

Special Points of Interest:



CN Pensioners Associations, Inc.

In case travel is in your plans, we want you to be aware of all the discounts that are available to pensioners, such as hotels, car rentals, tours and leisure travel, home and travel insurance, car purchases and more.

Check out <https://www.cnpensioners.org/travel.cfm> for more information.

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CN Pensioners' Association of Manitoba

Meetings are normally held at 1:30 p.m. on the 1st Wednesday of the month except for the months of July, August and December. Please note that all meetings are cancelled until further notice due to Covid. 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



September 2021

President's View - Ron Davis



ELECTIONS:

As per Appendix A of our Manitoba Constitution, elections for our local Executive Council Members as well as National Council Director and Alternate Director and Pension and Health Care Reps are to be held as required in November. Anyone wishing to stand for a position must submit their name in writing to the Nominating Committee (John Mozol) at least 30 days in advance of what would be our normal November meeting. This means the Nominating Committee must be notified no later than October 4th, 2021.

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

Manitoba Association:

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

National Positions:

National Health Care Rep – Joanne Gaborieau
National Director – Bruce Anderson
Alternate Director – Patrick McMullin
National Pension Rep – 2 candidates have currently expressed an interest. Therefore, an election by secret ballot may be required to be held at our first available General Membership Meeting. Should an election by ballot be required, the incumbent (Linda Schram) will continue in this capacity until the election has been held.

Executive Council 2021

President

Ron Davis, 204-489 4485
ronvel@mymts.net

Past President

John Mozol, 204-771-6037
kayomoz@shaw.ca

Vice President

Linda Schram, 204-255-5636
fgl@mymts.net

Secretary

Patrick McMullin,
204-415-0358
pmcmullin@shaw.ca

Treasurer

Bruce Anderson,
204-275-0482
banderson54@hotmail.com

Committee Chairs:

Publicity & Editor

Tim McCrindle,
204-255-5688
tc2mccrindle@gmail.com

Hospitality

Sharon Niemi, 431-778-5656
snieni@shaw.ca

Special Events

Ernie Yakiwchuk,
204-254-1441
ernieyakiwchuk@shaw.ca

Membership

Joanne Gaborieau,
204-253-8103
joannegabor@hotmail.ca

Outreach

Rose Chapman, 204-832-1105
rchapman17@shaw.ca

Webmaster

Janet Lewis Anderson,
204-275-0482
jelewis@mymts.net

Members At Large

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

CNPA National Level

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

Membership Report - Joanne Gaborieau

Regular Membership	- 3569
Associate Members	- 15
Age Exempt	- 16 (100 years of age and over)
Total Paid Membership	- 3600

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

Wendy Bahinski
Norbert Blach
Karl Braun
Gregory Brown
Cheryl Cook
Gord J. Craig
Steve Cupples
Kent Ferguson
Verla Finlay
Eleanor Frederiksen
Robert Gervais
Elsie Grant
Brian Hetherington

George Hixt
Gordon A. Johnson
Janet Johnstone
Phillip Killeen
Edith McCracken
Jane Melville
John Meneer
Linda Muzyka
Darren Payment
Suzie Perrin
Warren Pokrant
Robert Pronteau
Dale Schlag

Gary R. Smith
Jeff Snell
Deborah Stasiuk
Jose Tavares
Scott Unsworth
Noella Vannevel
Arnold Voth
Patricia Wilcock
Jim Wright



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

Farewell to our Hospitality Chair



Serge Poulin our Hospitality Chair is presented with a going away gift from the CN Pensioner's Association. Serge and his wife are moving to Ottawa to be closer to family.

"Time has come to close a chapter in my life and start a new one. Agnes has elected to take early retirement with her last working day being September 15, 2021. And with her daughter expecting around October 19th, we will be moving to Ottawa by September 30th.

Accordingly I am resigning my position as chair of Hospitality effective August 5th, 2021. It has been a great experience working with you all for the members of CNPA of Manitoba. I will miss you all."

On behalf of the Manitoba Pensioners' Association we wish you all the best in your new life.

In the interim, Sharon Niemi will be filling in this position until the new elections are held.



Special Events - Ernie Yakiwchuk

Our meetings are normally held at 1:30 p.m. on the first Wednesday of the month except for the months of July, August and December. All meetings and events are cancelled until further notice due to Covid. Location of meetings (unless otherwise stated below) is at the Norwood Legion, 134 Marion St.

