Bob Mozol is doing okay, but still tires easily.

Steve Skrybalo broke his right leg in early November. He is in Seven Oaks Hospital and expects to be home for Christmas.

Obituaries: *The following pensioners have passed away since the last report:*

(* denotes contributing member of the Manitoba Pensioners' Association).

Giuseppe Allegro*
 Virginia L Andrews
 Helen (Birdie) Archer, *wife of Ken Archer**
 Hazel A Benson
 Alan Bews*
 Walter Bezpalko
 Martin Boychuk*
 Thelma Bremner*
 Donald Brunton*
 John Cechvala*
 Alex Cremers*
 Wilfred Cudmore*
 Nordette Duczminski
 Grace Gardner*
 Rachel George*, *widow of W.A. (Bill) George*
 Dena Gnutel*
 Thomas Grabowski*
 Hilda Harley*
 Gerald Herda*
 Yvonne Hogle*
 Fred Houlden*
 Elssy Hrem*
 John Ingram*
 Wanda Kazimirowicz
 Fabian Kimakowich*

Don Kordalchuk
 Emily O Leskiw
 Norman Lilley*
 C Evelyn Madden*
 Howard Maki, *Past Pres., CNPA, Thunder Bay*
 Edward Malazdrewicz*
 Denis A Marcoux*
 Herbert Martin*
 Edward Mazur*
 John McIvor*
 William (Bill) McNabb, *father of Carroll Dunford*, father-in-law of Jerry Dunford**
 Mary McPake
 Isabel Mitchell*
 Melvin Morrow
 Louise Obirek*
 Florence Ogilvie
 Gary Olynyk
 Patricia Paulicelli
 Alice Phillips*
 Robert Regula*
 Evelyn Robertson
 Lois E Ronald*
 William (Bill) Salamon*, *brother of Vicky Gosselin**

Christine Seneshen*
 Maureen Sheldon
 Eileen Smith
 Brenda Sorby*
 Calvin Southall
 Joan M Speirs*
 Jerry Spicer*
 Gordon Stelmack*
 August Storzuk*
 James Templeman*
 Anna Turenne*
 Lora Turner*
 Anton Tysoski*
 Concetta Ulrich*
 Irene Wert
 Reginald D Wilson*
 Derwin (Ralph) Wing*
 Steve Yeryk*
 Rose Zubacz*



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



The **CN 100 Moving Celebration** was held in Winnipeg, Thursday, Sept 19 through Sunday, Sept 22. The main exhibition consisted of 5 individual containers each with a different themed presentation. They included a look back, by decade, through the past 100 years of CN, to a drone's view of segments of our entire network, to a glimpse into what the future of railroading might look like. There was a Photo Booth where you could take and keep individual or group photos

where you could take and keep individual or group photos dressed up in various railway costumes. In addition to those containers, there was an exhibit of railway themed books that appealed to both kids and adults alike, including two written by one of our own members, Barbara Lange. There were Safety presentations by our CN Police and there was a Lego Zone where kids were encouraged to build something Railway oriented. We had Obie, the train, giving rides to kids and adults alike, and stage entertainment as well as some roving entertainers. Food and beverages were available on-site and, despite the inclement weather Friday and Saturday, we had almost 6,000 people take in the event, which included 1,650 CN active employees, pensioners and their families for the CN Family Day mornings on Saturday and Sunday.

We had 81 amazing CNPA volunteers that worked various shifts throughout the event, providing the principal contact with all the visitors, and decked out in their CN 100 uniforms, they were excellent ambassadors. Events such as this take a tremendous amount of pre-planning and preparation, but the execution of the actual event relied heavily on the on-site staffing and our members took on that role in spectacular fashion. A HUGE thank you to each and every one of them for volunteering their time and doing a fabulous job of interacting with all the attendees, while also managing their assigned duties.

