

Union Depot, Winnipeg, Man.



CN Pensioners Association of Manitoba

Meetings held at 1:30 p.m. on the 1st Wed of the Month at the
Norwood Legion, 134 Marion St., Winnipeg except for the
months of July, August and December

Special Points of Interest:

- President's View
- Scholarship and Bursary Awards
- Joe Salay—
Manitoba Football
Hall of Fame

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



Winter 2014

President's View—Ron Davis

Another year is almost over, and we are all looking forward to the Holiday Season. Your Executive Committee is continuing to promote the interests of all of our pensioners. Your Health Care Committee is working hard to provide a health care plan that offers benefits at the lowest possible costs.

In September, the Pensioners' Association donated an Automatic Defibrillator to the Norwood Legion for use in case of emergencies. The defibrillator has been affixed to the wall near the bar in the Legion. In addition, we arranged for a volunteer from the Winnipeg Fire Department to appear at the September Meeting and provide on hand training for the members and the Executive. In addition, we are looking for first-aid training for our members.

CN Family Day at Symington, held on Sept 7th was attended by over 3000 employees, pensioners and families. The Silent Auction raised \$10,181 for the Children's Hospital Foundation plus \$4,145 for the United Way Winnipeg. Another fabulous and fun day, and a huge success!

Wishing All a Merry Christmas and a Happy and Healthy New Year!

Special Events Report—Linda Schram

The first general meeting in 2014 has been rescheduled to Wednesday, January 8th at 1:30 p.m. due to the New Year's Holiday on Wednesday, January 1st. Spouses are welcome.

Our speaker for the October meeting was Lori from Snowbird Mediquote Travel Insurance. She spoke about travel insurance, the importance of full disclosure of all medications being taken, and any pre-existing conditions. To get a quote or assessment on your existing policy, call Lori at 1-204-947-9210.

Our speakers for the November meeting were from Disability Tax Credit Services. For a free consultation, call them at 204-221-8628. You just might be eligible to claim this tax credit.

Upcoming Speakers:

January 8th, 2014: Guest Speaker will be from Manitoba Osteoporosis. The topic will be about osteoporosis and how it affects men and women.

February 5th, 2014: Guest Speaker will be from The Heart & Stroke Recovery Association.



Executive Council 2012—2013

(Precede all MB numbers
with 204)

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ronvel@mymts.net

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Carson Hull
Janet Lewis Anderson
Ron Davis, Past President

Membership Report—Wayne Zaharia

As of November 30th, 2013 membership is as follows:

Total Paid Membership: 4,019

Payroll Deduction: 3,862

Fees Paid by Cheque: 157

Where has the year gone. Seems like I was just advising cheque paying members their 2013 fee was due and here it is time for your 2014 fee to be paid. I would appreciate you seriously consider changing over to monthly pension cheque deduction of \$1 a month. This makes it easier for all by saving time inputting data into our membership data base, taking cheques to the bank and informing National Council of members paying by cheque. It saves you time in not having to make out an application, envelope and buying stamps but most importantly you don't have to wonder did I pay my membership or not. It's quick and easy to do – just give me a call at 204-694-5133 and I will make the necessary arrangements for you. Simple as that. Remember we are all volunteers working on your behalf and anything you can do to lighten our workload is appreciated. Thanks very much.

N.B. If you have paid your membership fee since September 1, 2013 and on it will be applied towards your 2014 membership fee.

Reminder: pension cheque deduction members do not have to renew every year.

Welcome to the following new members:

Bach, Ronald
Bezdek, Stan J.
Bonneteau, Gilles
Bruyere, Alvin
Cechvala, Brian
Champion-Taylor, Brent
Claeys, Alice
Cormier, Ronald J.
Dupuis, Jules
Ellis, Marian
Fitzmaurice, Alan
Fudge, Freddie
Golebioski, Louise
Grabowski, Don
Hadaller, Fredrick Earl
Hayhurst, J. Franklin
Helgeson, Dorothy
Honer, John
Joyal, Doreen

Komish, Eugenia
Kostuchuk, Cathy
Kotz, Annie
Lavergne, Justina
Law, Gilbert
Lenius, Allan
Lipski, Bryan
Malmquist, Barry
Masi, Saverio
McCracken, Ken
McGhie, Irene
Mercredi, Marcel
Mestdagh, Dave
Moore, John
Mushie, Patricia
Oliver, Sarah
Rodrigues, Albert
Roy, David
Rud, Mark

Samborski, Gertrude
Sandelovich, Ronald
Scheller, Neal
Seagris, David
Shumilak, James
Sigurdson, Barry
Skrupski, Larry
Slota, Dan
Smith, Gavin
Stephanson, Marjorie
Thibault, Brian
Tipper, Doris
Vienneau, Joe
Westerback, Eric
Wiens, Murray
Wood, Ewen



Attached membership application form is for cheque paying members who hopefully will sign up for pension cheque deduction.

