



# Pensioners' news

Keeping pensioners' information on track  
Volume 28 • Number 1 • Spring 2024

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## IMPORTANT

When a pensioner/surviving spouse moves or dies, CN Pension and Benefits Administration must be advised immediately by calling 1-800-361-0739 so that an accurate information database can be maintained.

The Company (CN) has reached an agreement with the CN Pensioners Associations (CNPA) to provide mailing addresses periodically. This is so that the pensioner or surviving spouse does not have to make a second call to the National Council.

## PRESIDENT'S MESSAGE

As the new President of the CNPA, I first wish to express my appreciation to the two most recent Past Presidents, Reg Hebert and Yves Bourdon, who, along with their national councils, grew, enhanced and guided our Association over the past several years. Yves got pensioners more engaged with the CN Pension Committee, by getting the CNPA President added as an equal co-chair on the Committee. He was also instrumental in jointly developing the first CN-CNPA Partnership Agreement, which expanded our CN relationship and saw the CNPA support CN in a wide variety of their community and corporate initiatives, including the extremely challenging, but very successful, CN 100 celebrations.

Reg Hebert has provided a long and steady influence on our Association, first creating and leading our own National CNPA Scholarship Program. He was key in the maintenance of the CN-CNPA Partnership Agreement, providing enhanced benefits to both CN and the CNPA. However, early in his term the pandemic struck and shuttered people, programs and activities. Despite this, he found innovative ways to meet your needs in an environment built around virtual contact.

So with that foundation, I start my three-year term. While we can't predict all future challenges or opportunities, our focus will be on **Strengthening and Growing YOUR Association**. One embedded Association mandate is to **"promote and protect the social, economic and fraternal interest"** of you, our members, and we will work to constantly find ways to improve on each of these pillars.

By some terms, I am a relative newcomer as a pensioner and Association leader. I retired in 2016 in Winnipeg after 44 years' service, split between Operations and Marketing across Canada. I am active with the executive of the Manitoba Provincial Council and have been fortunate to have held various leadership roles on our National Council leading to my recent election as President.

The main themes that you will hear through our communications locally and nationally will be:

**-Strengthening and Growing YOUR Association** is our primary goal, which will lead to a more sustainable organization over time. The strength of your Association lies in you, the members. To continue to offer the current programs and services and actively pursue new ones, we need to have a strong and increased membership base. As we all age, we lose almost 1,000 pensioners who pass each year, and the actual new CN retirees are fewer each year. While we can't influence this, we can do a better job actively recruiting each new retiree. You will hear this more as we move forward, and we focus on new, innovative, and positive programs or services that will attract new members. Ultimately, our goal is to have everyone who reads this newsletter be a CNPA contributing member.

**-Getting more of you involved.** Having a solid and engaged group of officers at all levels of the Association is critical to our success. During my working days I crossed paths with focused, dedicated and energetic employees who are now pensioners like us. We have been able to recruit some great new people by canvassing our membership to fill some of our key vacant roles. While we have been successful recently, we still need more of you to help us lead and manage your organization at all levels. Finding bench strength is critical and essential for our National Council, but equally, if not more essential, for the Local Councils across Canada. The work of these Councils is critical to maintain our presence and to **"promote and protect the social, economic and fraternal interests"** of our members in their area.

Next newsletter deadline: Articles for the  
Summer edition due by June 30, 2024

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2024 National Council and Executive Committees,  
including the Regional Vice-Presidents,  
visit [www.cnpensioners.org/councils](http://www.cnpensioners.org/councils)

National website and national Facebook pages  
For more information, contact names and numbers,  
please go to our National website  
[www.cnpensioners.org](http://www.cnpensioners.org)  
[www.facebook.com/cn.pensioners.92](https://www.facebook.com/cn.pensioners.92)  
[www.facebook.com/cnpa.french.3](https://www.facebook.com/cnpa.french.3)

**CN Pensions and Benefits Administration – 1-800-361-0739**  
**Pensioners' web portal: [cnbenefits.hroffice.com](http://cnbenefits.hroffice.com)**

The portal is now available at [CNBENEFITS.HROFFICE.COM](http://CNBENEFITS.HROFFICE.COM)  
It will allow you to access relevant pension information and update your  
address and banking information. On your first visit, you will need to  
register. You will then be able to access the portal using your CN PIN  
(login ID) and the password you created.

If you require assistance with registering or logging in, please call  
the Pensioners' Helpline at 1-800-361-0739.

