

Union Depot, Winnipeg, Man.



# CN Pensioners Manitoba Association

## Special Points of Interest:

- Transcona Shops 100th
- Bursary Program
- Welcome to New Members
- Golf at Kingswood  
June 26th
- TCRC Retirement  
Banquet
- Pages From Our Past  
by Harvey Hosfield
- Alzheimer's Disease

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[www.cnpensioners.ca](http://www.cnpensioners.ca)

Summer 2012

## President's View—Ron Davis

### Transcona Shops 100th Anniversary Celebration

Friday, June 1<sup>st</sup> and Saturday, June 2<sup>nd</sup> is the celebration of the 100<sup>th</sup> Anniversary of the Transcona Shops, in association with the Transcona Hi-Neighbour Festival. CN has donated a considerable amount of money towards the publishing of a book on the hundred years of CN's presence in Transcona. Also CN is presenting an as-yet-to-be-identified gift to the city of Transcona on Friday, June 1<sup>st</sup>.

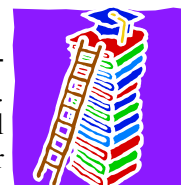
The CN Pensioners' Association is part of this celebration. We will have a float in the Saturday morning parade, which will take place on Regent Avenue between 11:00 a.m. and 12:30 p.m. Thanks to CN, we have been able to pull the necessary components together in order to create our float. And thanks to Pensioner Ken Rigaux, the Parade Marshal will be driven in a 1926 Model T Roadster!

The actual Open House will be held on Saturday, June 2nd from 9:00 a.m. to 3:00 p.m. We plan to have a "Pensioners' table" with some old photos as well as brochures about our Association plus a small supply of our most recent newsletter. The highlight will be a magnificent display courtesy of CN employee Paul Meneer. Paul has one of the largest private collections of railway memorabilia and artifacts in the country and we are so excited to share this event with him.

Some of our members have already signed up and have offered their time at either the parade, Open House or both. We can always find a spot for more volunteers. Contact Janet Lewis Anderson at 275-0482 or Linda Schram at 255-5636 to sign up.

### Bursary Program

We will once again be offering our Bursary Award Program to the children, grandchildren and great grandchildren of our supporting members. There are several links on our website to the Application form as well as the Terms and Conditions of this program. One such link is on our FAQ page [www.cnpensioners.ca/faq.html](http://www.cnpensioners.ca/faq.html).



Please communicate this opportunity to your children, grandchildren and great grandchildren as our Bursary Program may be a way to assist them with their educational pursuits. If you don't have access to a computer and would like a copy of the Terms and Conditions and / or Application Form, please contact any one of the Executive. Deadline for applications is August 15<sup>th</sup>, 2012.



## Executive Council 2011—2012

### President

Ron Davis, 489 4485  
ronvel@mts.net

### Past President

John Mozol, 885 6031  
kayomoz@shaw.ca

### Vice President

Carson Hull, 269 2692  
cbh@mts.net

### Secretary

Patrick McMullin, 415 0358  
pmcmullin@shaw.ca

### Treasurer

Ernie Borowski, 255 1123  
darlern@mts.net

### Committee Chairs

#### Hospitality

Gary Davis, 663 7722

#### Special Events

Linda Schram, 255 5636  
fgl@mts.net

#### Membership

Wayne Zaharia, 694 5133  
wayne-cnpa@zaharia.ca

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Harvey Hosfield, 489 6257  
harveyhosfield@mts.net

#### Member at Large

Bill Cameron, 256 6488  
bandmcam@shaw.ca

### National Council Directors

Carson Hull  
Janet Lewis Anderson  
Ron Davis, Past President

## Membership Report—Wayne Zaharia

As of May 31, 2012 membership is 3,960 made up as follows.

Payroll Deduction	3,782
Fees Paid by Cheque	<u>178</u>
Total Paid Membership	3,960

As you will note our membership is decreasing and we would appreciate your help in signing up new members. We need all the help we can get. So if you know somebody who is not a member please get them to join. Remember this is your Association and we need your assistance to keep it strong.

