



# Pensioners' news

Keeping pensioners' information on track  
Volume 27 • Number 3 • Winter 2021

## INSIDE THIS ISSUE

- 1 President's message
- 2 President's message, continued  
Newsletter editorial team  
National Council Executive  
Websites and Facebook pages  
Pensioners' web portal
- 3 Mail-Order Pharmacy – Is it for you?
- 4 Message from National Treasurer/  
Membership Chairman
- 5 Celebrating centennial birthdays
- 6 Railroaders in the Community
- 7 Railroaders in the Community, continued
- 8 The Last Spike  
Winners for the June 6, 2021 CN Birthday  
Draws
- 9 I am the Daughter  
Bud and Iris Clark celebrated their  
73rd Wedding Anniversary on Saturday,  
August 21, 2021  
Fridge Magnets
- 10 Rocky Mountaineer CN Employee/  
Retiree Discounts
- 11 Scholarship winners 2021
- 12 Membership application form

## 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

In this message, I would like to briefly explain how the Pension Committee (PC) works and our role as the Pensioners' Association representatives within that committee. In my opinion, our participation in the PC is the most important thing we can do for our pensioners.

The PC meets four times per year. The company prepares an annual report, The Pension Committee Annual Report (PCAR), which is reviewed by the PC and then sent out to all Pension Plan members, including active members and retirees/surviving spouses. This report details the financial and membership status of the plan. It also gives an overview of the investment strategies and returns on investment of the CN Investment Division (CNID), which manages the money in our plan trusts.

The PC consists of three main groups, each of which have six regular members and six alternates. The groups are the company (CN), the unions and the pensioners. Each group now has a named co-chair. As President of the Pensioners' Association, I am Co-Chair for the pensioners. Each member of the PC must sign an Oath of Confidentiality and a Code of Conduct form as some items discussed are confidential.

Prior to each quarterly meeting, the co-chairs get together with the plan administrators and set the agenda for the upcoming meeting. All PC members receive reports for the upcoming meeting. This includes the list by month of pension applicants submitted over the past months since the last meeting. These reports are prepared by LifeWorks (formerly known as Morneau Shepell). Each PC member reviews these documents prior to the meeting and there is a representative from LifeWorks at the meeting to answer any questions we may have regarding a specific individual case. If all is in order, the submissions are approved as per the stipulations within the Pension Plan. The president of CN Investment Division makes presentations on the status of the portfolio and the impact of various global developments. During 2020 at the height of the Covid turmoil in the global markets, CNID made plan status presentations at each Pension Committee meeting. These are formal presentations in an informal setting where we can question and discuss in order to better understand what is happening with the Pension Plan fund (presently at about \$18 billion). This sounds like a huge sum, but we have to recognize there is approximately \$940 million paid out each year to retirees/survivors.

Mercer Inc. is the plan actuary. They also make presentations to the PC and report on issues critical to the status of the Plan, which can impact future contributions by CN to the plan. Those variables include interest rates, bond market futures, federal government regulation changes affecting pension plans if any, as well as longevity rate tables. They also report on the financial position of the Escalation Account. The balance in that account determines if we will get an indexation increase or not, and the amount of money in the Escalation Account depends on how well the Investment Division is doing with the investment of our pension funds. Again, we (CNPA) are there for the presentations and question periods/discussions.

So, how important is it for us pensioners to be represented on the Pension Committee? We think it is very important to the continued health and proper functioning of our Pension Plan, but as importantly, keeping members abreast of the status of the plan and improvements when certain financial conditions permit.

*Next newsletter deadline:  
Articles for the Spring edition  
due by January 31, 2022*

*Continued on page 2*

**The National Council of CN Pensioners' Associations Inc.  
publishes the CN Pensioners' News three times per year.**

**Newsletter Editorial Team**

**Editor** Ken Roberts  
robertsoflondon@icloud.com

**Associate Editor**

Joanne Gaborieau  
joannegabor@hotmail.ca

**Regional Representatives**

Atlantic – Bruce Peacock  
Peacock1942@gmail.com

Quebec – Rémi La Haye  
Remilahaye@videotron.ca

Ontario – Cathy Thomas  
cthomas.cnr@gmail.com

Prairie – Tim McCrindle  
tc2mccrindle@gmail.com

Mountain – Alex Hui  
akwx2011@gmail.com

National Council of CN  
Pensioners' Associations Inc.  
Floor 7  
935 de La Gauchetière Street W.  
Montreal, QC H3B 2M9

**National President**

Reg Hebert  
rhebert06@yahoo.ca

**Past President**

Yves Bourdon  
yvesgbourdon@aol.com  
T: 450-449-3444

**National Treasurer**

Bruce Peacock  
Peacock1942@gmail.com

**Executive Secretary**

Wayne Greenland  
Wsgreenland@nf.sympatico.ca

For a complete listing of the 2021 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  
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' Help Line 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.*

**PRESIDENT'S MESSAGE – CONTINUED**

The PCAR is an important document, which all pensioners should take the time to read. If you have questions, you can reach out to your representative on the PC for answers.