When meetings resume, 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:

No General Meetings until further advised. Check our website and Facebook for updates.



Christmas Luncheon 2021

We are happy to announce that we are planning to hold our Annual Christmas Luncheon this year. It will be held on Wednesday, December 1st, 2021 at the Masonic Memorial Centre, 420 Corydon Ave. Doors will open at 11:00 a.m. with lunch being served at 12:30 p.m. Cost is \$20.00 per person.

We will only be selling 150 luncheon tickets on a first come / first serve basis including payment. Tickets will be available for purchase in person on October 6th at the Belgian Club, 407 Provencher Blvd from 1:00 to 2:00 p.m. A table will be set up in the lobby entrance and will be manned by members of our Executive. Be prepared to provide proof of vaccination.

If you are unable to purchase your tickets in person on October 6th, please contact Ernie Yakiwchuk on or after October 6th at 204-254-1441 to make alternate arrangements.

Cut off date for ticket sales will be November 1st (no exceptions).

Important: We will be required to adhere to Provincial Covid guidelines. *This means that you must be fully vaccinated to attend. Proof of vaccination including photo identification must be provided upon arrival. Failure to do so will leave us no alternative but to turn you away. Social distancing measures must be observed, masks must be worn when not seated at your table and of course you will be required to use the provided hand sanitizers. We also ask that anyone feeling unwell the day of the luncheon, to please stay home.*

In the event that Provincial Covid measures require us to cancel our luncheon, we will need to contact everyone. Therefore, please ensure we have your email address / phone number. We will also make any necessary announcements through our website and Facebook page.



Joseph Dubanski has been associated with CN for 70 years as of January 1st 2021, between his working and retirement years. He became a great grandfather on January 13th 2021.

Tom Nicholl has been happily retired for 36 years as of April 1st 2021.

Bernie Wielgosh celebrated 35 years of retirement in 2021.



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

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

Outreach Committee:

George Lintick 204-254-1032
Linda Ksionzek 204-669-8308
Carson Hull 204-269-2692

Albert Delbaere 204-256-8419
Jack Moore 204-224-1019



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

Remember—please keep us informed!

HAPPY BIRTHDAY WISHES TO:

Isabelle Brownlee—102 November 2nd.
Ken Butchart - 83 August 13th.
Mary Butchart - 78 August 24th.
Dean Danforth - 88 July 15th.
Joseph Dubanski - 90 January 4th.
Ray Dupuis - 78 May 3rd.
Anne Duxbury - 100 November 29th.
Marlene Gerelus - 75 September 17th.
Gerdur Harris - 101 August 25th.
Al Hintz - 87 December 10th.
Barry Jackson - 84 July 22nd.
Marj Jacobson - 88 August 7th.
Bonnie Kasper - 80 October 24th.
Ian Keating - 70 August 30th.
Therese Kilworth - 90 October 16th.

Lou Koldy - 89 on October 28th.
Larry Lange - 85 on October 5th.
Mary Lewyc - 100 on September 15st.
Bernice McCrea - 103 November 20th.
June McLeod - 90 June 14th.
Anne McNicholl - 77 August 25th.
Joan McRae - 90 September 7th.
Jack Melville - 81 May 18th.
Juan Molina 79 - November 11th.
Elsie Mortham - 89 September 30th.
Jack Mortham - 91 October 13th.
Florence Neimor - 102 October 22nd.
Minnie Owens - 100 September 24th.
Vern Peterson - 93 July 14th.
Serge Poulin - 65 May 31st.

Irvin Randall - 75 August 19th.
Bill Saydak - 95 October 19th.
Bob Semenchuk - 90 September 25th.
Faye Serofin - 86 August 21st.
Evelyn Smith - 101 September 19th.
Calvin Sookermany - 77 November 28th.
Eda Spuzak - 100 September 4th.
Margaret Stephen - 107 November 23rd.
Barry Unsworth - 89 November 20th.
Ernie Yakiwchuk - 64 October 20th.
Ron Young of Victoria Ave - 64 July 27th.

HAPPY ANNIVERSARY WISHES TO:

Jim and Pat Antonick - 50 years September 11th.
Randy and Chris Bahrey - 45 years October 15th.
Bill and Diana Baran - 66 years October 8th.
Ed Barker and Linda Barnes - 5 years September 4th.
Ken and Mary Butchart - 59 years March 24th.
Dean and Stephanie Danforth - 59 years Sept 22nd.
Sid and Cathy Garvie - 60 years September 29th.
Ken and Lorna Ivanyshyn - 56 years August 28th.
Barry and Pat Jackson - 63 years September 13th.
Kal and Mary Juvonen - 60 years November 3rd.
Mel and Dorothy Martin - 60 years July 22nd.