Welcome to the following new members:

Adams, Ellen  
Aquin, Fred  
Arsenault, Claude J.  
Baker, Ken  
Bertone, Vincenza  
Bihun, Isobel  
Bjornsson, David M.  
Coulombe, David  
Cote, Michael  
Demarcke, Roland  
DeVisser, Ronald  
Goranson, Donna  
Hillstrom, Darryl  
Honer, Gerald  
James, Alexander

Lesperance, Neil  
Marcynuk, Ed  
McCrindle, Tim  
Orvis, Earl  
Parker, Lu Ann  
Pope, Gail  
Quilley, Ronald  
Rebizant, Ted  
Reis, Jose  
Rodgers, Henry  
Shakespeare, Doreen  
Shearer, Yolande  
Smoley, Douglas  
Stojanovic, Lewis  
Tetrault, Gilles

We are looking for following members who have moved. If you know where they are please let me know: Alma Blackshaw, Linda Brown, Irwin Davis, Cliff Dempster, William A. Firby, Julie M. Fox, Florence Jagger, Davie Kumka, Patrick Rockwell, Ethel Stone.

REMEMBER when you advise Mercer of change of address it is important to let us know also so we can keep our data base updated. I can be reached at 204 694-5133. Thanks.

## 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 Pensioners pin. Here is a list of first time attendees from March 2012 to May 2012: Flo Lucko, Robert Blunden, Robert Greer, and Tomas Perez.

To all — please come out and join us at a General Meeting—visit with old and new friends over coffee and a donut, catch up on pensioner news and enjoy listening to one of our guest speakers.

## National Council 2011-2012

**President**—David Simpson  
**1st V.P.**—Reg Hebert  
**Treasurer**—Bruce Peacock  
**Secretary**—Wayne Greenland  
**Past President**—Ron Davis  
**Liaison Officer**—Peter Maslak  
**Editor**—Sandra Barnes

### Directors:

#### Atlantic Region

Reg Hebert, 1st VP—Mctn  
 Walter Agnew— Moncton  
 Bruce Peacock, Treasurer—Mctn  
 Wayne Greenland - Mount Pearl

#### Quebec Region

Yves Bourdon, VP —Boucherville  
 Jean-Noel Cloutier, — Jonquiere  
 Claude Lyonnais—St. Hubert

#### Ontario Region

James Houston, VP —Sarnia  
 David Simpson—Stirling  
 Peter Maslak—London

#### Prairie Region

Carson Hull, VP—Wpg  
 Gary Heasman—Saskatoon  
 Janet L. Anderson—Wpg

#### Mountain Region

Butch Whiteman, VP—Edm  
 Chuck Lewis— Coquitlam  
 Sig Poeppel— Kamloops

## Rocky Mountain Rail Society

The Rocky Mountain Rail Society is a registered non-profit organization of volunteers dedicated to the preservation of CNR Steam Locomotive 6060. For more information, visit [www.6060.org](http://www.6060.org).

## Special Events Report—Linda Schram

### CNPA Picnic in The Park 2012

Once again the CN Pensioners Assoc. will be hosting a picnic at Assiniboine Park (Corydon entrance). The date is Thursday, June 14th, 2012 and will be at the large tent by the Conservatory. The time is 11:30 am until 3:00 pm. Lunch will be served at 1:30 pm. Tickets are \$5.00 per person (2 tickets per member). Your ticket entitles you to lunch, entry to the Bocce tournament and a chance for prizes. If you don't want to play Bocce then we also need spectators. Tickets will be on sale at the May and June meetings. Cutoff for ticket sales is June 6th. You can purchase tickets by calling Linda 255-5636. **The event will be held rain or shine** so put on your sunhat and bring your lawn chair and join us for a fun time. Patrick McMullin and George Lintick, our last year's winners of the Bocce tournament are putting out a challenge to all pensioners to try and unseat them as champs. The Challenge is on!!!