*CN is committed to adhering to the highest standards in all aspects of its corporate activities. In order to ensure that pensioners receive the maximum possible information concerning the Company, its activities, the Pension Fund, and all related matters, it funds this newsletter. However, the content of the newsletter is entirely the responsibility of the National Pensioners Associations, and CN assumes no responsibility for the content of the newsletter, which is the sole and exclusive responsibility of the Associations.*

If you have time to volunteer for your Association, contact any member of any Council or write to me and see where your time and talent might be the best fit.

**-Fairness** is a principle that we will overlay on our policies and programs. To be clear, "fairness" is not necessarily "equal." There may be factors that apply to only portions of the population, and those must be considered when developing policies to ensure they are "fair" to all.

In closing, as I am writing this in January for you to read in spring. I hope the winter was kind to you and the warmer weather brings with it opportunities to get back outdoors on a regular basis and enjoy the fresh air and all the benefits that it brings. We have a great team at the National Council and I welcome the opportunity to work with them to provide the best possible support and services for you, our members, and by doing so, continue to **strengthen and grow YOUR Association** and **promote and protect YOUR social, economic and fraternal interests** in the years ahead.

Best wishes,

**Bruce Anderson**

President, CN Pensioners Association

## MESSAGE FROM THE WEB MASTER

About a year ago, I mentioned that we would be moving to adopt email addresses with a standard "@cnpensioners.org" format. I really didn't think it would take this long (just like the website reconstruction) but we're finally moving in that direction.

You'll see on our page 2 position listing that some of the new @cnpensioners.org are shown. They've also started to show up on the CNPA website.

The value of using standard emails is that you, our members, can just send emails to the position, e.g., **president@cnpensioners.org**, rather than having to know who the current president is and what is his or her personal email. This is especially important when there is a change in the position, like the recent change from Reg Hebert to Bruce Anderson as CNPA President. In addition, it helps with the continuity of council business as this will help keep CNPA emails out of the personal email accounts of the position holders. Finally, it provides a way to grant backup coverage for temporary absences without sharing personal passwords. All good ideas!

Still, we'll all have a learning curve going forward but we'll do our best so that nothing gets lost as we change over.

Cheers,

**George Rowan**

## AN IMPORTANT PERSPECTIVE ON ITS MANAGEMENT AND YOUR PARTICIPATION

While I typically have some health-related issue or update on the Plan for you, in this edition I want to provide some oversight of our CNPA Health Care Plan, how we manage it, and also who participates in it. You should find this **interesting and informative**, so I hope you read this fully.

I get questions all the time about “how” the Plan is managed by Blue Cross, or why don’t they fix this or add that to the Plan. Despite the popular misconception, our Health Care Plan is **NOT** managed by Medavie Blue Cross (MBC). It is managed and overseen by a small group of your fellow Pensioners called the CNPA Health Care Committee. The Plan is complex and a big job to manage. We must make the rules, decide what medications or provisions are covered (and how much) and who is allowed to participate in the Plan. The CNPA assumes full liability for the Plan finances. As we assume full liability for the Plan finances, if the Plan loses money in a given year, the CNPA is accountable for that shortfall, not MBC, or an insurance company, and certainly not CN. CN does not participate in the Plan administration or funding in any way.

We contracted MBC to strictly **administer** the Plan provisions **on our** behalf. We pay them a basic fee we negotiated with them for their services, that’s it. No big insurance company making big profits. MBC collects your premiums (which we set – not them) and they pay your claims based on what we have told them to pay, and in what circumstances, based on the Plan rules we set. If there is a dispute over something in the Plan, they cannot just “decide” to pay the claim; they must come to us for review.

Over the years, we have kept good records on what medications and health services everyone uses, by province and in each Plan

option. We calculate the total claims at the end of each year, then we add the anticipated inflation and potential increased usage. If those total costs are higher in a particular province than what participants have paid in premiums, your rates will go up. Every time WE improve health services covered in the Plan, we calculate the impact on the Plan and adjust premiums, or use any surpluses generated, to cover the increased benefit costs.

The Plan has about 14,000 pensioners enrolled and when coupled with spouses, we provide services to about 22,000 Plan participants, so managing and overseeing the Plan is extensive. While the majority of those 14,000 “Pensioners” participating in the Plan are ALSO members of the CNPA, there are **about 2,300 of you** who utilize the benefits, **BUT choose NOT to be a CNPA Member**. Is that really fair? The services we provide as volunteers in managing the Plan, adjudicating the issues, answering questions and providing support, is what your CNPA does for you. None of us get paid to do this, and we are the ones taking responsibility for ensuring this Plan remains viable, and you have coverage, for the rest of your retirement years.