Membership Application Form

Please accept my application for membership in the CN Pensioners' Association of Manitoba. I understand that the annual fee is \$12 per calendar year (January to December), which I can pay through a pension cheque monthly deduction of \$1 or by cheque for \$12 made to the order of the CN Pensioners' Association of Manitoba.

Name: _____
LAST NAME FIRST NAME

☐ Pension cheque deduction

Address: _____

City: _____ Prov. _____

☐ Enclosed is my cheque for \$12

Postal Code _____

PIN: _____

Phone Number: _____

Date of Application _____

Signature _____

Email address _____

Mail application to:

CN Pensioners Association of Manitoba
P.O. Box 2669
Winnipeg, MB
R3C 4B3

Employee Fitness Centre

If you wish to become a member of the Fitness Centre located at Symington Yard, application forms are available at "M" Building or at the Fitness Centre Application Desk located outside the offices of the CN Police. Instructions on how to fill out the form can be found on our website at www.cnpensioners.ca/wiki/.

Shooting Star Casino Trip

The next Shooting Star Casino Trip will be February 2nd to February 4th, 2014. To reserve your seats or for more information, call Albert Delbaere at 204-256-8419.

Grand Beach Memories Wanted

Barbara Lange is looking for stories for her next book. If you have a story to share, please contact her at 204-667-8521 or email at railwaystories@hotmail.com.

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 September 2013: Lawrence Soltowski, Steve Claire, Eugene Volk, Henry Klatt, Linda Hutchings, Edith Pinga, John Young, Bernice Taylor, Christine Managire, Jim & Lorraine Miln, Robert Tanghe, Andy Anderson, Bernice Dimond, Tom Brownlee, Ron Kawaler, Ken Balla, Dina Losorata, Jim Maskiw; from November 2013: Alice Claeys, Bryan Lipski, John Moore, & Ernie Yakiwchuk.

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



Outreach Committee

Hank Gosselin	204-255-2722	George Lintick	204-254-1032
Linda Ksionzek	204-669-8308	Mel Rusiecki	204-255-1361

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).

John Almdal* is at home recuperating from a broken leg.

Boris Beyak* is at home recuperating from a broken leg.

Clarence Blair is recuperating at home after several major surgeries and a lengthy stay in hospital. He is now cancer free and is slowly gaining weight.

Lyle Corbet* is recuperating at home from a heart attack. He also has other health concerns.

Victor Doroschuk* is in Deer Lodge Centre.

Eila Gill, wife of Bob Gill*, is now in Poseidon Care Home, waiting for placement.

Mike Gallagher is now in Deer Lodge Centre.

Ed Grzadka* is home recovering from for C. difficile and is doing better.

Hugh MacKinnon* is in Deer Lodge Centre, Tower 6 - #625. He would like visitors.

Stan Pardoski* is home and is feeling well. He is now using a walker.

Arnie Ryland* had a second knee operation in mid-August. He is home and is doing well.

Orest Yarema, father of Ron Yarema* is home after spending two weeks in Ste. Rose Hospital. He is recovering from an accident in Waterhen and is doing well.

Birthdays:

Nancy Bially, wife of Nestor Bially* celebrated her 80th birthday on September 18th.

Nestor Bially* celebrated his 82nd birthday on August 3rd.

Clarence Blair* will celebrate his 72nd birthday on December 4th.

Ernest Cruse* celebrated his 99th birthday on November 1st.

Therese Fillion* celebrated her 88th birthday on September 19th.

Stan Kopp* celebrated his 72nd birthday on August 25th.

Alex Kozun* celebrated his 79th birthday on August 9th.

Juliette Kozun, wife of Alex Kozun* celebrated her 75th birthday on May 2nd.

Lloyd Lovie* will celebrate his 85th birthday on December 9th.

Hugh MacKinnon* celebrated his 94th birthday on June 1st.

Tony Makodanski* celebrated his 75th birthday on August 15th.

Jennie Pieczko* celebrated her 80th birthday on November 4th.

Paul Prince* celebrated his 90th birthday on November 8th.

Linne Prystie, wife of Harold Prystie* celebrated her 77th birthday on July 24th.

Teresita San Diego* celebrated her 79th birthday on September 5th.

Congratulations and best wishes for many more years of good health and happiness to the above!