Brian and Blanche McCuspey - 45 years November 5th.
Jack and Isobel Melville - 60 years December 9th.
Juan and Isabel Molina - 60 years September 23rd.
Jack and Bev Moore - 43 years June 3rd.
Jack and Elsie Mortham - 65 years September 15th.
Randy and Brenda Rawluk - 40 years June 6th.
Ernest and Alice Smith - 69 years August 5th.
Bill and Charlotte Tataryn - 25 years September 16th.
Bernie and Mary Wielgosh - 68 years September 19th.



Correction to: April 2021 newsletter – Tom Nicholl turned 95 on July 8th, not 90.

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:

Michelle Derrig, wife of Sean Derrig, underwent surgery on June 15th.

Steve and Olga Skrybalo are doing quite well and are being looked after nicely in assisted living.

Rick Weitzel recently had hip surgery. He is home and is doing well.



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



Andy Anderson
Ken Archer*
Herbert Bannatyne*
Abilio Batista
Tina Beatty
Helen Belbos*
Ernest Bennett*
Milo Bestland*
Constance Bourque*
Brian Bradford*
Richard (Dick) Brasher*
Edward Brodowski*
Bill Brychka*
Joyce Callow*
Mary Chang
Eliza Jane Clifford
Antonio Dalayoan
Gracie Dalman*
Annette Delorme
Helen Dotchison
Joanne Dowgan
Susan Dunlop
Jake Dyck*
Peter Ewonchuk*
Roy Fardoe*
Ronald Feir*
Jean Fennell*
Clifford Finnimore*
Rita T Foot*
Vera Forbes*
Marion Fox*
Patricia Francis
Kurt Frederiksen*

Jose B Furtado*
Raymond Giesbrecht*
Brian Golden*
Frances Gorber
Charles (George) Hainsworth*
Helmuth Hartleb*
Annie Hebert*, *mother of Garry Hebert**
Shirley Hill*
Martha Hnatishin*
Sarah Hodgson*
Winston Jody
Frank Johnson*
Kenneth Johnson
Tom Johnstone*
Peter Katzke*
William Kerr*
Atamjit Kler*
Ella Kobialko*
Sandra Koch*
Steve Kotowich*
Olive Kramble
Bernice Lavalley*
Stephen Law*
Iris Lawson*
Harry Lazarenko*
Cyril Lewin*
Bruce Luke*
Helen Maddaford*
Helen (Ella) Maxwell*
Darlene McCaffrey*
Ron Melville*, *brother of Jack Melville**

Violet Mlodzinski*
Walter Moscrip*
Mary Mykytyn
Alfred Nachtigall
Zennie Navitka
Efren Paredes
Lewis A Perry*
Kidgwin Priam*
Adeline Price*
Stewart Primmatt*
Rose Proceviat*
Agnes Roy*
Gertrude Samborski*
Sam Seebalack*
Lena Sereacki
Olga Shemanski*
Patricia Smith*
Dora St Laurent*
Leslie Stevenson, *brother of Freeman Stevenson**
Fredrick B Sutton*
Grace Torrance*
Esther Townsend
Marcel Vannevel*
Harry Walker
Antonin Weinbold
Ronald Wesa*
Dorothy Wolfe
Winnie Woroniuk*



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



Happy 100th Birthday



Eda Spuzak, widow of the late Myron Spuzak who worked at the East Yards and Express in Winnipeg, was presented her plaque by her daughter Mary-Ann at a great outdoor gathering of family and friends.

She resides at Park Manor Personal Care Home in Transcona and is a pioneer of that suburb, having lived there her whole life.



On April 1, 1921, **Joseph Balbon** celebrated his 100th birthday at the Golden Door Geriatric Centre in Winnipeg. Joe was born in Kaunas, Lithuania, the eldest son of Augusta and Alex Balbon.

He came to Canada with his two younger brothers and their mother, arriving in Winnipeg where his father and other family greeted them. He learned welding at his dad's blacksmith shop in Lundar, Manitoba. In 1941 he married Pauline and they were blessed with a son, Richard and a daughter, Doreen.

Joseph joined the CNR in 1949, as a machinist, where he worked till his retirement in 1982. The cottage at Dorothy Lake in the Whiteshell was Joe's haven to share with his family and friends.