In other examples, you pay for personal memberships to get access to the services you WANT. It may be for your local gym or community centre, maybe CAA, or even Costco. So why would some of you not be members of the CN Pensioners’ Association and not pay its minimal \$1 per month cost to enjoy our Health Care Plan? We are reviewing this Plan aspect. If you are a CNPA member, thank you for your participation and support. If you are a Health Care Plan participant and **NOT** a CNPA member and want to now join the CNPA for only \$1 per month, kindly email me at **CNPAHEALTH@gmail.com** and I will make that happen. Or if you have questions about what we do for you, just ask.

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## BREAKING NEWS! – NEW CANADA DENTAL CARE PLAN

In December, the Canadian Government outlined senior eligibility for the **Canada Dental Care Plan**. It will be phased in and by mid-year 2024 most Canadians over 65 may be eligible to receive treatment and coverage under the Plan. You need to review the provisions, eligibility, timing and **HOW AND WHEN to apply online** at the GC website <https://www.canada.ca/en/services/benefits/dental/dental-care-plan.html>.

You should receive a government letter when you are age eligible to apply. When you receive the letter:

1. Follow the instructions in the letter to apply by phone.
  2. Wait to receive a confirmation from Service Canada that lets you know whether your application was successful and you qualify for the CDCP.
  3. If you do qualify, wait to receive your welcome package from Sun Life before scheduling any dental appointments. It will explain further when you can start to get care paid for and how.
- If you need help, get a family member to assist you, but make sure you take advantage of this important and valuable benefit. If you still have a general question, you can call Service Canada at **1-833-537-4342**.

## SCHOLARSHIPS 2024 - REMINDER!

Yes! Our CN Pensioners' annual scholarship program will again be available this year!

National Council voted in favour of financing the award for 2024, so applications will be accepted beginning April 15, 2024 until August 15, 2024.

Rules, terms, conditions and all pertinent information are available on our website at [www.cnpensioners.org](http://www.cnpensioners.org) under "Scholarships."

Make certain you tell your grandkids to read ALL the scholarship

material on the website. Every year there are some applications rejected due to incorrectly completed, missing information or the sponsor is not a contributing member of the CN Pensioners' Association.

Note: The email addresses for application submissions and questions have changed this year so check the website for the latest and correct addresses!

**Reg Hebert**  
Scholarship Chairperson–National

## ELECTION/APPOINTMENT OF OFFICERS TO THE NATIONAL COUNCIL



### 2024 NATIONAL EXECUTIVE

*Left to right: **Blake Olson**, 1st Vice-President/VP Mountain; **Reg Hebert**, Past President; **Bruce Anderson**, National President; **Joanne Gaborieau**, VP Prairie; **Ron Hewson**, National Executive Secretary/VP Ontario; **Ron Charles**, National Treasurer; **Nancy Zajacz**, Membership Co-Chair; **Peter Moloney**, Membership Co-Chair; **Earl Garland**, VP Atlantic Region; **George Rowan**, Webmaster; **John Bailey**, Director Atlantic*

At our Annual Directors Meeting (ADM), held in Montreal November 23–24, 2023, there were elections/appointments for a full slate of National Officers for three-year terms. These officers, in addition to others elected by their respective Regional/Provincial/

Local Councils, make up your **National Council** for the CNPA. A complete list of the positions and incumbents for the National Council can be found at [www.cnpensioners.org](http://www.cnpensioners.org), under the "National" tab.

## YOUR PENSIONS AND BENEFITS

Spring is in the air and some of you may be planning a move as the warmer months approach. Although you receive your monthly pension via direct deposit, it is important to update your address with CN Pension and Benefits Administration. You can do so online, at your convenience, by logging onto the Pension web portal at <https://cnbenefits.hroffice.com/>. Your new address will then be forwarded to Medavie Blue Cross if you are a member of the CN Pensioner Health Care Plan as well as to our Association.

Did you know? The CN Pension web portal also contains other pertinent documents such as your monthly pension deposit notice, your tax slips and your annual pension statement, which can be viewed, downloaded or printed. You can also change your banking information online, download forms or browse various articles that may be of interest to you.