Our association needs newer retirees to become part of the team and get interested in these important aspects of our plan. In order to continue being a part of the PC and have a vote at the table, we, as an association, have to continue to function in a professional and thoughtful manner in order to elect credible and responsible representatives to attend PC meetings, and be heard!

The six regular PC members and the six alternates representing the pensioners are not getting any younger. I encourage you to get involved. If you would like to become more active in the CNPA and possibly become a PC representative, talk to your local council executives or your regional council executives.

Think about it.

Your participation would be a benefit to the PC, Pension Plan participants and perhaps more importantly, to yourself.

Thanks,

**Reg Hebert**

*President, CN Pensioners' Associations*



## Mail-Order Pharmacy – Is it for you? Save Money and Free Home Delivery of Prescription Drugs

The COVID-19 pandemic has changed how you purchase things. A year ago, we introduced **Mail-Order Pharmacy** to our members in an effort to avoid trips to pharmacies. In the last year, hundreds of our members have taken advantage of this service and the feedback is very positive. Not only do most members save money on their prescription fees, AND get lower drug prices, prescriptions are delivered to your mailbox. In Saskatchewan, some members were also saving on the triple prescription fee charged by many local pharmacies when they ordered their 100-day supply of meds.

We wanted to mention this again in the event you missed it last year. It's available to all CN Pensioner **Medavie Blue Cross Plan members (#93115)**, except in Quebec. Called **My Home Rx – MBC** utilizes two leading home delivery pharmacy service providers, **Alliance Pharmacy** and **Sobeys Pharmacy by Mail**, to make it easy for our members to access the maintenance drugs they regularly need, the way they want. It is **simple, convenient and safe, and provides lower cost for most members and our Plan. They also connect directly with your eligible provincial drug programs.**

**My Home Rx** pharmacy partners, **Alliance** and **Sobeys**, are committed to supporting our members with ongoing management of your medications, including optimizing supply of chronic maintenance drugs up to 100 days per fill where appropriate and feasible. You can also refill your prescriptions online. You can go to <https://www.medaviebc.ca/en/members/programs/myhomerox> or just call the partners directly.

### CALL the toll-free numbers to register

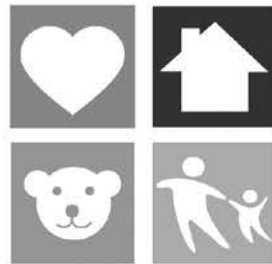
(have your Blue Cross and health care card ready):

#### Alliance Pharmacy – 1-877-796-7979

(Pharmacies located all across Canada and shipping is from the closest major centre to you!)

#### Sobeys Pharmacy by Mail – 1-866-657-MEDS (6337)

(Pharmacy located in Moncton and shipping from Moncton)



CAISSE DE BIENFAISANCE  
DES EMPLOYÉS ET RETRAITÉS DU CN

CN EMPLOYEES' AND PENSIONERS'  
COMMUNITY FUND

## Accepting donations now

### Top 5 reasons to give through the CN Community Fund

- You can donate by automatic deduction from your pension benefit or by making a lump sum donation by cheque or credit card.
- Choose from over 500 Canadian non-profit organizations.
- Add the charity of your choice.
- Maximize your tax return, receive a tax receipt for donations over \$20.
- Receive a personalized letter of recognition for any donation of \$500 or more to a registered charity.

### Give for a better future

Visit our website: [www.communityfundcn.com](http://www.communityfundcn.com)

Here for you: 1-877-552-7555

## Message from National Treasurer/Membership Chairman

### Did You Know?

Did you know that the CN Pensioners' Association was established over 40 years ago to represent the needs of CN pensioners and surviving spouses?

Did you know that the CNPA is the only organization at your disposal that helps to bring positive change to your pension, your benefits program and social activities? While giving your financial support, you are contributing to the efforts provided by your local council in pursuing their goals and commitments.

Did you know that the CNPA wants to keep pensioners connected, whether through meetings, or National Newsletter, Facebook, and websites?

Did you know that the CNPA consists of more than 300 volunteers located geographically from St. John's, NL, to Victoria, BC, to manage and provide programs and assistance? These contact people are at your disposal to ask about any issues or concerns you may have.

Did you know that with the assistance of key partners, our Health Care Committee manages one of the best retirement health care plans in Canada, and provides coverage for some of those costs not covered by your province?