When Pauline passed after 50 years, Joseph was fortunate to meet Lucille Hill, a good friend with whom he shared many years of good times and trips to Hawaii and other points of interest. Joe was fortunate to have good health during his retirement. He recently welcomed a great great granddaughter, spanning five generations. Joe would like to thank the CN Pensioners' Association for the 100th year gift. His family wishes him many more years of health and happiness.



Hugh Ritzer was born in the Emmeline District between McGregor, MB. and Austin, MB. on June 24, 1921.

Hugh began his career with the CNR as a carman in Winnipeg on March 22, 1944. He worked in this position at the Fort Rouge Shops, and when this facility closed he moved to the Transcona Shops, retiring from there on January 31, 1982.

Hugh was married to Annabel Clark on August 2, 1947 and they celebrated their 75th Wedding Anniversary in August of this year. Annabel is 98 years old, while Hugh turned 100 years old this June 24th. They have two daughters, Janice and Charlene, and four grandchildren and four great grandchildren. Hugh has one surviving brother, Ken, who lives in Winnipeg. His other seven siblings are all deceased.

After retiring from the CNR, Hugh enjoyed spending his spare time making clocks, gardening, and playing cards with Annabel and old friends. As well, both Annabel and Hugh enjoyed going on Casino bus trips south of the border. There were many other trips to visit family and friends in other provinces, Europe, and the USA.

Hugh and Annabel eventually both moved into assisted living at Riverside Lions, and then into Meadowood Manor Personal Care Home, where they continue to enjoy their life together. At Meadowood, Hugh and Annabel are fortunate to be able to enjoy meals and socialize with each other every day. Hugh has always enjoyed his many photo albums, and together he and Annabel have shared many hours looking through them and reminiscing about their life.

Hugh would like to thank the CN Pension Board for the lovely illuminated CN engine gift of recognition for his 100th Birthday. He will have it on display in his room at Meadowood Manor and it will surely be a conversation starter for people entering the room. Most of all, it will bring back many memories of him working at the Fort Rouge and Transcona Shops as a young man.



Minnie Owens retired after 40 years from The Bay.

Minnie and Bert travelled extensively from the Orient to Hawaii to the Caribbean and all of Canada.

They retired to Matlock in 1998. She has 4 generations of immediate family.



Congratulations to the following:

Myra Logan - applied and received a \$660 grant for the *Grace General Hospital Foundation*.

Rose Chapman - applied and received a \$1360 grant for the *Grace General Hospital Foundation*.

Do you volunteer for a registered charity in your community? Are you wondering why you haven't seen your name mentioned in any articles about your volunteer activities and participation in CN's Railroaders In The Community Program? The reason is because ***CN does not provide us with that information.*** Therefore, in order for you to be acknowledged in our newsletter, please send your information to Tim McCrindle (tc2mccrindle@gmail.com) and tell us about your volunteer activities and charity.

REMINDER

CN's Manitoba Community Board Looking for Worthy Causes to Support

Since CN's Manitoba Community Board was set up in September 2019, it has made grants of up to \$20,000 apiece to over 20 Manitoba charities and non-profits. The Board was set up to support local grassroots organizations that contribute to the well-being of their communities.

Charities and non-profits that have received funding from the Manitoba CN Community Board include food banks, family and resource centres and programs, wildlife rehabilitation centres, recreational centres and others. Applicants must be non-profit registered charities.

CN has set up Community Boards across its network, as part of its commitment to build safer, stronger communities. The Community Board's focus is on four main areas:

- **Health and Safety** – of all members of the community
- **Civic Engagement** - to bring people together and promote quality of life
- **Environmental Sustainability** – to protect the environment and enhance green spaces
- **Innovation** – to support innovation through transportation education and research

Many CN pensioners volunteer time and money to a variety of community organizations that may be eligible for funding under this program. If you would like more information on eligibility and how to have your organization apply for funding, please contact Jim Feeny at (204) 250-1013, or at jwfeeny@gmail.com

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



Fitness Center - 5 Seated Exercises for Seniors to Improve Strength

Strength and flexibility are two aspects of health that are important for all seniors, *regardless of age or ability level*. Being strong and flexible enough to move through a normal range of motion makes daily life easier and more enjoyable. Stronger muscles also support balance and stability, reducing the risk of falling and injury.

As we age, decreased strength and mobility can contribute to a steady loss of independence, leading to loneliness, frustration, and depression. Regular exercise is a powerful antidote to these challenges, having a direct impact on both physical and mental well-being.