Should you prefer to make your address change by phone, you can do so by calling the CN Pension Help Line at **1-800-361-0739**, Monday through Friday between 8 AM and 6 PM Eastern.

## 100-YEAR-OLD CN PENSIONER TRAVELS ACROSS CANADA BY TRAIN TO CELEBRATE HIS BIRTHDAY!

About 80 CN Pensioners turn 100 each year. Some are former CN employees and some are their surviving spouses, both reaching this historic milestone. The centenarians we meet tell us about their history, or their spouse's time at CN. William (Bill) Hamill turned 100 on August 21, 2023 and his daughter Mary Lou contacted us, as he was planning a unique event for this special birthday. While Bill had decided to captain a sailboat for his 99th birthday, he was looking at a couple different options for the 100th. One was to go skydiving from a Lancaster bomber, like the one he was assigned to as a gunner flying 30 plus missions over Europe during the Second World War. The other was to take a train trip across Canada. When the skydiving adventure could not be arranged, the cross-Canada VIA trip was the logical choice.

Bill Hamill started his career at CN in the Mechanical department in 1941 as a call boy for \$0.35 per hour, then on as a machinist helper working on passenger cars in the roundhouse and the then Spadina shops in downtown Toronto. Shortly after he hired on, he was granted leave in 1942 to join the war effort, which included bombing on D-Day. He later returned to Canada, and his career at CN.

Like so many other railroaders in his day, joining the railway was a family affair. Bill's dad William and his brothers Jack, Archie and Leonard all worked for CN in the Toronto area (see the family picture featured in CN's "Keeping Track" magazine in the 70s). Bill progressively worked his way up to the position of Shop Foreman and also worked in the regional offices. He was considering retirement when he was asked by CN to take an assignment in Tanzania using his expertise to assist a CN-sponsored local railway project. He was there between 1980 and 1982, and again between 1986 and 1989. His efforts were recognized, the project was a success, and he took his well-deserved retirement.

In retirement, Bill has always looked after himself, keeping



*Left to right: Blake Olson, Bill Hamill (red hat), friends and family members.*

fit and active. He cherishes his family and now lives with his daughter Mary Lou on the Sunshine Coast in BC.

His "Last Run" planning started a few months ago, when Bill and Mary Lou started preparing for his final train trip across Canada, which would depart from Vancouver Pacific Central Station on his 100th birthday, August 21. With his niece Cheryl and her husband Carl joining him, they would travel to Toronto where he would meet with more of his extended family and "old" friends.

A couple hours before the Vancouver train departure time, they were advised by VIA that due to severe forest fires near the CN rail line, they would be forced to board in Edmonton the next day. They scrambled, rented a car and headed northeast where they "restarted" the train journey in Edmonton. VIA Rail treated their special traveller extremely well during the journey and he proudly wore his CN "100" hat and shirt during his trip.

Bill has now returned home and while he said this was his "last run" he may have another adventure or two in the future.

For a further overview of this centenarian, **search "William Hamill – Global News" and watch the news video.**