**June 6th Regular Meeting**—the guest speaker will be from Service Canada. The topic will be changes to the **Canada Pension Plan**.

**June 26th Golf Tournament** at Kingswood starting at 9:30. Cost is \$78 per person which includes golf, sharing a cart and BBQ steak dinner. Money to be into Ron Davis by June 15th. Contact for Ron for more info.

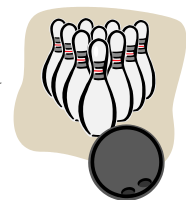
No meetings July and August.

**September 5th Regular Meeting**—the guest speaker will be from the Winnipeg Police Services. The topic will be personal safety.

## Publicity Chair—Harvey Hosfield

### Attention All Mixed 5- Pin Bowlers

Your CN Vets Mixed Bowling League needs you! The 2012—13 season starts on Thursday, September 6th at the Mosienko Bowling Alley near the corner of Redwood & Main. There is lots of parking beside bowling alley.



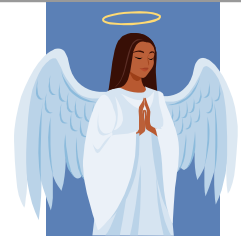
Bowling starts at 10:00 so come on down and have some fun. Give this some serious thought. The league has been in effect for many years and we always need replacements and spares as we are a fragile group.

It only costs \$9.00 which includes 3 games, banquet at the end of the season and generous prizes. Don't let your CN Pensioners' group down. Phone Marge Jacobson at 222-6012 to get on a team.

## Outreach Chair's Report—Rose Chapman 832-1105

### Outreach Committee

Hank Gosselin	255-2722	George Lintick	254-1032
Linda Ksionzek	669-8308	Mel Rusiecki	255-1361



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!***

To those previously mentioned on our Sick List, we hope that you are feeling much better. To those who are currently ill or still experiencing health problems, please know you are in our thoughts. The membership joins us in extending Best Wishes for a speedy recovery.

We have received reports and updates on the following Pensioners since the last newsletter: (\* denotes member).

- Frank Atchison\* is home from hospital. He has kidney problems and is on dialysis times a week
- Bill Brychka\* of Dauphin still has some health issues and has undergone further tests
- Murray Flynn\* was in hospital in Kelowna for back surgery in March. He's recuperating at home and is doing well.
- Mike Gallagher is in Victoria Hospital.
- Jim Spears is waiting for surgery for esophagus cancer.
- Roger VandeVyvere\* is home from hospital. He is on oxygen and is feeling much better.
- Stewart Vennard\* had hip replacement surgery in March. He is recuperating at home and is doing very well.
- Art Wattis\* is recovering at home after kidney removal.
- Donna Yarema, wife of Ron Yarema\* recently had hip surgery and is doing great.

## Celebrations

### Birthdays:

- Gordon Bell turned 75 on March 15th.
- Merle Currey\* will be 85 in July.
- Bill Salamon\* celebrated his 85<sup>th</sup> birthday on March 22<sup>nd</sup>.
- Alex Shewchuk\* celebrated his 85<sup>th</sup> birthday on March 7<sup>th</sup>.
- Sam Singer\* celebrated his 84th birthday on January 4th, 2012.

### Anniversaries:

- John\* and Lauren Cochrane will celebrate their 65<sup>th</sup> anniversary August 23<sup>rd</sup>.
- Merle\* and Mrs. Currey celebrated their 61<sup>st</sup> anniversary on February 22<sup>nd</sup>.
- Jim\* and Blanche Drennan will celebratd their 60<sup>th</sup> anniversary in March.
- Allan\* and Evelyn Robertson celebrated their 65<sup>th</sup> wedding anniversary on April 3<sup>rd</sup>.
- Sam\* and Betty Singer celebrated their 50<sup>th</sup> wedding anniversary in January.