An effective, whole-body seated workout includes movements designed to increase mobility, support cardio fitness, improve muscular strength, and expand flexibility. What follows are some of the *best chair exercises for seniors*. With regular training, these exercises can have a significant impact on health and happiness.

1. TOE TAPS - *This exercise strengthens the muscles in the lower front and rear of your legs, muscles necessary for many normal daily activities such as safely stepping up or over objects, climbing and descending stairs, walking up or down a hill, or across an uneven surface.*

Sit up straight with abs engaged and feet flat on the ground. Keeping your heels on the ground, tilt your toes up towards the ceiling and then back down to the floor. Repeat several times. To increase the range of motion, sit as close to the edge of the chair as is safe and extend both legs straight out in front of you, keeping your heels on the ground. Point toes down towards the ground and then up towards the ceiling.

To increase the level of difficulty, raise one leg in the air so that it's straight out in front of you, keeping the other foot flat on the floor. Tilt toes up and down several times. Lower the foot back down to the floor and repeat with the other leg.

2. THE LIMITED MOTION SQUEEZE - *This exercise requires an extremely small range of motion while effectively building strength in the inner thighs, glutes, and triceps.*

Sit straight, with abdominal muscles retracted to support the spine, knees together, and feet flat on the floor. Sit as close to the edge of the chair as is safe and comfortable. Place both hands palms down on either side of the chair just outside of hips, with elbows slightly bent. Squeeze knees and glutes together tightly while pushing down on the chair with hands, extending elbows. This slight movement will cause you to sit taller, *but you should not ever leave your seat*. Release and repeat.

For a greater challenge, hold the squeeze for 3-10 seconds.

3. SEATED JUMPING JACKS - *Jumping jacks are great for cardio, but impossible for many older adults. This seated alternative will get your heart pumping without requiring you to leave your chair.*

Sit up straight and as close to the edge of the chair as is safe and comfortable, with abdominal muscles retracted, knees bent and together, and feet flat on the floor. Place your arms at your sides with the elbows bent and palms facing forward, like you are getting ready to catch a very large ball. Quickly open legs out to sides, flexing feet and pointing toes to the ceiling while keeping your heels on the floor. At the same time, extend both arms straight over head. Return to start and repeat.

Please note that the faster you perform this exercise, the harder you'll work. Increase speed to increase the level of difficulty; go slowly and add brief rest periods between repetitions to go easy.

4. DO THE TWIST - *This fun exercise will get your heart pumping while strengthening the muscles of the core, inner thighs, arms, and shoulders.*

Sit up straight, as close to the edge of the chair as is safe, with both feet flat on the floor. Retract abdominal muscles and pull your heels off the floor so that only your toes are touching the ground. Hang both arms down at your sides, then raise them up so that they extend out to each side and are parallel to the floor, palms facing down. Extend your left leg straight out to the side, keeping your toes pointed. As you do, lean forward slightly, twist at the waist and reach your left arm towards the inside of your right foot, reaching as far as is comfortable and safe. Switch sides and repeat the motion.

If your range of motion is limited or you are experiencing balance issues, move through this exercise slowly. *To increase the level of difficulty*, move through the motion faster.

5. SEATED SIT UPS - *This exercise strengthens both the back and abdominal muscles while keeping the lower body engaged.*

Sit up straight in the center of your chair, with knees bent and together, and both feet flat on the floor. Lift your heels so that your toes are pointed but still touching the floor. Place both hands behind your head, locking your fingers together. Retract your abdominal muscles and lean back until your shoulder blades are touching the back of the chair. Bring your body forward and twist your right elbow towards the outside of left knee. Return to start and repeat.

This exercise can easily be modified for different ability levels by limiting or increasing range of motion through the twist. For stronger adults with a wide range of motion, reach the elbow all the way to touch the outside of the opposite knee. For those with more limited strength and flexibility, do not bend forward at all. Simply twist the body while keeping your spine straight.

HARVEY HOSFIELD BURSARY RECIPIENTS - 2021

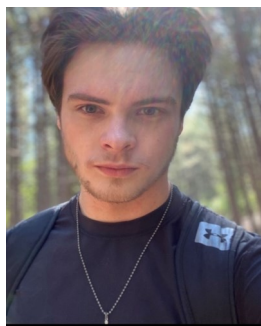
Congratulations to the following recipients:



Emma Harris



Myah Richard



Dominic Nichols



Memphis Peters



Ellie Anderson

EMMA HARRIS – Sponsor: Grandfather - Wally Harris

Emma is currently studying engineering at the University of British Columbia. She is passionate about leadership, food insecurity, working with youth and making a difference in her community. Ultimately, Emma hopes to use the knowledge she gains as an engineer to help ensure food security for all Canadians.