# THE SKY IS THE LIMIT

## Railroaders in the community



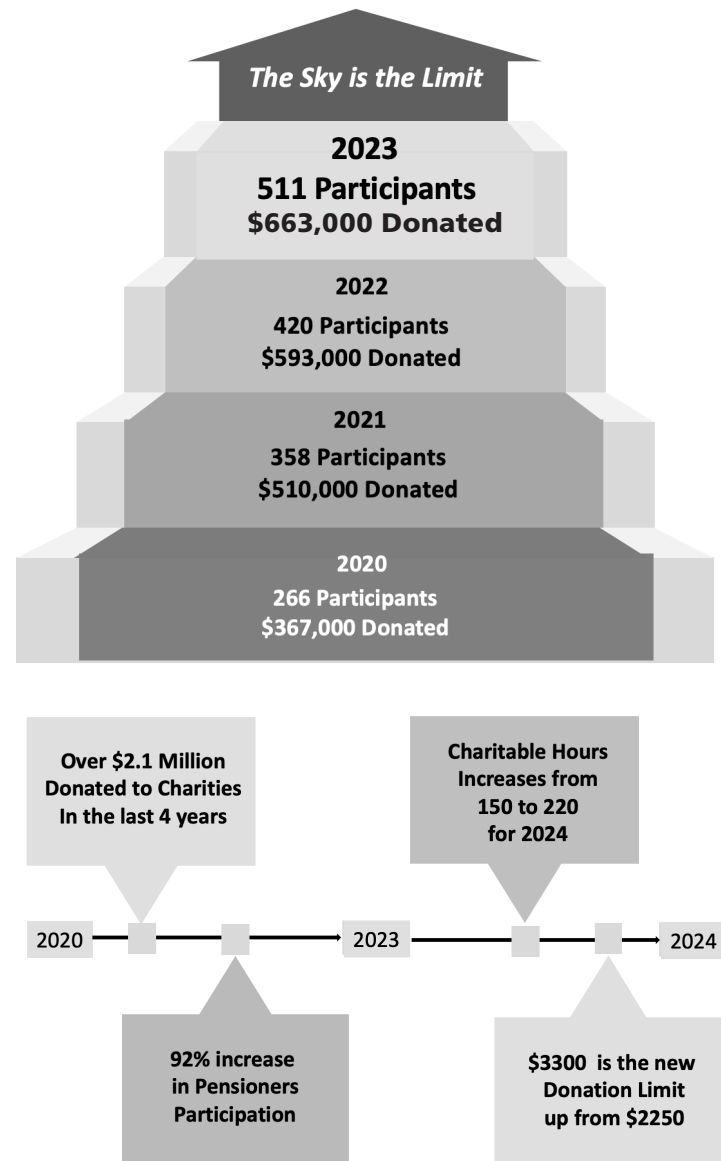
The 2023 RRITC program slogan was **Stretch Targets** and it was selected in the hope that we could find ways to surpass the tremendous results of the 2022 program. You did not let us down.

The 2023 results were even more amazing, and a true reflection of your determination to not only provide your volunteer time to worthwhile charities, but also to log those hours so your charities would receive a financial contribution. The number of volunteers registered in the 2023 program increased from 420 to **511** and the total funds raised for your charities increased from \$593,000 to **\$662,877**, both confirming that you could indeed, hit your **Stretch Targets**. As added information, your collective efforts supported **586** charitable organizations across Canada. These numbers are worthy of a “pat on your back,”, and each and every charity that benefitted from your efforts would join in thanking you for your support!

### BREAKING NEWS FOR 2024

For 2024 the RRITC program has been adjusted and it provides you the opportunity to shatter the 2023 results. Under the 2023 guidelines, CN Pensioners and their spouses could log up to 150 hours in the program, and at \$15 per volunteer hour, your charities would then receive up to **\$2,250** in donations from the program. In **2024**, CN has increased the maximum hours to 220, which would total **\$3,300**. For pensioners, this represents an opportunity to generate almost 150% of last year’s maximum financial contribution to your charities of choice. In addition, the bonus program has been continued, so if you volunteer and log your hours **AND** you are a **contributing member**, CN will donate an additional \$100 to your charity.

So, our slogan for 2024 is *The Sky is the Limit* and I look forward to reporting next Spring that we took advantage of this incredible opportunity and that the number of volunteers and the funds you generated for your charities, soared to new heights.



### WE NEED YOUR STORIES

We continue to receive profiles from CN pensioners and their families that highlight not only their own volunteer efforts, but also provide some of the background on the charity they volunteer for. We have very few unpublished profiles left in the bank and the flow of new profiles has been reduced to a trickle. If you volunteer and have not already had your profile and that of your charity submitted for publication, please consider submitting the profile of you and your charity. They bring to light the back story of so many worthwhile causes and may just spur one more volunteer, or encourage others to share their profiles as well.

If you have a profile you would like to share, please send it in Word format, along with any photos in JPG format, to **btanderson54@hotmail.com**.

### ARE YOU VOLUNTEERING?

If you volunteer for a registered charity and are not currently registered in the RRITC program, please consider signing up by following the brief instructions at <https://cn.benevity.org>.

If you experience an issue logging in as a pensioner or a surviving spouse, please email **railroadersinthecommunity@cn.ca** for their assistance.

If you know someone that either currently volunteers, or would like to volunteer, and does not have the internet capability to set themselves up and log their hours, maybe explore alternative resources to assist them.

You can always go to the CNPA website, – **www.cnpensioners.org**, under “CN Community.”

## VOLUNTEERING BRINGS UNDERSTANDING OF COMMUNITY NEEDS

**Reg and Diane Hebert** would watch the news together and wonder about the turmoil in the world, including the increasing homelessness in Canada. It wasn't until they started volunteering at the Second Mile Food Bank in Moncton, NB, about 18 months ago did they begin to learn how much those events were hitting close to home in their own community.