**Birthday of the Month:**

March—Robert Blunden, April—Bob Mozol, May—Tom Cantafio

**Door Prizes:**

March—Ann Cantafio, Brent Tingey, John Yarema and Mel Rusiecki

April—Bill Jenkins, Harry Craig, Frank Phipps, Bob Mozol

May— Albert Delbaere, Victor Ratte, Mel Rusiecki, Stella Patson

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

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

Giuseppe Aiello  
Donald Alexander\*  
Ron Bailey  
Donald Bazylo\*  
Antonio Braga\*  
Madlyn Bridge\*  
Albert Brunetta\*  
Mabel Burr  
Russell Contois  
Jean Cumming\*  
Thomas Curtis\*  
Jose Dacosta  
Kathleen Davis  
Helen Dudych  
Barry Duncan\*  
Josephine Elendiuk\*  
Brian Everts\*  
Evelyn Gabbs  
George Gates\*  
Annie Goodz\*  
Eleanor Gray\*

Walter Hanaway\*  
James Hayes  
Lenore Hedge\*  
John Heuvel\*  
Alexander Holowachuk\*  
Pauline Icton  
Audrey Keenes\*  
John Kernatz\*  
William Komarnycky\*  
Anne Koval  
Jack Kozuska\*  
Bill Lazaruk\*  
Marian Leontowich  
Robert Lewis\*  
Arthur Lounsbury\*  
Mary Lupachow  
Allan MacDonald\*  
John Malar\*  
Gladys Marks\*  
Anthony Maruca  
Saverio Masi\*

Stanley Michalski  
Audrey Moran\*  
Douglas Morton\*  
Sadie Murphy  
Helen Pearson, wife of Glen\*  
Pearson  
Anne Petrycia  
Oscar Raginski\*  
M. Richter  
Joe Roberts\*  
Ann Sharp  
Ken Tacium, son of  
Ed\* Tacium  
Peter Trochim\*  
Martha Underwood



## From The Editor's Desk—Janet Lewis Anderson

### Symington Family Day

Another big celebration this year is in the works. In addition to celebrating the 100th anniversary of the CN Transcona Shops this June, on Saturday, September 15th, 2012, *Family Day at Symington will be celebrating the 50th anniversary since the opening of Symington Yard.* It will be held from 11:00 a.m. to 16:00.

Due to the popularity of this event and the ever increasing numbers of those in attendance, we must stress that this is an opportunity for employees, pensioners and their families to experience the workplace. Therefore, in order to attend, a ticket will be necessary to enter and enjoy the event. Each employee and pensioner can order up to 4 tickets. Numbers in excess of this amount can be purchased for a nominal fee with all proceeds going to charity. More information to follow at our June meeting and in our next newsletter.

### The Canadian Railway Hall of Fame

The Canadian Railway Hall of Fame is seeking Nominations for 2012 inductions. See [www.railfame.ca](http://www.railfame.ca) for details. This is an excellent way for you to recognize achievement in the Canadian Railway Industry, whether it be individuals from the "railway community" involved in building, operating, community development, and the development of technology OR perhaps nominations for specific historical locations, or achievement - your input to this Industry driven hall of fame initiative is important.

### The Travel Corner:

- Mediterranean Adriatic Cruise with Ken & Liz Carroll May 30th—June 12th, 2012.
- New Zealand & Australia Cruise with Ken & Liz Carroll January 27th—March 4th, 2013.
- Inaugural Mediterranean Cruise onboard the beautiful new Royal Princess with Janet & Bruce Anderson June 23rd to July 6th, 2013.

For more information about these cruises, contact Bev Harbour at Carlson Wagonlit Travel, 336-7240 or toll free at 1-800-661-3193.

### Alzheimer's Disease VS Dementia

At our May General Meeting, Maria Mathews, Manager of Client Support Services from the Alzheimer's Society of Manitoba gave a most interesting and informative presentation about Alzheimer's Disease and Related Dementias. Did you know the term "Dementia" is the umbrella word and actually encompasses approximately 70 different types of dementia of which Alzheimer's disease is the most common form?