Did you know that the CN Pensioners' Association has equal representation on the CN Pension Committee along with the Company and the unions?

Did you know that "contributing members" get access to our annual CNPA Scholarship program, offering 25 scholarships of \$1,500 across Canada, plus additional regional bursaries/scholarships?

Did you know that our National Newsletter keeps you up-to-date on what is happening, like Family Days, special events, changes in government legislation, policies or programs? An annual CN Calendar, CN People magazine and CN in the Community brochure are sent to contributing members.

Did you know that as an aging population organization we lose on average 175 CN friends and acquaintances to the grim reaper each and every month?

Did you know that the CNPA offers all of this for you and other members, through contributions of only \$12 per year or \$1 per month deducted directly from your monthly pension payment? This helps us fund all our national and local activities.

HOWEVER, TO CONTINUE THESE PROCESSES, WE NEED YOUR SUPPORT AND ENCOURAGE YOU TO BECOME A CONTRIBUTING MEMBER.

### SO HOW DO I SIGN UP?

1. Your retirement package included an application for membership, simply complete this document and mail it to:

#### National Council of CN Pensioners' Associations Inc.

c/o Bruce Peacock, National Treasurer

51 Weyburn Road

Moncton, NB E1A 5M5

Or email it to [peacock1942@gmail.com](mailto:peacock1942@gmail.com)

or phone: (506) 383-9045 (if line is busy, you may have to leave call back details, like name, PIN and phone number)

2. Complete application and send back with your pension papers in the same return envelope provided by CN Pensions and Benefits Administration

3. Complete membership application on our website ([cnpensioners.org](http://cnpensioners.org))

4. Complete membership application contained in this newsletter

Or email it to [peacock1942@gmail.com](mailto:peacock1942@gmail.com)

Or phone: (506) 383-9045 (if line is busy, you may have to leave call back details, like name, PIN and phone number)

We appreciate your support, which allows us to continue to work on your behalf throughout your retirement.

#### NOTE to Payroll Deduction Members:

Payroll Deduction is a membership continuation process whereby your membership is renewed automatically each year so there is no need to reapply each year.

#### Bruce Peacock

National Treasurer/Membership Chairman

## STOP THE SPREAD OF COVID-19

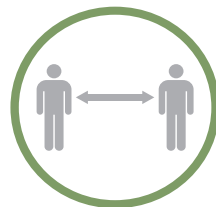


**Wear a mask.**



**Wash your hands often with soap and water for at least 20 seconds.**

Use alcohol-based hand sanitizer if soap and water are not available.



**Maintain at least 6 feet / 2 metres of distance from others whenever possible.**



**Avoid groups of people.**



**Avoid touching your face, eyes, nose and mouth.**



## Celebrating centennial birthdays

CN and CN Pensioners' Associations have always shown respect for their pensioner population, especially 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 birth date. We will publish the names and dates and, when possible, photos from the presentation in our national newsletter published and distributed to all pensioners three times a year.



**1. Anita Muzyka**  
Thunder Bay, ON, June 16, 2021.  
She most appreciated the unique gift from the CN Pension Committee.



**2. Domenica Mainella**  
Thornhill, ON, July 10, 2021.  
Widow of the late Carmine Mainella.



**3. Eda Spuzak**  
East St. Paul, MB, September 4, 2021. Resides at Park Manor Personal Care Home Transcona. Widow of the late Myron Spuzak who worked at the East Yards and Express Winnipeg. Presented to her by her daughter Mary-Ann at an outdoor gathering of family and friends.



**4. Florence Matthews**  
Saskatoon, SK, March 19, 2021. Widow of retired Elwin Matthews of Saskatoon. The family presented their mother with the beautiful framed artwork "CN Train" centenarian award.



**5. Frank Janes**  
Sarnia, ON, August 2, 2021. Presented by his son Don, also a retired engineer. Frank trained several student engineers including his son. Several were present for his birthday.



**6. George Moore**  
Vernon, BC, September 17, 2021. Residing at the Hamlets Retirement Home in Vernon. Retired engineer working out of Montreal, QC, received his centenarian award from Josie and Dennis Jensen of the Kamloops/Okanagan CNPA Council.

**7. Heinz Kurzmann**  
St. Catharines', ON, July 24, 2021. Working as an Electrician at Spadina Coach Yard in Toronto and then at Maple. Heinz retired earlier than planned after 30 years, to allow a younger employee not to be laid off.



**8. Jessie Hill**  
Sarnia, ON, September 7, 2021. Wife of the late Frederick Hill, Sarnia Locomotive Engineer.



**9. Laurence Topping**  
Lévis, QC, August 22, 2021. Her late husband Jean-Baptiste was a Conductor between Charny and Edmunston. Her daughter Céline presented her with the CNPA award from the Quebec City CNPA Council.