"Most of our clients are people down on their luck for a variety of reasons, or recent immigrants fleeing war, oppression or poverty or simply hoping for a better life for their children," says Reg, who retired from CN as Director, Traffic Management Systems, with 35 years of service. "How difficult must life be for you to leave your family and friends to travel to an unknown country where you know no one and don't even speak the language? At the Second Mile Food Bank, which is staffed 90% by volunteers, we develop friendly relationships with the clients and help them with language, customs, food selection, among other things." Reg and Diane each volunteer 3–4 hours a week, helping French-speaking clients, organizing and stocking shelves or processing visitors in the database.

Set up like a grocery store, the food bank allows clients to browse the shelves and pick up what they will eat or need, rather than receive a box of items that may not meet dietary needs or religious beliefs. The approach promotes dignity for the user and helps to reduce food waste. "One client with a wife and four kids was having difficulty making ends meet despite having a full-time job," recalls Reg. "The support they receive from Second Mile makes up the difference to enable them to survive and stay off the streets."

CN supports Reg and Diane's work through the **Railroaders in the Community** program, which provides grants to organizations where employees volunteer their time. In 2023, that represented \$2,250 to Second Mile. Since the couple are members of the CN Pensioners Association, the RRITC adds another \$100 to the funds going to the charity. "What a deal and for a really great cause!" says Reg. "The food bank relies heavily on local donations and food drives, so the shelves are not always full and the items we distribute, such as fresh fruit and vegetables, can be limited. CN's grant money has gone a long way to help pay for the food bank's operating costs and food purchases."



*Reg and Diane together at the food bank.*

### Railroaders in the community



#### JOIN THE CN RAILROADERS IN THE COMMUNITY PROGRAM!

- Open to active employees, their family members, retirees and surviving spouses.
- New in 2024! Each hour of volunteer work earns a \$15 reward, up to a maximum of 220 hours or \$3,300 per retiree per year (including volunteer hours completed by their spouse/surviving spouse).
- There is no limit to the number of organizations a CN retiree and the spouses/surviving spouses of CN retirees can volunteer with.

Learn more at [www.cnpensioners.org](http://www.cnpensioners.org)



## Celebrating Centenarians Birthdays

CN and CN Pensioners Associations have always shown respect for their pensioners, especially for those reaching the ripe young age of 100. To honour these centenarians, an award designed and approved by the CN Pension Committee will be presented to this special category of pensioners/survivors to commemorate this milestone. The award is inscribed with their name and date of birth. We will publish the names and dates and, when possible, photos from the presentation in our National Newsletter, released and distributed to all pensioners three times a year.



### 1. Alfredo Cerilli

January 21, 2024,  
Toronto, ON  
Alfredo began his career with CN in Hornepayne at the age of 16 and worked as a watchman and stationary fireman. He worked on the facility's boiler and servicing the locomotives. In 1949 he moved to Toronto and worked at the freight sheds on Front Street as a warehouseman and driver before retiring in 1984.



### 2. William (Bill) Hamill

August 21, 2023,  
Sunshine Coast, BC  
Veteran and retired CN employee celebrates his 100<sup>th</sup> birthday touring Canada by train. Local CNPA reps as well as VIA employees were on hand to congratulate Bill.



### 3. Dorothy Blue

January 20, 2024, Owen Sound, ON  
Dorothy Blue celebrated her 100<sup>th</sup> birthday on Sunday, January 21 in Owen Sound, ON. Dorothy was the spouse of the late Neil Blue. Dorothy had a large gathering of family that attended her birthday party, including one fifth-generation granddaughter.

### 4. Erma Murray

April 8, 2023, Winnipeg, MB  
Erma was born in Transcona and lived most of her young life on Regent Avenue. Her dad James Sward (CN engineer), brother Albert (CN engineer), brother Arnott (CN conductor) and twin brother Earl (Symington Yard) were all employed by CN Railway. Erma has two children, Wendy Zimmer and Bill Murray. Erma and her family would like to thank CN Pensioners' Association for honouring her on her 100<sup>th</sup> birthday with the CN Crystal Locomotive Plaque.