Alzheimer's disease is more than just memory loss. Warning signs include: trouble performing familiar tasks, language problems, disorientation of time and place, poor or decreased judgement, problems with abstract thinking, misplacing things, changes in mood and behaviour, loss of initiative. People with Alzheimer's often retain their social pleasantries, their sense of humour and long term memories and habits, often reverting back to the time when they were between the ages of 3 and 30. They can pick up on visitors' tone of voice and on their body language. Visitors should approach them from the front, maintain eye contact and speak slowly.

Things you can do to help your brain: eat healthy—consult the Canada Food Guide, exercise daily to increase oxygenation to the brain, protect your head from injury, stimulate your brain, stay socially engaged.

For more information or for support, contact the Alzheimer Society of Manitoba at (204) 943-6622 or toll free at 1-800-378-6699. You can also visit their website at [www.alzheimer.mb.ca](http://www.alzheimer.mb.ca).

### Lost & Found

Still not claimed—A 25 year lapel pin from VIA was left behind at the Christmas luncheon. If this item belongs to you, contact Ernie at 255-1123.

***A Reminder—MTS 10 digit dialing begins July 29th & will be mandatory as of November 3rd.***

## Pages From Our Past by Harvey Hosfield

I retired in December 1986 and found that a group of retired conductors and trainmen who called themselves the "U.T.U. Seniors" were meeting in the Training Centre building behind the CN Depot. There were approximately 65 of us who discussed our CN pension, etc, while at the same time sharing railroad memories. I was aware of the CN Vets Division #1 and decided to join this group. As a point of interest, in 1995 the U.T.U. Seniors joined with the Association and the name was changed to the CN Pensioners' Association of Manitoba.

Shortly after I joined the CN Vets, I learned that they weren't officially affiliated with the National Council of CN Pensioners. I contacted Don Mills, the then President of the National Council and he invited me to come to their next annual general meeting to represent the Winnipeg Seniors, and so in November 1988 I flew to Montreal to attend my first Annual General Meeting of the National Council. With the help of the CN Vet's President Borge Gade as well as George Turnley and George Clements, a motion was passed for their association to re-affiliate with the National

Council. The National Council was struggling to gain membership as not every pensioner belonged even though the National Council represented all pensioners. I believe the membership fee back then was \$15 per year.

What brought a dramatic turn around of the membership and financial situation was that the company agreed to arrange to have the monthly membership fee of \$1.00 to be deducted off our monthly pension. Cecil Steeves was persuaded to accept the N.C. Treasurer's job but, due to health issues and of course the need for some serious computer skills in that role, he decided to give up the position. It was then that Bruce Peacock of Moncton, NB, took over, and well, as they say, the rest is history. With the stewardship of our local Treasurer, Ernie Borowski and the enthusiasm of Wayne Zaharia, our local Membership Chair, the Manitoba Association now has close to 4000 members.

Please make the job of Treasurer and Membership Chairs easier by paying your local fee by pension cheque deduction. These are volunteer positions so do your part by going on pension cheque deduction. It's as easy as picking up the phone and calling Wayne at 694-5133.

## Golf at Kingswood

Our annual Golf Tournament at Kingswood will be held on Tuesday, June 26th commencing at 9:30. Cost is \$78 per person which includes golf, sharing a cart and a BBQ steak Dinner. Money is due by June 15th. To play or for more information, please contact Ron Davis at 489-4485.



## CN Railroaders in the Community Retiree Program

Introduced in October 2010, this program recognizes efforts of retired employees by providing a \$500 cash grant to the community based charitable organization they choose to support through their volunteer efforts. To learn more or to apply, visit [www.cn.ca/en/corporate-citizenship-community-employee-volunteers.htm](http://www.cn.ca/en/corporate-citizenship-community-employee-volunteers.htm).

## Annual Retirement Banquet

The TCRC Division 583 would like to announce that it is having its Annual Retirement Banquet for Locomotive Engineers and CTY employees on Saturday, September 8th, 2012 at Canad Inns Club Regent Casino Hotel.

