



Pensioners' news

Keeping pensioners' information on track
Volume 27 • Number 1 • Spring 2023

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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.

Next newsletter deadline: Articles for the Summer edition due by June 30, 2023

PRESIDENT'S MESSAGE

The Winds of Change are Blowing

The year 2023 will be a year of significant change for our Association, as the world tries to come out of COVID or, rather, learn to live with it. The last three years' stresses have seen us all age. Your CNPA executive was not immune to that reality.

Our long-time Treasurer and Membership Chairperson Bruce Peacock is stepping back, as has been related in past newsletters.

Ron Charles has already assumed the responsibilities of treasurer for the National Council and is doing an excellent job.

Nancy Zajacz and Peter Moloney have assumed responsibility for managing membership, recruitment and cards, maintaining membership data, and calculating dues distribution back to local councils, among the other many responsibilities which come with Membership Chair positions. They will be working together as a team.

George Rowan is taking over as Webmaster. A complete review of the data on our website has been undertaken by Joanne Gaborieau and Janet Lewis Anderson as well as Blake Olson and Bruce Anderson. We are moving to a more recent software platform (still at www.cnpensioners.org), and our site will have a new look and feel. More importantly, all the data should be up-to-date and accurate.

Thanks go to Jason Peacock for laying the groundwork for a new website for the Association.

James Houston has been doing a phenomenal job as your Government Affairs Officer; however, he is also looking to hand over the reins to a younger person. Michael Matthews of Council C-14 (Toronto), who lives in Sault Ste. Marie, has begun working with Jim to learn the ropes and assume responsibility for this important role. This is the person who brings our/your concerns to our elected government representative at the provincial and national levels in matters such as pensions and health care for seniors.

In my last two President's Messages, carried in our national newsletter, I asked those interested in participating within our organization to let me know of their interests. The call did not go unheeded. Pensioners and surviving spouses made contact and volunteered their services in several areas. Regional and local councils are working with these individuals to find places where their skills can be best put to the overall benefit of our Association.

To those folks who did get involved, THANK YOU. To the many (close to 200) existing volunteers who continue to make this CNPA organization work, THANK YOU.

Each time I speak to a retiree from another railway or another pension plan, they all say they wish their group were as well organized as ours. There is work involved in doing all of this, but there is great payback for us all.

Our new website should be going up and running by the time you read this newsletter. Go take a look.

Have a great spring and summer. Stay healthy.

Please attend and support your local CNPA council functions.

Thanks.

Reg Hebert

President CNPA

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

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2023 National Council and Executive Committees,
including the Regional Vice-Presidents,
visit www.cn pensioners.org/councils

National website and national Facebook pages
For more information, contact names and numbers,
please go to our National website

www.cn pensioners.org
www.facebook.com/cn.pensioners.92
www.facebook.com/cnpa.french.3

CN Pensions and Benefits Administration – 1-800-361-0739
Pensioners' web portal: cnbenefits.hroffice.com

The portal is now available at 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.

A Word from the New CNPA Webmaster

Last fall, Reg Hebert and the rest of the National Council were looking for help with the website. I reached out to Reg and suggested I could lend a hand, and so the journey began. What did I get myself into? I didn't expect to perform a complete reconstruction of the existing website but that's what's been happening for the past few months.

The goal was to move the website to a more modern, easily supported technology, remove some of the older information that existed on the old site (thanks Janet, Joanne, Bruce and Blake), adopt a consistent theme throughout the site and make the site usable not only on a desktop/laptop but on a tablet or cell phone as well. It's been a challenge. While I had worked in IT at CN for over 30 years and spent the last 12 years in Architecture working on the design of CN applications, I had never built a website in my life. Thank God for the online tools that are available to help with the process.

Unless something has really gone wrong, the new website should be live at www.cn pensioners.org by the time you read this. It will take some getting used to, but it's really not that different from the old site in terms of content. While we've tried to test it to find any issues, you'll probably find broken links or missing information at first, but it will all get fully cleaned up and corrected in the near term. And I can't guarantee that the display on a cell phone or tablet won't need a little tweaking. Hopefully you'll like what's been done and can easily navigate the site to find what you need. Tell us what you think. Send your comments, corrections and complaints (the 3 Cs) to webmaster@cn pensioners.org.

As a final note, notice the email address I just used. We have just received non-profit status from Google and can now use the Google suite of tools for free. This includes Gmail, meaning that we will be able to adopt the "@cn pensioners.org" email address for many of the association's roles going forward. We will provide an update on this in the next newsletter!

Cheers

George Rowan

HEALTH CARE MATTERS – QUICK HITS

The *Health Care Plan for CN Pensioners* brochure is complex; there are lots of pages and it is tough to find what you need. Here are a few informative hints to help maximize your benefits.