### 5. Jacquelline Clancy

Jan. 2, 2024, Kitchener, ON  
On January 2, 2024, Vice-President Ken Roberts and Secretary/ Treasurer Rick Dixon travelled to Kitchener, ON, to present Jacquelline Clancy with a gift celebrating her 100<sup>th</sup> birthday, and on the actual date. Her late husband, Frank, was employed as a Carpenter with CN. Jacquelline lives with family members in a beautiful home where Ken and Rick were welcomed to meet many of the family and join in with the celebrations and a light luncheon. The entire family admired the gift that was presented.



### 6. Jadwiga Serafin

January 19, 2024,  
Winnipeg, MB  
Widow of Frank Serafin who worked in damaged goods at CN. Frank passed away in 1986. Jadwiga's family made the presentation of the CN/CNPA gift.







**7. James (Jim) Leskewich**  
November 16, 2023,  
Edmonton, AB  
Jim immigrated from Poland in 1929, served overseas in WWII and then served over 26 years with NAR and CNR. Pictured seated is Jim then left to right: Andy Novak, Joy Leskewich and Diana Novak. Andy and Diana, CNPA Directors, presented the crystal engine and flowers to Jim.



**8. Louise Anna Bedard**  
December 12, 2023,  
St. Anne, MB  
Surrounded by a room full of family and friends, Louise Anna Bedard celebrated her 100<sup>th</sup> birthday on December 10. In honour of this milestone event, a yellow rose, her favourite flower, was given to each guest in attendance. In all, there were 100 yellow roses. Louise enjoyed a very successful career as a realtor. In fact, she was the first licensed female realtor in Manitoba and received several awards throughout her career. President Patrick McMullin from the CNPA-Manitoba Council was on hand to present Louise with a CN Crystal Locomotive plaque. UPDATE: Louise passed away on her 100<sup>th</sup> birthday (December 12).



**9. Margery Thompson**  
Dec. 25, 2023,  
St. Catharines, ON  
Margery is the widow of Bruce Allan Thompson, a CN electrician (Belleville, London and Montreal to name a few work locations). She is a member of the Niagara Falls Council.

**10. Marie-Ange Hervé Bacon**  
December 29, 2023,  
Quebec City, QC  
Marie-Ange Hervé Bacon celebrated her 100<sup>th</sup> birthday at home. Her husband, Alphonse Hervé, was an engineer in the Quebec City area. Bob Beaudoin, Director of the Quebec Council, and Gérald Dubois, Vice-President, presented the memento.



**11. Marie-Ange Lord Thibault**  
January 27, 2022,  
Quebec City, QC  
Congratulations to Marie-Ange Lord Thibault, wife of the late Georges Thibault. Originally from Sainte-Louise, L'Islet regional county municipality, Georges worked on track maintenance all over the province: Charny, Abitibi and on the Quebec Bridge. In February 1965, CN gave him a letter of thanks for his work on the Quebec Bridge. Marie-Ange is a member of Council B-10, Rivière-Du-Loup.



**12. Muriel Mundy**  
December 27th, 2023,  
Stratford, ON  
Muriel is the spouse of the late Ken Mundy who worked in the shops at Stratford until it closed, then he worked in the station in Stratford. Presentation was made by C7 President Ron Hewson and his wife Dianna at the Stratford Hospital where Muriel was recuperating from a fall at home.

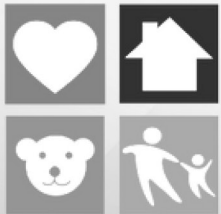


**13. Thérèse Tremblay**  
October 25, 2023,  
Montreal, QC  
Thérèse celebrated her 100<sup>th</sup> birthday. She was accompanied by her daughter Andrée when she received a memento and letter from the President. Her husband, Léon Bouchard, was a labourer on freight trains.





Council A-3 for Charlottetown, PEI, held their annual Christmas dinner on November 26, 2023. Approximately 40 pensioners/survivors attended. Most attendees were into their 80s. CN had stopped operating trains on Prince Edward Island in 1989. Bruce Peacock, Reg Hebert and Earl Garland were invited.



CN EMPLOYEES'  
AND PENSIONERS'  
COMMUNITY  
FUND



**\$2,140,681**  
GOAL SURPASSED

# THANK YOU!

CN Pensioners generously donated **\$714,917**  
to the Community Fund's 2024 annual campaign.