“ The CNPA of Manitoba would like to extend a big *THANK YOU* to Bruce and Janet Anderson for their dedication and countless hours spent organizing the CN 100 Moving Celebration held at The Forks September 19-22 which helped make it such a great success. ”



The photo of Bruce and the speakers at the Saturday & Sunday morning opening speeches - here are the names:

Left to right: Mya Pilot, Bruce Anderson, Doug Ryhorchuk (VP Network Operations & Planning), Paul Hackett (General Manager Prairie Region), Belle Hackett



The photo of the Volunteers on the first night.

Standing left to right: Dave Brown, Wayne Desiatnyk, Dennis Brown, Tim McCrindle, Bruce Anderson, Ernie Yakiwchuk, Dave Horn, Linda Wachal, Claudette McCrindle.

Sitting left to right: Velma Davis, Janet Lewis Anderson, Dick Brasher, Patrick McMullin





Rail Safety Week - Sept 23rd to 29th

Rail Safety Week Kick Off Event took place at the CN Claude Mongeau National Training Centre in Winnipeg on Monday, September 23rd. Some of our Manitoba pensioners were on hand to help out the Safety Pledge taking. Thanks to Ernie & Gwen Yakiwchuk, and Janet & Bruce Anderson who took the first shift and then to Linda & Kevin Schram and Linda Wachal who manned the second shift.

Photo left to right: Janet Lewis Anderson, Bruce Anderson, Gwen Yakiwchuk, Ernie Yakiwchuk



CN & Tree Canada Tree Planting – Winnipeg, MB

On Thursday evening, September 19 at the VIP event of the CN 100th celebrations in Winnipeg, Sean Finn, Executive Vice-President, Corporate Services & Chief Legal Officer announced that CN will be making a donation of \$1 million to help kick start the fundraising for the program being initiated by Winnipeg Mayor Brian Bowman to plant 1 million new trees in the City of Winnipeg over the next 20 years to recognize the expected population growth to 1 million residents in the same time period.

The CN 100th, CN & Tree Canada Tree Planting event was held on Saturday, September 28th at 10:00 a.m. at Van Roon Garden in the Harte Trail Park in Charleswood. The Harte Trail Park is actually located on the former railbed of the Harte Subdivision. Several CN Pensioners were on hand to participate.



Jennifer Feschuk,
Tree Canada



Photo left to right:
CNPA Manitoba reps;
Janet Lewis Anderson,
Bruce Anderson,
Tim McCrindle,
Claudette McCrindle,
Linda Schram,
Rose Chapman,
Kevin Schram and
sitting on the rock is
Darren Conrad
(Linda & Kevin's
grandson).





HAPPY 100TH BIRTHDAY



Florence Neimor, wife of William (Bill) Neimor (1914 – 2005), celebrated her 100th Birthday on October 22 with family and friends. Bill worked in the bearing and wheel repair division of the CNR from 1966 to 1979, when he retired. Florence and Bill both descended from immigrants to Saskatchewan from the Bukovina area of the former Austro-Hungarian Empire. Their descendants include 4 children, 3 grandchildren, and 5 great-grandchildren.

Florence was born at the Staruiala family homestead in Markinch, Saskatchewan and grew up in a large family of 14 children on the Saskatchewan prairie. She is very artistic, and her many interests include knitting, crocheting, embroidery, gardening (especially flowers), cooking, baking, reading, and flower arranging. Her homemade cinnamon buns and cabbage rolls are legendary among her family and friends.

Before her retirement, Florence was employed at the Eaton's Warehouse and Dressland. She is very proud of her Romanian heritage, and has been a member of Lutheran Church of the Good Shepherd for over 60 years.



Dora Anita St. Laurent was born in western Manitoba on November 1, 1919.

She was the daughter of immigrants from England, Mabel Simpson and Ernest House.

Mother met our father Leonide St. Laurent and was married on March 6, 1942. They were married for 55 years and had 7 boys, Raymond (deceased), Roland, Gerard, Edward, Louis, Dennis and Patrick .

She has 13 grandchildren, 20 great grandchildren and 2 great great grandchildren.