**10. May Stockwell Podmore**  
Lachine, QC, May 4, 2021. William Podmore presented his mother with the CNPA award. May is the wife of the late John R. Podmore, Engineer.



**11. Minnie Owens**  
Matlock, MB, September 24, 2021. Widow of the late Edgar (Bert) Owens, who worked with Employee Assistance Programs. Retiring to Matlock in 1988.



**12. Rachel Ironside**  
Saskatoon, SK, September 6, 2021. Wife of the late James Ironside, Operations Supervisor at CN Express, Saskatoon.



## Railroaders in the Community

The Railroaders in the Community program is built on a foundation of CN employees/retirees providing volunteer services for charitable organizations of their choice. They then register those volunteer hours on the Benevity website and for that, CN provides additional financial contributions to those same charities. The result is the charities receive the double benefit of your service hours as well as the additional financial support, and the volunteers know they are generating that extra benefit as well.

To say the least, over the past two years, there have been Covid-related restrictions and precautions that have provided challenges in finding some of the more traditional volunteer opportunities. But just to prove what a determined lot you are, it didn't bring the program to a complete halt.

In 2020, there were 266 registered CN retiree volunteers within the program, and collectively they generated over \$390,000 in cash contributions from CN to their selected charities. We don't have the 2021 numbers yet, but those same challenges existed, and in the next edition we will let you know how successful the 2021 program was. Hopefully, as you read this in December, we are continuing

to see a little more light at the end of the proverbial tunnel, and some of those volunteer opportunities that have been challenging for the past two years start to present themselves again. Let's hope that we can make 2022 a banner year for the Railroaders in the Community program and set a high bar for volunteer hours and cash contributions to our charities.

In each edition of our National Newsletter, we now try to feature a sample of the volunteers that come from our ranks across the country, and present their personal profile and at the same time provide a little background on the charities that are important to them. We are always looking for positive stories to share, so if you volunteer, we would like to hear about you and your charity of choice, and share it with our readers and maybe, by doing that, prompt someone else to participate in the program. You can submit the story directly to me at [btanderson54@hotmail.com](mailto:btanderson54@hotmail.com), or submit it through your local/regional representatives and they will make sure we get it.

**Bruce Anderson**



*Photo: Kevin Smith (back row in black) with some of his players and NHL alum Marty McSorley during a friendly game between the Komets and the NHL Alumni team.*

## Kevin Smith scores for special needs kids in his community

CN retiree **Kevin Smith** has been volunteering with the Kawartha Komets Special Needs Hockey Program in Peterborough, ON, for four years but feels like he's always been there. "I sort of stumbled into it. They needed the help and I had the time. I used to play ice hockey when I was younger so it's a familiar team environment in which you continually support and encourage the players."

Players with physical, emotional and neurodevelopmental challenges of all ages play in an environment adapted to the level of their ability. Kevin's support to the organization extends in many directions, from being on the Board of Directors to coaching, scheduling practices and games for the 64 players on junior, intermediate and senior teams, and serving as Coordinator of Volunteers.

"It's really rewarding to see these players progress in the game," says Kevin, who dedicated 117 hours of volunteer time to the organization in 2020. "We have a goalie on the junior team who is blind and is supported by an on-ice helper who stands behind the net and acts as his 'eyes,' directing his moves," explains Kevin, who retired with 38 years of service with CN. "Seeing the joy on his face and on so many others like him is the reason I'm here." Carol Fisher, Executive Director of the Kawartha Komets, is grateful for Kevin's contributions. "He is a great volunteer in every capacity, flexible and eager to help out – and he enjoys every minute of it! The CN Railroaders in the Community grants to our organization in support of Kevin's volunteer work with the Komets are amazing and much appreciated."

## Human connection, love and caring: Supporting hospice care in their community

Retiree **Tony Greig** experienced a poignant moment while visiting his dying father in palliative care in Montreal years ago. “I noticed my father had headphones on, which had been placed on him by a volunteer or staff member. When I lifted the headphones, I heard the sound of bagpipes, which were a joy to my dad who was born in Scotland. It was at this moment I knew if ever given an opportunity, I would repay this act of kindness,” says Tony, who was a Systems Manager in I&T before retiring in 1995.

Tony began volunteering with Hospice Care Ottawa in 2009, a community-based non-profit organization offering palliative and end-of-life care to individuals and their loved ones. Last year, Tony generously gave 500 hours of his time to the May Court Hospice in Ottawa South. “A decade of volunteering has brought to light the importance of human connection, love, caring and dignity,” says Tony.