Happy Anniversary Wishes to:

Bill* and Diana Baran celebrated their 58th Wedding Anniversary on October 8th.
 Nestor* and Nancy Bially celebrated their 60th Wedding Anniversary on October 10th.
 Stanley* and Evelyn Kopp celebrated their 50th Wedding Anniversary on September 7th.
 Marcel and Susan Ratte* celebrated their 45th Wedding Anniversary on October 26th.
 Gerry and Mary Ann Russell* celebrated their 41st Wedding Anniversary on October 14th.
 Sam & Bernice Sadler* celebrated their 65th Wedding Anniversary on September 5th.
 Norman and Annie Wicharenko celebrated their 77th Wedding Anniversary on October 11th. Norman is 103 and Annie is 97.
 Bert & Betty Andrews will celebrate their 55th Wedding Anniversary on December 4th, 2013.
 Ron and Velma Davis will celebrate their 50th Wedding Anniversary on February 8th, 2014.

Birthdays of the Month:

August: Marge Jacobson
 September: Pierre Rawluk
 October: Mike Dubeck
 November: Dennis Brown
 December: Wayne Zaharia

Door Prizes:

September: Thelma Donnett, Tom Nichol, Marcel Ratte, Harold Prystie
 October: Ron Yarema, Bob Mozol, Tom Nichol, Bill Cameron
 November: J.P. Poitras, Barry Levandoski, Bob Gill, Lawrence Webb

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.*

Gordon Arthur*	Edith Dupas	Hector Moose
Lillian Balak, wife of John Balak*	Colin Ellis*	Hady Mosuk
Joseph Balon*	John Ewasiuk	George Murray*
Rodney Beards	George Flees	Sadley (Sam) Mushie*
Randall Betts, son of Gordon*	Anthony Fudali*	Joseph Nickol*
and Shirley* Betts	Gurmeet Singh Gill*	Harry Phill*
George Bilanchuk*	Gilbert Guenette*	Gilda Porco, wife of Gabriele
Andrea Brown*	William Haraczay*	Porco*
Darryl Bownass	Irene Harpe*	Gary Porter
Maria Cabral	Gertrude Hay	Milo Redbourn*
Lea Marie Chernetski*	Cecil Islietson*	Theresa Shanoha*
Paul Coates*	John Kizlyk*	Sylvia Sitarik
Laureen Cochrane, wife of John	Geraldine Knapp*	Charles Sitarz*
Cochrane*	Tony Kowalchuk	Margaret Smith*
Morris Cohen	Ivan Krysko*	Raymond Stotts
Mary Cutts*	Ernest Krywonis*	Eva Sudyn
Berta Dall	Lorraine MacDonald*	Mary Tesarski*
Walter Davie*	Mae McMullin, Mother of Patrick	Robert Tipper*
Anne Decka	McMullin*	Eileen Torchia
Anne Didyk Shewshun*	Morley Miles*	Katie Ushy
Ronnie Duczminski*	Dilys Moir*	Lavon Will-Manchester



Alex Scott

National Council Scholarship Winners 2013



Taylor Bird

The National Council of CN Pensioners is pleased to announce the first annual scholarship awards to 10 deserving students from across the country. Two from each region were successful recipients of \$1000 each as follows:

- | | |
|-----------|--|
| Atlantic: | Keillor Steeves of Moncton, Grandson of Marjorie Wells
Melissa O'Brien of Corner Brooker, granddaughter of Thomas O'Brien |
| Quebec: | Chloe Marceau-Gosselin of Montreal, granddaughter of Reynald Gosselin
Kathleen Claire Meszaros of Ottawa, granddaughter of Robert Devey |
| Ontario: | Zachary Adams of Pickering, grandson of Joseph Adams
Matthew McLeod of Arva, grandson of Klemens Libal |
| Prairie: | Alexander Scott of Regina, grandson of Hermina Konstantowicz
Taylor Bird of Winnipeg, grandson of Ken Cox |
| Mountain: | Robert McClure of Alberta Beach, grandson of John McGinley
Willow Frissell of Wainwright, granddaughter of Edward Frissell |

Manitoba Bursary Winners

This year the CN Pensioners Association of Manitoba was pleased to award 3 bursaries to grandchildren of our pensioners. The recipients are: Brielle Villanueva, granddaughter of Cecilio Villanueva; Kathryne DesAutels, granddaughter of Marcel DesAutels; and Julie Lafreniere granddaughter of Denis Le Gal. Congratulations to Brielle, Kathryne and Julie!