MYAH RICHARD – Sponsor: Grandfather- Joseph Stanwick

Myah's goal is to obtain her undergraduate degree to become a professional Architect. Being detail oriented and having a creative mind, Myah wants to find a career that matches her strengths.

DOMINIC NICHOLS - Sponsor: Grandfather - Lou Johnston

Dominic wants to obtain a Doctorate in Medicine, and possibly a Doctor of Philosophy degree in Psychology subsequent to that. He has a strong interest in both political and religious philosophy, which led him to explore some unique philosophical fields, his favourites of which have been Phenomenology and Existentialism.

MEMPHIS PETERS – Sponsor Step-Grandfather - Gary Holden

Memphis wants to graduate with a Bachelor of Education and become a middle years or high school English teacher. English has always been her favourite class. She would love to be able to help impact students' lives and help them learn important school subjects and life lessons.

ELLIE ANDERSON – Sponsor Grandfather - Bruce Anderson

Ellie's educational objective is to start post-secondary education at University of Manitoba with her first year focusing on sciences. She will then move into pharmacy or sports medicine.

TRADE BURSARY RECIPIENTS - 2021

We regret to announce that there were no qualifying candidates for the 2021 Trade Bursary, however we encourage applicants to reapply next year if they are still in their program.

NATIONAL COUNCIL SCHOLARSHIP RECIPIENTS - 2021

Congratulations to the following recipients :

Chloé Morrison is the Granddaughter of Gloria Conger. Chloé wants to receive a bachelor's degree in science before entering medical school. Her career objective is to receive her medical degree and become an Oncologist and Cancer researcher. Her general skills are: time management and organization, interpersonal communication and problem solving.

Emma Harris is the Granddaughter of Wally Harris. Emma wants to complete her Bachelor of Applied Science engineering degree at the University of British Columbia; then to complete her Masters in Urban Planning. Her biggest attributes are her ability to be a positive, thoughtful and effective leader.

Shea Shindak is the Granddaughter of Mark Barda. Shea is studying towards her Bachelor's Degree in Psychology and to further obtain her Juris Doctor to specialize in Environmental and Health Law.

Laura Stelmack is the Granddaughter of Pearl Stelmack. Laura is pursuing a career as a teacher. She is currently in a year three at the University of Winnipeg. Her strong leadership skills and discipline will help with working with children.

Sonali Cowieson is the Granddaughter of Jim Cowieson. Sonali is attending the McGill University in Montreal. She is studying towards a Bachelor of Arts. She has a strong sense of civic responsibility and partnership with a goal of improving the school environment for peers and teachers alike.

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

A full report of the 2021 Scholarship Program will be in the Winter Edition of the National Newsletter.



To all Bursary and Scholarship Recipients



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

You can submit stories and photos to:

Tim McCrindle
CNPA Publicity Chair
tc2mccrindle@gmail.com



Treasurer Report - Bruce Anderson

The audit of the financial records for the CN Pensioners' Association of Manitoba, for the fiscal year September 1, 2020 through August 31, 2021 has been submitted for the audit and the results will be posted in our next newsletter.

Message from the Treasurer

As Treasurer for our local CNPA council, I would normally make a year end report at our November meeting, and recap how our fiscal year, ending August 31, 2021, went. Unfortunately, it appears unlikely that we will have general meetings until at least the New Year, so I will use this newsletter to provide the update.

The short report is that our local council's financials are in excellent health. Through our budgeting and forecasting process, we can also predict that we will be able to maintain our financial stability through the foreseeable future.

A little background for new members, or those not aware of the financial structure of the Association. Our Associations' Councils, both nationally and locally, are funded by virtually nothing more than the \$1/month paid by our contributing members. Locally, we currently retain \$10 from those annual dues per contributing member, and with that money we manage the following:

- * Annual social events such as the Christmas Lunch, the summer picnic and bocce tournament and the golf tournament are subsidized to keep the ticket costs down for those that wish to attend
- * We rent the hall at the Norwood Legion and provide coffee and doughnuts for all attendees for the 8 meetings we hold there annually.
- * We fund the Harvey Hosfield bursary program, which normally awards 3 academic bursaries and 1 trade bursary each year, each valued at \$1,500.*

* Due to restrictions brought about by Covid, our general meetings and the above social events were put on hold, but as an Executive, it was decided to take some of the funds that would normally have been used for these events, and we increased our Harvey Hosfield bursary program to five bursaries in both 2020 and 2021 (plus the trade bursary).