**Beth Patterson**, partner of railroader Tom Patterson, formerly a Project Manager in I&T and Transportation, heard from friends about the wonderful care their family members received at the Ruddy-Shenkman Hospice in her Ottawa West community. Since 2019, Beth has been greeting visitors at the reception desk. “I have learned a lot about resilience and grace,” says Beth. “COVID-19 has curtailed so much of daily life and yet everyone has remained positive and helpful. I also think the CN Railroaders in the Community Program is great for recognizing the volunteer efforts of the spouses of railroaders for what we do.”

Since 2013, Hospice Care Ottawa has received grants from CN



Beth Patterson



Tony Greig

totalling \$5,800 for Tony and Beth’s volunteer efforts. Tom has also received CN grants for 14 years of charitable work with other organizations. In June 2021, Hospice Care Ottawa was the recipient of an additional \$5,000 grant from CN as part of a special “CN In Your Community Day” raffle celebrating the charitable work of employees and retirees.

“I often use CN as an analogy when talking about hospice and palliative care: we begin our lives as babies and get on the train. At the end of life, when we finish the journey, it’s like we are completing the trip.”

**Tony Greig**

## Where’s Frank?

**Frank Atchison** of Saskatoon, SK began a walk from Saskatoon to Regina starting April 15th, 2021. He walked about 5K per day along Hwy 11, ending the walk on June 15, 2021 in Regina.

On Frank’s walk, he was seeking donations to benefit the Jim Pattison’s Children’s Hospital Foundation and the Shriners Hospitals for Children. The net proceeds of funds received during Frank’s walk was shared equally between Jim Pattison Children’s Hospital Foundation and the Shriners Hospital in Montreal. Frank’s walk was also a celebration of his upcoming 95th birthday on June 15th, 2021.

The event concluded at the steps of the Saskatchewan Legislature on June 15, 2021 where Frank received his 50-year Shriners Service Pin. Frank wants all children to have hope and opportunity in life so they can succeed in whatever they wish to do. This journey took Frank from Saskatoon over 61 days of walking, stopping at towns along Highway 11 to make them aware of what the hospitals do for the children as well as raise the critical funds that are required to make the hospitals as successful as possible.

Further to the above information that was taken off the Jim Pattison Children’s hospital web site, for those that know Frank, he is a retired Railroader and consequently one of our Pensioners and also a member of our Council. Frank was a Locomotive Engineer for CN, operating out of Saskatoon and originally from Regina. His intention was to walk his 5km a day, return to Saskatoon for the night, then go back and start all over again where he left off, the previous day. He arrived in Regina on the day that was scheduled amongst much fanfare and was greeted by the Saskatchewan Premier Mr. Scott Moe. Mission was accomplished.



## The Last Spike

On November 17, 2013, at 11 a.m., 100 years to the day since the last spike was driven near Press in 1913, a group of people from Senneterre stood in the same place to commemorate this event.

The idea had germinated in the minds of a few people, a few months earlier, to organize a small trip to Press to mark this event, but without much enthusiasm.

On November 7, 2013, 10 days before the date of the commemoration, the Société d'Histoire de Senneterre meeting of its board of directors and a member had concluded that even if nothing was done for that day, he would be on site with his wife and would watch the passenger convoy pass through Press, the approximate location where the railway was connected in 1913, connecting east to west.

As in any good organization there are people who are more organizers, one of them began to enquire about the possibility of having passenger train tickets for 45 people to get to Press (Sunday, November 17 coincided with the departure of the VIA train from Senneterre station), the rental of a school bus for the return, the possibility of having a dinner served at the Auberge du Lac Faillon and the invitations for people interested in making the trip.

At 8:45 a.m. on Sunday, November 17, 2013, the passenger convoy left the Senneterre station with 45 more passengers on board than

usual, including the mayor of Senneterre, the mayor of the parish of Senneterre, the mayor of Belcourt and several other dignitaries. Thanks to the complicity of the employees of the passenger train, our coach had been decorated to our great surprise with banners and balloons of 100 years. Moreover, we were able to stop the convoy on the two bridges of the Mégiscane River, what a spectacle!

When we went to the scene under the surveillance of a track foreman, where we made the simulation of planting the last gold spike, while giving the historical information of the event. Several photos were taken. One could notice the good mood of all the participants.

After a short trip of eight kilometres by bus, we were welcomed at the Auberge du Lac Faillon for a very good dinner. Several people took the floor telling different anecdotes and historical facts.

The return to Senneterre by bus was done with songs and several stories.

The Société d'Histoire de Senneterre had invited all participants to come and visit its exhibition on the railway, an event especially for the occasion.

Following the success of this trip, the Corporation de développement économique de Senneterre made it an annual tourist event by organizing several trips to Press each summer.