Prairie Region Scholarship Award

The Prairie Region Scholarship Committee is pleased to announce that through a local initiative, the Saskatchewan Council and the Manitoba Association have jointly funded a \$1000 Scholarship award. This additional award is a direct result of the impetus of both the National and Manitoba programs. The Prairie Region committee is therefore pleased to announce that the successful recipient is Sheryl Demetriooff, granddaughter of William English. Many thanks to the Saskatchewan Council and the Manitoba Association for their cooperation and contribution, and of course congratulations to Sheryl Demetriooff.



Joseph Salay—Manitoba Football Hall of Fame

This past summer (2013), Joseph Salay, a CN Pensioner, was honored to be inducted into the Manitoba Football Hall of Fame as part of the 2013 class in the builders' and team categories. As well, the team that he built and coached, The Rivers Rams, were also inducted into the Manitoba Hall of Fame in the team category. Here is Joe's story.

In the spring of 1960, Rivers High School in Rivers, Manitoba made a decision to enter a football team into the Rolling River High School Football League. However, they didn't have a person inside the school, with any football experience, to take over the team. Enter a young man by the name of Joe Salay who had been working for CN Rail in Rivers as a telegraph operator since 1956. Joe, who had played both high school and junior football as a young man, stepped up to both build and coach the team.



Unfortunately, when that first football season arrived, a new school gym teacher with no football experience of any kind wanted to take over the team so Joe graciously stepped aside. However, it wasn't long before the school recognized the mistake they had made and asked Joe to return. It was too late that year to salvage the season and the team went without winning a single game. Joe settled into building a strong football program over the next three years culminating with the Rams finishing in first place and winning the Rolling River School Division High School Football League Championship in 1963.

At the end of the 1963 season Joe was promoted and transferred back to Winnipeg with CN. The next year, as a direct result of the work that he had accomplished in Rivers, the Rams went on to win both the MSSAA Provincial Rural High School Football Championship and the Rolling River School Division High School Football League Championship.

Joe continued to be active in his community, serving as President of the Norberry Community Centre. In 1967 he was recruited by the Parks Board to head-up and start six man football at Norberry. Teams were entered in all four age categories (10 through 14 years). Joe also became the contact for the South-East Division and even coached the 14 year olds over two years, reaching the city final in 1967. And, if that wasn't enough he became Referee- and Chief of the South-East Division from 1968 to 1969.

About 25 years later after leaving Rivers, Joe happened to be back there on business and while waiting to meet one of his contacts at the hotel, he bumped into one of his former fullbacks, Dave Elliott who commented: "You took a bunch of guys who had nothing to do and were going nowhere. You melded us into one hell of a football team. We often get together and we agree that the life lessons you taught us, how to win without being arrogant, how to lose with dignity, how to get along with each other, the camaraderie, the conditioning and the dedication, all of this we took with us when we left high school. We could have stayed and played football as long as you wanted us to". It was at that moment that Joe realized what a positive influence he had on their lives. That was extremely gratifying! Congratulations Joe!

CN Railroaders in the Community Retiree Program

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 <http://www.cn.ca/en/delivering-responsibly/community/cn-railroaders-community> or the National Council website at www.cnpensioners.org and click on the tab "CN Volunteers".

Congratulations to Gerry Russell for his volunteer work and grant to the Abbotsford Regional Hospital and Cancer Centre; to Ron Morin and Janet Lewis Anderson for the Scleroderma Association of Manitoba; to Don Johnson for the ALS Society of Manitoba, and Rose Chapman for the Grace Hospital Auxiliary.

**CN Pensioners
Association of Manitoba**

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We're on the Web—
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. 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.

Report Phone / Telemarketing Fraud to the FTC at 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.

Next Newsletter Mailout—Friday, February 21st, 2014

Bowling—CNPA Mixed 5-Pin League every Thursday at 10:00 at Mosienko Lanes. To join or to spare, please call Marge Jacobson at 204-222-6012.

Frequently Called Numbers

The CN Pensioners Help Line (Morneau Shepell) 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	204-775-0161 switchboard
National Claims Direct	204-775-9261
Income Tax Preparation—Jim Miln	204-253-0137
Health Links Info	204-788-8200, 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.
- A Sentimental Journey: by Karl Olafson, 204-256-5221.
- Through the Window of a Train: by Barbara Lange, 204-667-8521.
- In The Arms of The Angels—Our Journey Through the Darkness of Dementia: by Janet Lewis Anderson, 204-275-0482.
- Events in the Life of Kei: by Gerrit Boonstra, 204-268-3998.

Newsletter On Line: Go to 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 *National Council* or *CN Scholarship Program*, please visit www.cnpensioners.org. For information about the *Bursary Program sponsored by the CNPA of MB*, please visit www.cnpensioners.ca.