Dora is a long-time resident of South St. Vital and is a long-standing parishioner of the St. Emile Roman Catholic Church and a member of the Catholic Women's League and the Lionelle's

while residing at Riverside Lions Estates. She also delivered Meals on Wheels for many years and was a member of the Red River Seniors since 1989.

Isabelle Brownlee was born on her parent's sheep farm in Bethune, Saskatchewan.

She attended Regina Normal School and received her teacher's certificate. Her first teaching positions were in rural one-room schools.

She married Boyd Brownlee (who joined CNR as a steam engine fireman in 1950) in 1948. Mom and Dad moved to Brandon in 1950 and in 1957, she went back teaching in rural one-room schools for several years and then into the Brandon School Division until her retirement in 1981.

Her husband passed away in 1986. Mom is enjoying a long healthy life and spent lots of time with her two granddaughters during their early years.

Her favorite hobbies were reading and golf and now watching TV.





Pension Report - Linda Schram

Pension Committee Representative

Indexation improvements to members of the CN Pension Plan for 2020.

To be eligible for indexation, you must have retired **on or before** December 31, 2015. Spouses of deceased retirees qualify if the deceased retiree would have met the above eligibility requirements.

For eligible retirees and surviving spouses, basic pensions will be indexed by 1.1% in January 2020, which represents 50% of the change in the Consumer Price Index (CPI) of 2.2%. This indexation is subject to a maximum monthly increase of \$35.75. The minimum monthly indexation is \$9.00 for retirees and \$4.50 for surviving spouses.

National Council Report - Bruce Anderson

Director, National Council

Report on 2019 CNPA National Council Meeting - Montreal Nov 14 - 15

- CN and CNPA have signed a 5 year agreement wherein CN will provide some funding to the CNPA, based on the number of contributing members, to support our efforts in representing our Association at various community events such as:
 - Tree planting ceremonies
 - Presentation of plaques to Centenarians
 - Railway Safety events
 - Association of Canadian Municipalities meetings
 - Operation Lifesaver

Additional features of the agreement include:

- Increased financial contributions to Railroaders in the Community
 - Current contribution to a participating pensioner of \$500 will increase to \$600
 - Current contribution of \$250 to a spouse of a participating pensioner will increase to \$300
- The CN 100 book is available online for contributing members in return for a donation to the Community Fund of \$25
- Also available online are neckties with CN 100 logos. Cost is \$25 and you are eligible for a receipt for a donation to prostate cancer.
- For the book go to <https://communityfundcn.com/en/events/CN100>. For the tie, go to the same page but then click on the link to "Activities" in the top menu bar and choose the activity "CN 100 Tie".
- The CNPA National Council nominated a committee last year with representation from across the Regions, to review and present a revised Constitution and Bylaws for discussion and approval by the members of the National Council at this year's meeting.
 - Both the Constitution and the bylaws were discussed and with some minor modifications were accepted in principle, and will now have all changes incorporated into the documents and circulated for a final vote on approval.
 - The Constitution will be the template for all Regional and Local councils and they are also to be guided by the National Bylaws.



Wendy & Darrell Trask

In The Spotlight – Darrell Trask

Congratulations to CN Pensioner Darrell Trask! Darrell was recently featured on the cover page of the Winnipeg Reh-Fit Centre October newsletter. After retiring in 2016, Darrell decided it was time to focus on himself and his health, especially since he had developed some health issues several years before retirement.

Darrell joined CN in 1978 as an Extra Gang Laborer with Grain Line Rehabilitation (Engineering) in Saskatoon. Darrell enjoyed a successful career ending up as Manager – System Engineering Facilities in Winnipeg. However, success also requires commitment and focus which in today's world often

demands 24 /7 attention to the job. As we age and with life's stresses, our bodies eventually begin to break down and reveal signs of impending health issues.

In 2016, retiring after 31.5 years of service, Darrell decided to be his own health advocate and do what he could to turn his health around. Since it takes years for health conditions to develop, it also means that it can take a long time to reverse them. This requires commitment and focus – not unlike the commitment and focus that Darrell gave to his career. However, Darrell also knew that this would require support and guidance and so six months before retiring, he joined the Reh-Fit Centre in Winnipeg and began his journey back to health and wellness.