## Winners for the June 6, 2021 CN Birthday Draws

The retiree winners for the draws held in conjunction with the virtual celebration of CN's birthday, June 6, 2021, were:

Railroaders in the Community (charity selected)

**Barry Tatchell**, Thornbury, ON (Events for Life Centre Inc.)

**Tom Patterson**, Ottawa, ON (Hospice Care Ottawa)

Each of the selected charities received a \$5,000 donation from CN on behalf of the respective retiree volunteer.

CN Employees' and Pensioners' Community Fund (charity donated to)  
**Claude Arsenault**, Summerside, PEI (Breast Cancer Society of Canada)

**Real L. Kirouac**, St. Albert, AB

(St. Albert Food Bank and Community Village)

Each of these charities received a donation of \$1,000 from CN on behalf of the respective retiree that made the donation.

Congratulations to the winners



## I am the Daughter

Of a gentleman who spent almost 40 years of his life with CN. My dad was born in Hearst, northern Ontario, in 1925. He is Franco-Ontarian. His family (his maternal grandfather, Joseph Lambert from Charny, QC), travelled north to "save" his sons from tuberculosis. The fresh air was highly recommended for the healing of this sickness. The region was also attracting many Quebecers. At the age of 16, my dad, the eldest of a large family, had to do his duty to provide financial assistance to the family. In his hometown, he was hired as a telegram messenger for CN, delivering messages by bicycle in good and bad weather. He quickly became interested in telegraphy. A young girl of his age, from a nearby village, wrote to him on occasion and dad quickly learned the communication codes. His long agile pianist fingers must have facilitated his dexterity on the telegraph. His boss quickly noticed his talent and soon dad earned his stripes by working elsewhere than in his hometown. He was sent to remote places where he was often the only one to tend to the station for passenger and freight trains. He told me a story about one winter storm, where he had installed a red flag on the support/hook on the wall of the station meant to alert the train to stop so that it would give priority to the train coming in the opposite direction. Dad realized that the train was travelling at full speed without stopping. He went out in horror and realizes that the wind had blown the red flag to the ground. He then picked up the red flag and waved it to indicate to the tail end trainman that the train MUST ABSOLUTELY stop. Luckily, the train stopped and the story ended without any misfortune. His talent as a telegraph operator no doubt permitted dad to avoid the war. His talent as a pianist was greatly appreciated when he went to the village hotel to liven up the place with sometimes other musicians who were there. I have long heard those hours of lively jazz-flavoured music...

Dad continued to rise through his career. I remember seeing him read documents on weekends, to complete his training. He was at the origin of a policy of returning freight cars to their point of departure in order to avoid having to assume demurrage costs until their use. His long work experience from the start to his management job with CN gave him an understanding of each stage of his career. He ended his career as a Trainmaster for the Champlain region, which included Quebec, northeast USA and as far to the east as Ontario.

He even had a parking space in the basement of Place Ville-Marie, downtown Montreal. His mother had such a surge of pride when he brought her there.

My father, Yves Séguin, lived to 92 years of age. He talked with honour of his past working life at CN. And now, after his death, mom can afford to end her life in a suitable residence where mom's needs are met, thanks to dad's pension.

Thank you, dad! Thank you, Canadian National.  
Sylvie Séguin

## Bud and Iris Clark celebrated their 73rd Wedding Anniversary on Saturday, August 21, 2021

Bud joined the CN in Kamloops Junction on April 15 as a wiper in the roundhouse. Six months later, he enlisted in the Navy and was a stoker aboard the steam-powered supply ship. After his discharge in 1946, Bud returned to Kamloops and rejoined CN as a brakeman and was promoted to conductor in 1950.

In November 1946, Bud met the love of his life – a telephone operator – Iris Nelson from Portage La Prairie and they married August 21, 1948 in Kamloops. They have three daughters, four grandsons and seven great-grandchildren. Sadly, they lost their youngest grandson in 2016. Bud and Iris lived in Kamloops until his retirement in December 1981. They moved to a retirement community, "Sorrento Place" on Shuswap Lake. They spent many years hosting family and friends. Bud teaching many young people how to water-ski. Iris was a legend for her great meals and "Happy Hour" prepared for countless guests.

Later, when "Father Time" began to creep up on them, they took up residence at the retirement resort of Andover Terrace in Salmon Arms, BC, where they still had a view of their beautiful lake.