GET 100 NOT 90

You are entitled to 100 pills for most prescriptions. Get your doctor to prescribe the max and you will save a bit more each time.

SNOWBIRDS AND MEDICATIONS

Most provinces now allow up to a 200-day supply of travel prescriptions and our Plan does as well. HOWEVER, you need to plan in advance, as each province has different rules — and so do some pharmacies. Two or more weeks **before** your trip south, talk to the pharmacy and, if necessary, call the number on the back of your card to see what is required.

MAXIMIZE YOUR DEDUCTIBLE

Most of our members pay the lower option premiums but have higher deductibles for their extended healthcare (EHC) benefits. When you need to use one of these benefits and pay all or part of your deductible, review the plan brochure for other items you may need and make sure you buy/claim them in that same calendar year. READ the brochure to see all your entitlements.

MASSAGE THERAPY AND DOCTOR'S PRESCRIPTIONS

While you don't need a prescription for most EHC specialists, you need one for massage therapy. It is good for one year only and you will then need another recommendation from a doctor.

NEED A SPECIAL OR UNUSUAL VACCINE?

Shingles, pneumonia, yellow fever, hepatitis A/C or others — if your doctor prescribes one of these OR you are travelling to some far-off third-world country, these can be a real added cost. Unlike most plans, ours covers such vaccines up to a max of \$500 per year. Ask your doctor or pharmacist what you need.

GOING INTO THE HOSPITAL

Most of our Plan options cover semi-private rooms. In some cases, before you are admitted, the hospital will ask you if you have coverage and if you want such a room provided it is available. If you say **YES** and you get lucky and get the room, they will charge you and then you can claim some of that cost. However, if you say **NO** and you still get lucky and get a semi-private room, there is no cost to you. Remember your hospital deductibles as well.

DO YOU REALLY NEED EYE GLASSES?

Consider this: Option D provides one pair of glasses every three years for up to \$200. Option C1 has exactly the same deductibles BUT no eyeglass coverage. When you get your renewal letter next November, look at the difference in the rates between D and C1 and see if you are getting the value for the cost. You might be surprised what you see! By the way, same holds true for C2 and C3: same general coverage, higher deductibles, but lower monthly costs. Figure out what is best for you.

READ THE BROCHURE

I want to encourage you to read the brochure. Yes, it is boring, but if you want to maximize your benefits, it might be helpful.

The **Plan brochure** is on the CNPA national website, **CNPENSIONERS.ORG**, under **Healthcare and Blue Cross**.

Remember: Our Plan is fully funded by your premiums only and is managed by volunteer CN Pensioners. Medavie Blue Cross merely administers your claims on our behalf. Normal inflation is causing drug and EHC costs to rise every year, just like your hydro and other bills. We are trying to keep the increases to a minimum while maintaining benefit coverage levels.

Recognition for Years of Community Service

The International Day of Older Persons celebrated their 80th Anniversary here in Moncton on September 25, 2022, **Bruce Peacock** was invited to attend the City of Moncton celebration, whereby he was recognized for the years of community service that he has given to community organizations (and still does). He was presented with a Certificate of Appreciation by the Mayor of Moncton, Dawn Arnold, by the member of the Legislative Assembly for Moncton, Greg Turner, and in the mail by New Brunswick Premier Blaine Higgs, and by Prime Minister Justin Trudeau. It was truly a day in his life to remember. Ironically on September 25, 2022 he celebrated his 80th birthday.



Yves G. Bourdon Receives Tribute

On May 12, at the monthly meeting of Council B-14, South Shore of Montreal – Laurentides – Lanaudière, several guests presented Yves Bourdon with gifts and a tribute for all his work.

Several colleagues and friends, including Sean Finn, Reg Hébert of Moncton, Arthur St-Hilaire, Claudette Hudon, Rémi LaHaye, Daniel Leroux, André Bériault, Jean-Pierre Laroche, and Michel Legault, were in attendance. All the members of the B-14 Board of Directors as well as 75 members of the CNPA were also there.

The tribute was to highlight the colossal work of Mr. Bourdon. The B14 Council thought it was important to show him their gratitude and recognize him for his accomplishments. This day will remain engraved in the memory of all.



Left to right front row:

Nicole St-Hilaire, Diane Hebert, Francoise and Yves Bourdon, Claudette Hudon, André Bériault, Christiane Legault, Remi Lahaye

Left to right back row:

Arthur St-Hilaire, Reg Hebert, Marc Tessier, Daniel Leroux, Michel Legault

CN Railroaders in the Community have contributed thousands of hours of their personal time to make their communities better places to live and work.



We are happy to introduce a revitalized volunteer program for employees and pensioners!