## Did you know that:

- You can donate anytime!
- It is possible to choose from over 400 charities
- 100% of your donation goes to the charity of your choice
- Various payment options are available to you

## Contact us:

- ☎ 1-877-552-7555
- ✉ [communityfund@cn.ca](mailto:communityfund@cn.ca)
- ➔ [communityfundcn.com](http://communityfundcn.com)

## INSPIRED BY TERRY. EDDY NOLAN GOES THE DISTANCE FOR 43 YEARS

CN retiree **Eddy Nolan** remembers the first time he saw Terry Fox on television during his Marathon of Hope. It was a day that would change his life completely.

“It was 1980 and I was training for the Montreal Marathon,” recalls Eddy. “It was tough going, and I had been complaining about it to anyone who would listen. And there was Terry on my screen, running on one leg across the Jacques Cartier Bridge. It was powerful. I was so inspired by this young man and his desire to help children who were suffering from cancer. I decided there and then to run for Terry. I participated in my first Terry Fox Run on Mount Royal in 1981 and ran in every one after that until my last race in 2023.”

Over those years, Eddy motivated many others to join him. He volunteered his time to organize the Runs for friends, family members and CN colleagues, leading them off on event day with his infectious spirit and a Terry Fox flag. “Those were good times,” says Eddy, who retired from CN with 14 years of service in 1988 having worked in Sales and Marketing, the mailroom and Car Accounts at CN headquarters.

“One year, I was lucky to get two thrilling rides in a helicopter owned by a local radio station that took us down to the Olympic Stadium and back where the Run was being held. I also received a nice plaque from CN in recognition of my volunteer work.” Other special memories included meeting the down-to-earth Fox family members at various events (some of whom he is still in touch with), travelling to St. John’s, NL, to run the 26 miles Terry ran when he started his Marathon of Hope and visiting Thunder Bay, ON, where Terry ended his run.

After leaving CN, Eddy continued to keep Terry’s dream alive. He spoke at various schools in the Montreal area about Terry’s legacy. He also worked at Roslyn Elementary School where he got the Terry Fox Run going and raised over \$300,000 in 13 years for cancer research.

Eddy remained in good shape by running 65 marathons and becoming a five-time Quebec Golden Gloves boxing champion. But as Terry Fox said, cancer does not discriminate. Eddy has been going through his own cancer journey for a number of years and continues to be inspired by his hero. “He was an ordinary young man who accomplished extraordinary things. Cancer is not always a death sentence and Terry gave us hope that it can be beaten. To those going down this path, I say fight back, remain strong and stay positive. And run for Terry every chance you get.”



*Photo: Eddy proudly holds the framed Terry Fox Participation Certificate he received after his first run in 1981, with personal messages from Terry’s parents and many others who were along with Terry throughout his journey. There is also a sticker for every year Eddy participated in the Run – 43 in all.*

### DID YOU KNOW?

CN and the Fox family have a special bond. While Terry was in the hospital, his father, Rolly, a CN employee for 36 years, was able to stay by his son’s side thanks to his colleagues who covered his shifts so that the family wouldn’t miss a paycheck. Rolly’s story is a testimony to CN railroaders’ spirit of giving and just one of several amazing connections between the Fox family and CN.

### JOIN TEAM CN FOR THIS YEAR’S TERRY FOX RUN

CN is proud to partner once again with the Terry Fox Foundation for the 44th Annual Terry Fox Run on Sunday, September 15 in multiple cities across Canada. Bring your friends and family and join Team CN in support of cancer research. More information will be shared in the next newsletter.

Return address:  
Peter Moloney  
33 Dunfield Crescent  
St. Albert, AB, T8N 6R8

# Membership Application Form

Please accept my application for membership in the CN Pensioners Associations. I understand that the annual fee is \$12.00, which I can pay through a monthly pension cheque deduction of \$1.00.

Name: \_\_\_\_\_  
LAST NAME FIRST NAME

PIN: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Postal Code: \_\_\_\_\_

Email: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

To which local/council association do you wish to belong?

\_\_\_\_\_

Mail application to:  
National Council of CN Pensioners Associations Inc.  
Peter Moloney  
33 Dunfield Crescent  
St. Albert, AB  
T8N 6R8

Or email to:  
membership@cnpensioners.org



Go to our website at [www.cnpensioners.org](http://www.cnpensioners.org)  
and send in your application electronically.

NB: For all matters directly related to your pension benefits, such as changes of address, changes in marital status or inquiries regarding pension matters, please call the **CN Pension and Benefits Administration**, the CN Pensioners' Helpline at 1-800-361-0739. Have your PIN handy.