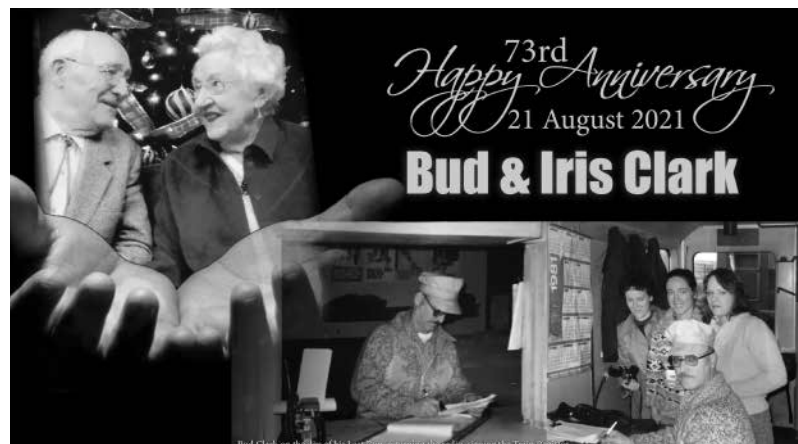
Their daughter Karen and her husband Cliff bought the Sorrento Place and are keeping the memories and hospitality going.

Bud will be 96 on September 19th and Iris will be 95 on November 8th, of this year. At the end of December 2021, Bud will have collected his CN Pension for 40 years, after 38 years' service!

Their secret to a long and happy marriage:

**Iris:** Communicate and respect each other.

**Bud:** You learn to get along. It's 60-40...her way mostly!



## Fridge Magnets

Included in your package, along with the National Newsletter and CN Calendar, you will find a fridge magnet, courtesy of your CN Pensioners' Association.

This magnet has our National Association website and Facebook addresses on it as well as website addresses and toll-free phone numbers for the CN Pension and Benefits and Blue Cross help lines. We encourage you to place it on your fridge, in your home office, or anywhere where it is visible and accessible for when you or a family member might need to refer to it. Please let your family members know where it is, in the event they need to access assistance on your behalf.



**ROCKY MOUNTAINEER®**

## Rocky Mountaineer CN Employee/Retiree Discounts

Rocky Mountaineer is pleased to offer their rail partners reduced rate options. These options are offered when space allows, as they feel it is important for you to personally experience their trains and their amenities.

Bookings are subject to the regular Rocky Mountaineer Terms and Conditions, including cancellation policy. You can view their website, including their terms and conditions, at <https://www.rockymountaineer.com/terms-conditions>.

This reduced rate program is made available to CN Employees, and CNPA contributing members, and bookings must be paid for immediately by credit card.

The reduced rate is valid for the Rail Employee/CNPA contributing member and one travel companion.

All reduced rate requests are subject to the following terms and conditions: Reduced rate space is capacity controlled and may be withdrawn at any time, with or without notice. Rocky Mountaineer reserves the right to add, change or modify reduced rate conditions at any time, without notification, other restrictions apply. Confirmed bookings are not subject to the cancellation under this provision.

### ROCKY MOUNTAINEER IS PLEASED TO OFFER REDUCED RATES FOR THE 2022 SEASON

Vacation Packages	20% discount off the full retail rate
Two and Three-Day Rail – SilverLeaf or GoldLeaf Service*	50% discount off the full retail rate when booked less than 45 days to departure
Two and Three-Day Rail – SilverLeaf or GoldLeaf Service*	20% discount off the full retail rate when booked 45+ days prior to departure

\*Overnight accommodation in Kamloops or Glenwood Springs included; one night in Quesnel and Whistler for Rainforest to Gold Rush journeys. Discount is not applicable to SilverLeaf Plus on the Rockies to the Red Rocks route. Discounted reservations cannot be combined with any other promotional discounts.

To view our most up-to-date health and safety protocols, including COVID-19 protocols, please visit [www.RockyMountaineer.com/lonboard-experience/health-safety](http://www.RockyMountaineer.com/lonboard-experience/health-safety).

**To book, contact their Vacation Consultants at the numbers below.** Retirees will be required to fax or email proof of your CNPA membership prior to the discount being applied to your reservation. They have been provided a copy of our CNPA membership card as the only standard of proof that will be accepted for this purpose.

**Toll-Free USA and Canada:** 1.800.665.7245

**Email:** [reservations@rockymountaineer.com](mailto:reservations@rockymountaineer.com)

**Hours of Operation:** Sunday 08:00–22:00 PT, Monday to Thursday 06:00–22:00 PT, Friday 06:00–18:00 PT, Saturday 08:00–16:00 PT

## Scholarship winners 2021

Our CN Pensioners' Association Scholarship Committee has now completed the 9th year of your scholarship program. The awards (25) in the amount of \$1,500 each to children, grandchildren and great-grandchildren of "contributing" members of the CNPA have been mailed to the successful applicants.