Tickets are available from Brent Boudreau (797-6523), Darryle Deserrano (771-9833), James Powell (232-2247), or Mel Rusiecki (255-1361). To reserve a table you must have at least 8 in your group with a maximum of 10 per table.

## Fitness Tips by Diane Walton

**"Elevator" Chair Rises:** pause at each "floor", slowly, controlled, 3 stops.

**Neck Exercises:** ear to shoulder—look over shoulder; slow and controlled moves, not jerky.

**CN Pensioners  
Association of Manitoba**

P.O. Box 2669  
Winnipeg, MB  
R3C 4B3

We're on the Web—  
[www.cnpensioners.ca](http://www.cnpensioners.ca)

Letters to the Editor are much appreciated. If you have something of interest with other CN pensioners I'll be happy to pass it along. Email [jelretired-mama@hotmail.com](mailto:jelretired-mama@hotmail.com). Be sure to identify CN Pensioners in the subject line. Mail address—55 Four Oaks Cove, Winnipeg MB R3K 0V7.

The newsletter is mailed out quarterly by your local Assoc. Total cost of the mail-out is borne by the Assoc.

Email Fraud? Report any Email fraud / phishing to the RCMP at [www.rcmp-grc.gc.ca/scams-fraudes/index-eng.htm](http://www.rcmp-grc.gc.ca/scams-fraudes/index-eng.htm).

Report Phone / Telemarketing Fraud to the FTC at [www.ftc.gov/bcp/edu/microsites/phonefraud/report.shtml](http://www.ftc.gov/bcp/edu/microsites/phonefraud/report.shtml).

**CN Pensioners Association of Manitoba**

**Volunteers in Mailing**—Thank you to all who came out to assist in mailing this edition, and with past editions. The reason we did not post names of the volunteers this time is because the newsletter goes to print before we actually know who will be out to help. And so to all Volunteers past and present, please know that we truly value and appreciate your participation and we look forward to your continued support.

**Bowling**—CNPA Mixed 5-Pin League every Thursday at 10:00 at Mosienko Lanes. To join or to spare, please call Marge Jacobson at 222-6012.

## 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, advise the above number. If you are married at the time of retirement, make sure that CN has your spouse's name on file. Changing banks, with direct deposit, never close your old account until the cheque shows up in the new account.

Change of Address	1-800-361-0739
Canada Pension & Old Age Security	1-800-277-9914
Canada Custom & Revenue Service	1-800-959-8281
Blue Cross, contract number 93115	775-0161
Income Tax Assistance—Jim Miln	1-204-253-0137
Health Links Info	788-8200, or 1-888-315-9257
Phone numbers for International Employees:	
U. S. Railroad Retirement—Fargo	1-877-772-5772
U.S. Social Security—Grand Forks	1-701-772-5518

## The Book Store

Looking for gift ideas? How about one of the books authored and published by one of our fellow pensioners? To obtain a copy of one of these books and for an interesting read check out the following:

- Smoke, Cinders & Railroaders, contact Paul Doroschuk at 204-638-4312
- In One Lifetime: by Theresa Shanoha, 774 -390.
- A Sentimental Journey: by Karl Olafson, 256-5221.
- Through the Window of a Train: by Barbara Lange, 667-8521.
- In The Arms of The Angels—Our Journey Through the Darkness of Dementia: by Janet Lewis Anderson, 275-0482.
- Events in the Life of Kei: by Gerrit Boonstra, 204 268-3998.

**Newsletter On Line:** Go to [www.cnpensioners.ca](http://www.cnpensioners.ca), then Publicity Page, then "Members Only. A pop up screen will appear requesting a username and password. Username name is: [cnpamb](#); Password for everyone is: [newsletter](#).

## Scholarships and Bursaries

For information about the *CN Scholarship Program*, please visit [www.cnpensioners.org](http://www.cnpensioners.org) or [www.cn.ca](http://www.cn.ca).

For information about the *Bursary Program sponsored by the CNPA of MB*, please visit [www.cnpensioners.ca](http://www.cnpensioners.ca).