Check out the exciting features at www.cn.ca/MakingADifference

STRETCH TARGETS

In last year's Spring edition, when we told the story of the 2021 Railroaders in the Community (RRITC) program, I referenced a well-worn CN expression of "Continuous Improvement" as our goal for the 2022 program. As confident as I was in our members, I couldn't have imagined how significant that improvement would be. Despite there still being an air of caution when it came to public gatherings, and no real sense that all of the pandemic issues were completely behind us, our CNPA volunteers showed tremendous dedication to providing much needed, and appreciated, hours, working for their charities of choice. When we looked at our year over year improvements from 2020 to 2021, which was in the 30 - 35% range, that call for **continuous improvement** was made in hope of seeing some slight improvement, hopefully in both the number of volunteers and in the hours worked, and by doing that, continuing to see the dollars donated by CN on your behalf increase, even marginally.

CN PENSIONERS WHO VOLUNTEER MAKE A DIFFERENCE

Well folks, step back and allow yourself a moment to reflect on the 2022 increases that were made in all areas, and then absorb the enormity of the financial benefit that this program brings to these worthy causes, and it's all because you set aside some of your personal time and devoted it to a charity that you genuinely believe in.

Each Region saw an increase in the number of individual volunteers within the program and despite the high bar established in 2021, the total number in 2022 increased by another 62 registered volunteers, or 17%.



would be "Stretch Targets" and I have chosen that as the slogan for the 2023 campaign. That expression was widely used to promote extraordinary efforts in one or more specific areas to generate results that exceeded what was predictable. The basis for having these stretch targets was the belief that there were factors that could provide that "unexpected" improvement. Within the RRITC program I think those factors include existing volunteers out there today that just haven't registered for the program or logged their hours. They are still providing a valuable service to their selected charities, but if they were registered and logged their hours, they could be providing additional financial benefits as well.

PROFILES OF YOUR VOLUNTEER EFFORTS

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 do have a small bank of stories to draw from for future editions of the newsletter, but we want to hear from everyone that volunteers their time for a charity of their choice. This provides the readers the opportunity to read not only your story, but the story of your charity, and perhaps trigger readers into either starting to volunteer, or registering in the program and starting to provide their charities with financial support for the time they were already putting in.

■ 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.

I will leave you with just one simple example. I'm sure that in the past months we have all felt the pinch of inflation in things as basic as our grocery bills. The charities that provide food services will no doubt be busier than ever, and in need of whatever additional funding can be provided. Just an example of where a good starting point might be. Let's see how far beyond the 2022 results we can stretch in 2023. You are just the folks that can make that happen.

Bruce Anderson

Total Pensioner Volunteers

2020	2021	2022	UP 17%
266	358	420	Over 2021

The total dollar amount raised on behalf of these volunteers increased by just over \$77,000, or just over 16%. When you combine that with the \$100 bonus donations made available to charities of contributing members, the grand total raised in 2022 was almost \$593,000, which is an annual improvement of \$83,000. Of the Pensioners or spouses/surviving spouses that volunteered in 2022, over 92% were contributing members to the CNPA, and just by their \$12 annual dues payment, each qualified for this \$100 bonus contribution to one of their charities.

CONTINUOUS GROWTH & IMPROVEMENT



So, by all means, take that moment to positively reflect on those accomplishments, your accomplishments, and then put on your 2023 hats. Another CN expression that most should be familiar with,

Do you volunteer in your community? If so, join the CN Railroaders in the Community program and CN will donate \$15 for every hour you volunteer at an eligible organization. For more information please visit <https://www.cn.ca/en/delivering-responsibly/community/cn-railroaders-community/>. In Quebec, CN has about 70 retirees and/or retiree spouses who generously offer their time to improve their communities. The following is a series of articles profiling the essential work they do.

Keeping His Railroading Passion Alive in Retirement

Louis-François Garceau considers he really is living his golden years since retiring from CN in 1996 after 41 years of service. That’s because he continues to stay connected to the railroad through his volunteer work at the Transport sur rail au Québec (TRAQ), a private railway museum located in Lévis, Quebec.

As Chair of the Board of Directors at TRAQ, Louis-François is the custodian of the museum’s valuable railway artifacts and archives, such as books, photos, magazines, newspapers and other heritage objects. He repairs and classifies donations received, manages volunteers and works in partnership with CN Police to support CN rail activities in the Quebec City region. The organization publishes the French-language TRAQ magazine, and over the years, has restored five rooms of the museum, including the VIA Rail waiting room for visitors.