In addition to the CNPA National Council awards, Moncton Council continues to fund two additional scholarships for grandchildren and great-grandchildren of sponsors who are contributing members of Moncton Council No. 1. A similar bursary (The Harvey Hosfield Bursary) was funded by Manitoba Council in the amount of five awards of \$1,500 each and one trade bursary in the amount of \$1,500. Quebec region is also funding two trade bursaries in the amount of \$1,500 each.

Ontario Provincial Council is awarding a scholarship of \$1,500 to an applicant sponsored from Ontario. These local awards are apart from the national awards and are administered by the local council, which is providing the funding. Information on all these awards as well as names of past winners and their sponsors are available on our website [www.cnpensioners.org](http://www.cnpensioners.org) at any time.

This year we received 159 applications of which five were rejected for various reasons under the rules, but primarily due to the applicant's parent or grandparent not being a CNPA contributing member. Unacceptable proof of registration is also often a problem.

All information regarding our scholarship awards and how to apply is contained and easily found on our website: [www.cnpensioners.org](http://www.cnpensioners.org). If your grandchild is interested in applying next year, he/she should read the instructions posted there well in advance of the scheduled program opening date for acceptance of submissions, which will be April 15, 2022.

2021 scholarship winners and sponsors, include National, Moncton Council, Ontario Provincial Council and Manitoba Council. Quebec Council and Montreal Council each sponsored a trade bursary for 2021 in the amount of \$1,500.

We thank all those applicants who took the time and effort to prepare their professional submissions. In particular, the students all deserve hearty congratulations for all the volunteer work they perform in their communities.

**Reginald Hebert**, *Scholarship Committee Chair*

STUDENT	SPONSOR	COUNCIL
<b>NATIONAL (ATLANTIC)</b>		
Jayna Bleakney	Edith Dryden	Moncton
Maggie Baxter	Gordon Baxter	Moncton
Emma Chisholm	Robert Chisholm	Truro
Sarah Lewis	Joyce Lewis	Moncton
Sylvie Gaudet	Alfred Belliveau	Moncton
<b>MONCTON COUNCIL AWARD</b>		
Alyssa Wilson	Roger MacPhee	Moncton
Michael Beaumont	Bliss Lowerison	Moncton
<b>NATIONAL (QUEBEC)</b>		
Boaz Laor	Bernard Weinstein	Montreal/Laval
Anne Catherine Chouinard	Luc Lanthier	Montreal South Shore
Marianne Caudron	Claude Caudron	Montreal South Shore
Rebecca Hayes	Raymonde Gélinas	Mauricie/Laviolette
Nicolas Bonenfant	Jacques Bonenfant	Montreal South Shore
<b>QUEBEC REGION TRADE BURSARY</b>		
Audrée Labrie-Quesnel	Victor Labrie	Montreal South Shore
Laurence Bonenfant	Jacques Bonenfant	Montreal South Shore
<b>NATIONAL (ONTARIO)</b>		
Steven Murphy	Gary Murphy	Barrie
Alina Hartley	Mary Hartley	Toronto
Alec Wade Schaefer	Wallace Schaefer	London
Megan Latoski	John Latoski	Barrie
Trent Sillett	Dennis Sillett	London
<b>ONTARIO TRADE BURSARY</b>		
Jackson Armstrong	Linda MacDonald	Hamilton
<b>NATIONAL (PRAIRIE)</b>		
Chloé Morrison	Gloria Conger	Manitoba Division #1
Emma Harris	Wally Harris	Manitoba Division #1
Shea Gabrielle Shindak	Mark Barda	Manitoba Division #1
Laura Stelmack	Pearl Stelmack	Manitoba Division #1
Sonali Marie Cowieson	James Murdock	Saskatchewan
<b>HARVEY HOSFIELD BURSARY</b>		
Emma Harris	Wally Harris	
Dominic Nichols	Lou Johnston	
Myah Richard	Joseph Stanwick	
Memphis Jacqueline Peters	Gary Holden	
Ellie Anderson	Bruce Anderson	
<b>NATIONAL (MOUNTAIN)</b>		
Alan Ogaranko	Murray W. McMillan	Edmonton
Jillian Aisenstat	Valerie E. Covey	Edmonton
Kassandra Noel Vandermeer	Robert Fallowfield	Edmonton
Grace Hannah Kemp	Gerald Hugh Spence	Fraser Valley
James Price	Ivan J. Bud Clark	Kamloops

Return address:

Bruce Peacock  
51 Weyburn Road  
Moncton, NB E1A 5M5

## 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.  
Bruce Peacock, Treasurer  
51 Weyburn Road  
Moncton, NB  
E1A 5M5

Or email to: peacock1942@gmail.com



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

N.B.: 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' Help Line at 1-800-361-0739. Have your PIN handy.