With the help of the Reh-Fit guided fitness and nutrition program, and his own strong commitment to his well-being, Darrell has made great strides in turning his health challenges around, even being able to reduce one of his medications. Way to go Darrell! It just proves that there are always opportunities to do something positive for our health and well-being!

To read the article about Darrell, visit the CNPA of Manitoba website at www.cnpensioners.ca and then click on Breaking News.

Note: The Reh-Fit Centre in Winnipeg, as Canada's first certified medical fitness centre, offers several programs promoting and supporting health and wellness.

REMINDER - MEMBERSHIP RENEWAL - Cheque paying Members ONLY.

It's that time of the year for cheque paying members. Your **2020 fees are coming due** and we would appreciate you signing up for pension cheque deduction of \$1.00 a month. We encourage you to elect this method as it simplifies the tedious work and helps cut down trips to the bank, paper-work, phone calls, postage and second notices.

It saves you time! (There is no annual renewal)

It's quick and easy to do, just call 204-253-8103 and Joanne, the Membership Chairperson, will make the necessary arrangements for you, or call any of the Executive Council volunteers, or Bruce Peacock, Treasurer in Moncton at 506-381-0028.

Cheque paying members should send \$12 for dues by December 31, 2019 to:

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

The membership application form is available on www.cnpensioners.ca, for personal cheque paying members who "hopefully" will sign up for CN Pension cheque deductions.

REMINDER: PENSION CHEQUE DEDUCTION MEMBERS DO NOT HAVE TO RENEW EVERY YEAR.

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.

ANNUAL CHRISTMAS LUNCHEON - DECEMBER 4th, 2019



On Wednesday, December 4th, we had a great turnout with 202 people attending the annual Christmas Luncheon. We also had a visit from Santa and those who were interested got their picture taken with Santa. A special thanks to Ernie Yakiwchuk for all his work in organizing this successful event and also to all those who helped out.





To view more pictures visit our Facebook page at www.facebook.com/cnpensionersmanitoba



PRAIRIE REGION SCHOLARSHIPS, CNPA-MANITOBA HARVEY HOSFIELD AND TRADE & TECHNOLOGY BURSARIES FOR 2020

We are pleased to announce that the National Scholarship awards (25) in the amount of \$1,500 will again be offered to children, grandchildren and great grandchildren of “contributing” members of the CNPA in 2020. Five awards are designated for the Prairie Region (Manitoba & Saskatchewan).

As well, we are pleased to announce that the CNPA-Manitoba will be offering three (3) \$1,500 Harvey Hosfield Bursaries and one (1) Trade & Technology Bursary (\$1,500) to children, grandchildren and great grandchildren of our “contributing” and “associate” members. These amounts have been increased from \$1,000 and \$500 respectively. These amounts were approved by our Executive Committee.

All information on the “Terms and Conditions and How to Apply” can be found on our Websites: www.cnpensioners.org (for the National Scholarships) and on: www.cnpensioners.ca (for the Harvey Hosfield Bursaries). Your children, grandchildren and great grandchildren can apply to both programs. Acceptance of submissions open online on April 15th, 2020. The applications must be received no later than August 15th, 2020. The results will be communicated to applicants by September 7th, 2020.

Publicity Report - Tim & Claudette McCrindle

Effective as of Spring 2020 the Newsletter will now be published "three" times a year - **April, August and December.**

Did you receive your newsletter by mail this time? Was it late? 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 any of these questions, we would like to encourage all members who are receiving a hard copy by Canada Post to consider changing to an electronic copy. Currently we have over 3700 members and just over 400 who have signed up. Please do your part in helping to reduce the costs of mailing them out.

Benefits of an Electronic Newsletter:

1. Delivered as soon as it is published in full colour.
2. No delays with printing.
3. No "return to sender" due to wrong address.
4. No postal disruptions.
5. Huge savings with the cost of printing.
6. Huge savings with the cost of postage.