- * Our most significant cost, however, by a lengthy margin, is the cost of printing and mailing this newsletter. On average, the cost for this one item alone, is almost **30%** of our total annual revenue.

We absolutely understand the value of the news that is provided to the Association members in the newsletter. Tim and Claudette, our newsletter editors, have inserted requests into previous editions to have as many readers as possible convert their newsletter to the electronic version instead of the printed and mailed version. It contains the very same information, in the same format, in the same colours, it's just on a screen, not in an envelope. We also understand that for some readers, the electronic version just isn't a workable option, for a variety of reasons, and that's OK as well. We just ask that readers that are able to take the electronic version instead of the printed and mailed version let us know, and we can convert you to the electronic version. By doing that, you are doing your part to help conserve those funds, which in turn then allows us to continue supporting existing and potentially additional programs on behalf of all of the members.



Pension Report - Linda Schram

Pension Committee Representative

Pension Committee - We continue to have solid returns on our Plan.

I will be stepping away from this committee at the end of the year. It has been very rewarding to serve on this committee to ensure we continue to have a solid Plan.

There will be an election to replace me. There are a couple of good candidates that have put their names in to fill this position.



Health Care Report - Linda Schram

Health Care Representative

Blue Cross - Remember to submit your receipts for the current year. Although you have until April 30, you can also send them as you pay them. You can also send them online and the monies will be deposited directly into your bank account. You will receive them in a matter of days rather than by mail where it may take a few weeks.

I will be stepping down from the Blue Cross committee at the end of the year. It has been great serving on this committee to ensure we have good and economical coverage. We have not had an increase in premiums for a number of years. We can continue by using our drug cards and using a pharmacy with lower prescription fees.

The next Healthcare meeting will be held on September 16th, and any updates will be announced in the December newsletter.

An election will be held to replace me. If you have questions you can email me at fgl@mts.net.

A Canadian Castle: The Fort Garry Hotel



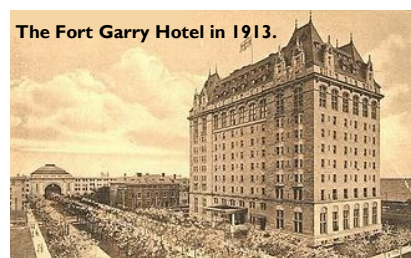
The **Fort Garry Hotel**, located at 222 Broadway, is one of the oldest hotels still standing in Winnipeg, Manitoba. It is one of Canada's grand railway hotels and was designated as a National Historic Site of Canada in 1981. A national heritage park connected to the hotel and to the remains of Upper Fort Garry was completed in 2017-18.

Built between 1911 and 1913 by the Grand Trunk Pacific Railway, it is located one block from the railway's Union Station, and was the tallest structure in the city when it was completed. Like other Canadian railway hotels, it was constructed in the chateau style, which is of national significance as an architectural site. Architects Ross and MacFarlane of Montreal modelled their original plans for the hotel after Ottawa's Château Laurier; plans originally called for a 10-storey structure, but two floors were added during construction.

The Fort Garry Hotel is one of a series of Chateau-style hotels built to encourage tourists to travel their transcontinental routes. Popular with the travelling public for their elaborate decor and comfortable elegance, these hotels quickly became a national symbol of quality and served as a luxury accommodation for elite railway travelers. The hotel officially opened to the public on December 10, 1913, with what the Manitoba Free Press called an "opening ball of great brilliancy". The first overnight guests were welcomed the following day on December 12, 1913.

Initially, the new hotel was to be called The Selkirk, but was instead named after Upper Fort Garry, which once stood at the junction of the Red and Assiniboine Rivers. It was the first commercial building to be erected on Broadway and the only hotel to be built there. The hotel's early prominence led it to have many famous guests, including Nelson Eddy, Harry Belafonte, Charles Laughton, Laurence Olivier, Liberace, Arthur Fiedler, Louis Armstrong, Gordie Howe, Lester Pearson, as well as King George VI and Queen Elizabeth, who stayed during their 1939 visit to Canada.

The hotel was originally owned by the Grand Trunk Pacific Railway, and later owned by the Canadian National Railway after Grand Trunk was nationalized and absorbed into CN. In 1979, the hotel was purchased by the prominent John Draper Perrin family of Winnipeg who operated it as an independent hotel until 1987. It was then owned for a few years by a company controlled by Quebec hotelier Raymond Malenfant. Presently it is run as an independent hotel.





Laughter is the best medicine

It's true: laughter is strong medicine. It draws people together in ways that trigger healthy physical and emotional changes in the body. Laughter strengthens your immune system, boosts mood, diminishes pain, and protects you from the damaging effects of stress. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hope, connects you to others, and keeps you grounded, focused, and alert. It also helps you release anger and forgive sooner.

With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for surmounting problems, enhancing your relationships, and supporting both physical and emotional health. Best of all, this priceless medicine is fun, free, and easy to use.

As children, we used to laugh hundreds of times a day, but as adults, life tends to be more serious and laughter more infrequent. But by seeking out more opportunities for humor and laughter, you can improve your emotional health, strengthen your relationships, find greater happiness—and even add years to your life.

Laughter relaxes the whole body. A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.

Laughter boosts the immune system. Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.

Laughter triggers the release of endorphins, the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.

Laughter protects the heart. Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.

Laughter burns calories. Okay, so it's no replacement for going to the gym, but one study found that laughing for 10 to 15 minutes a day can burn approximately 40 calories—which could be enough to lose three or four pounds over the course of a year.

Laughter lightens anger's heavy load. Nothing diffuses anger and conflict faster than a shared laugh. Looking at the funny side can put problems into perspective and enable you to move on from confrontations without holding onto bitterness or resentment.

Laughter may even help you to live longer. A study in Norway found that people with a strong sense of humor outlived those who don't laugh as much. The difference was particularly notable for those battling cancer.

As laughter, humor, and play become integrated into your life, your creativity will flourish and new opportunities for laughing with friends, coworkers, acquaintances, and loved ones will occur to you daily. Laughter takes you to a higher place where you can view the world from a more relaxed, positive, and joyful perspective.

😄 Reaching the end of a job interview, the Human Resources Officer asks a young engineer fresh out of the Massachusetts Institute of Technology, "And what starting salary are you looking for?" The engineer replies, "In the region of \$125,000 a year, depending on the benefits package." The interviewer inquires, "Well, what would you say to a package of five weeks vacation, 14 paid holidays, full medical and dental, company matching retirement fund to 50% of salary, and a company car leased every two years, say, a red Corvette?" The engineer sits up straight and says, "Wow! Are you kidding?" The interviewer replies, "Yeah, but you started it."

😄 A boy asks his father, "Dad, are bugs good to eat?" "That's disgusting. Don't talk about things like that over dinner," the dad replies. After dinner the father asks, "Now, son, what did you want to ask me?" "Oh, nothing," the boy says. "There was a bug in your soup, but now it's gone."

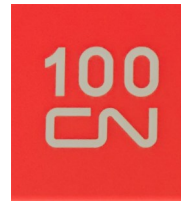
😄 A police officer attempts to stop a car for speeding and the guy gradually increases his speed until he's topping 100 mph. The man eventually realizes he can't escape and finally pulls over. The cop approaches the car and says, "It's been a long day and my shift is almost over, so if you can give me a good excuse for your behavior, I'll let you go." The guy thinks for a few seconds and then says, "My wife ran away with a cop about a week ago. I thought you might be that officer trying to give her back!"

😄 A woman was taking an afternoon nap. When she woke up, she told her husband, "I just dreamed that you gave me a pearl necklace. What do you think it means?" "You'll know tonight," he said. That evening, the man came home with a small package and gave it to his wife. Delighted, she opened it to find a book entitled "The Meaning of Dreams".

MEMORIES.....remember when!



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www.cnpensioners.ca

We're on Facebook -
[www.facebook.com/
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Frequently Called Numbers

The CN Pension & Benefits Help Line 1-800-361-0739.

Always have your PIN to better identify you when making inquiries.

If you move, call the above number.

If you are married at the time of retirement, make sure that CN has your spouse's name on file.

Changing banks, with direct deposit, never close your old account until the cheque shows up in the new account.

Change of Address	1-800-361-0739
Canada Pension & Old Age Security	1-800-277-9914
Canada Custom & Revenue Service	1-800-959-8281
Blue Cross National Claims Direct Plan 93115	1-888-873-9200
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

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