** Remember, if you have any interesting stories worthy of mentioning, or if you are a Railroader in the Community, let us help tell your story. Send us an email and we would be happy to include it in a future publication. Deadline for any articles will be the middle of the publishing month.

RE: Our Fall 2019 Newsletter:

We apologize to some of you that didn't receive the Fall newsletter. We had printing problems. For those who wish to receive that edition please call Joanne at 204-253-8103 or send her an email at:

joannegabor@hotmail.ca

You can also view it on the web at: www.cnpensioners.ca Look at the last tab: "MORE / newsletters".

Member at Large - Albert Delbaere

CN Pensioners and Friends Casino Trip



SHOOTING STAR

March 15 - 17, 2020

Only \$145.00 Canadian.

ALL TOURS INCLUDE : Transportation, 2 Nights Hotel Accommodations, Casino Package

- \$30 "STAR CASH" (free slot play placed on card)
- \$15 Food Coupon
- \$10 Return Offer for future visit (valid for 60 days)
- \$15 Exchange Offer (Exchange \$150/night at 5 cents above casino cage rate.)

TO RESERVE YOUR SEATS and/or for more information please contact:

Sandy Borys at 204-987-6010 or email : sandy_carefree@hotmail.com

PAYMENT DEADLINE is February 10, 2020.



Win Torchia & daughter
Lisa Zadro

Pages From Our Past – CN 100th – Win Torchia

While volunteering at the CN 100th events in Winnipeg in September, Janet Lewis Anderson was thrilled to meet up with Win Torchia, a dear friend from many years ago. Win has a special place in history with CN as being one of the first women to be promoted to a management position. Here is her story.

My husband Dominic, who was a 12 year employee with CN in the Passenger Sales Department, sadly, passed away in 1964. After his passing, I was contacted by the Passenger Department as they had an opening for a file clerk. My daughter Michelle was 4 months old, daughter Lisa was 3 years old and my son Mark was 6 years old. My Mom moved in with us to help out as she too was widowed. I was in need of a job now that I had a family to support on my own.

I went on to become Secretary to the Passenger Sales Manager, then in 1972, became the Administrative Assistant to Systems Vice President, Erik Stephenson who was in Winnipeg developing the grain forwarding system, my first management job! There were only eight women in the Prairie Region in management at that time!

When Mr. Stephenson completed his work here, I was selected to go for SIT (Standard Instructional Techniques) training in Quebec, then trained by Boyle Kirkman Consultants in New York to become the Prairie Region's first Women's Awareness Coordinator. I gave seminars to managers to encourage them to see women in CN's non-traditional roles, as well as seminars to women in CN to encourage them to think outside the box. This led to the first female, engineers, trainmen, etc., in CN. I'm very proud of that! I was located in the Training Centre in the East Yard which is now The Forks. There was a Women's Awareness Coordinator in each Region in CN. I was also the first woman to lead the CN United Way appeal on the Prairie Region.

In the 1980's I experienced some life changes resulting in a relocation to Thunder Bay which at the time meant leaving CN. Confederation College, Thunder Bay, had heard about my position at CN and asked me to develop a course for women looking at non-traditional occupations. I did, and it was called INTO, Introduction to Non-Traditional Occupations and was used all over Ontario.

Moving back to Winnipeg in 1984, I was hired by Red River College to look after their existing Pre-Trades program and then I developed Pre-Technology for Women, a bridging program leading to engineering courses.

In 1994, I received the Woman of Distinction Award for being a pioneer in the field of encouraging women into non-traditional jobs.

All possible by my training at CN!

Win Torchia



Congratulations to the following:

Jack Moore - received a \$500 grant for the
Transcona Museum, Save the 2747

Please send info to tc2mccrindle@gmail.com

**CN PENSIONERS
ASSOCIATION OF
MANITOBA**

10 Greenwich Bay
Winnipeg, MB
R2J 1T6

We're on the web -
www.cn pensioners.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, Pension and Rail Passes info.	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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