“We recently purchased a railway motorcar dating back to 1978 that we plan to repair so we can operate it,” says Louis-François proudly. “Other experienced volunteers are building a model network that will be used for a small course about railway networks and operations to educate students from Quebec and the Chaudière-Appalaches region. Rather than trains going around in circles on a track, the scale model will show different railway maneuvers such as how to switch cars and the various types of signals. I invite CN retirees to come out and visit this great museum — and give of their time to this important cause!”



Grant and Bonnie Best

Husband and wife team help feed their community

Grant Best retired from CN in 2000 as Manager, Fuel Purchasing, in Montreal after 32 years of service. “It was a big job for my team,” says Grant, “but I enjoyed it.”

For the past eight years, Grant and his wife, Bonnie, have been volunteering at the Châteauguay Food Bank on Montreal’s South Shore. The couple’s main task is to help prepare bags of groceries. “Each order is packed specifically for each family,” explains Bonnie, “depending on the number of adults and the age of their children.” They also help unload purchased meat and repack it into freezers and pick up canned food from local merchants.

“We used to go door-to-door asking for food donations,” says Grant, “but that ended with the pandemic.” Now, the food bank restocks its shelves with an annual drive-through food collection. Both Grant and Bonnie describe how the number of families requiring food aid has doubled in recent months due to the higher cost of groceries. “At today’s sky-high prices, people can’t afford to feed their families,” says Bonnie. “At the same time, other people can’t afford to donate as much,” adds Grant.

The CN Railroaders in the Community program donated \$1,900 to the Châteauguay Food Bank in recognition of the good work being done by Grant and Bonnie. “We would like to thank CN for their generous donation,” say the Bests. “This donation will help us provide groceries and basic necessities to low-income families in our community.”

Saving the Salmon for the Next Generation in New Brunswick

Robert (Bob) Chiasson has been a conservation-minded angler for decades. So it is only fitting that he's Vice-President of the Nepisiguit Salmon Association (NSA), an environmental conservation organization he co-founded in 1976 that is dedicated to conserving and enhancing the Atlantic salmon population in New Brunswick's rivers. "The challenges facing the at-risk Nepisiguit salmon today are issues related to climate change and a low migration rate from the ocean," says Robert, who had 34 years of service with CN before retiring as Coordinator, Prevention and Claims Services, in Saskatoon, SK.

Robert's work as a volunteer involves scanning historical biological and environmental data of the Nepisiguit watershed dating back to 1976 and putting it into a database. He is also involved with educational programs in local schools and serves on the executive of the NSA.

The NSA, in cooperation with Papineau First Nation, the Department of Fisheries and Oceans, and New Brunswick Natural Resources, has been recognized for rebuilding salmon runs to historic levels. From an estimated few hundred adult salmon in 1976, the river has enjoyed returns of 3,000 to 5,000 fish in recent years. In recognition of Robert's community service, the CN Railroaders in the Community Program has been supporting the work of the NSA with grants to the organization, providing almost \$6,500 in funding in the last 10 years. The money helps with juvenile fish surveys, habitat evaluation and restoration, the stocking of juvenile fish as well as public awareness and education.

"By protecting our environment, we are building a better future for the next generation," adds Robert. "I am very impressed that CN takes the initiative to support the volunteer work of its pensioners. It makes me very proud to have worked for CN."



Robert stands along the banks of the Nepisiguit River.



Robert (left) receives the New Brunswick Lieutenant Governor's Award for his lifetime achievement of Atlantic salmon conservation from Kevin Davidson, President of the New Brunswick Salmon Council.



Raymond Michaud feeds a need in his community.

At the Service of his Community

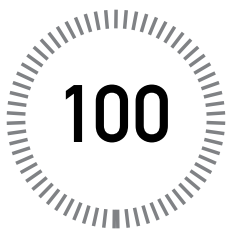
Raymond Michaud retired from CN as a Sales Manager for the Abitibi and Saguenay Lac-St-Jean regions in northern Quebec in 2003 after 37 years of service. He now lives in St-Robert, a small community within the larger municipality of Longueuil on Montreal's South Shore.

For the past 10 years, Raymond has volunteered at Partage St-Robert (St-Robert Sharing), a local food bank. "I've always been interested in volunteering in my community," says Raymond. "I started small, working one day a week making deliveries, and now I'm President of the organization!"

Partage St-Robert helps the underprivileged in the area with food aid every two weeks and with Christmas baskets. The organization raises money to buy food through a thrift shop called La Boîte à Surprises (Surprise Box) and accepts donations from companies and individuals. For example, Cascades (a CN client) sometimes donates pallets of paper towels. CN supports Partage St-Robert in Raymond's name through the CN Railroaders in the Community program.

Raymond, in addition to his responsibilities as President, continues to be very involved in the organization's day-to-day activities. He interviews applicants to ensure they meet the food bank's acceptance criteria and even drives the truck to pick up dry goods from Moisson Rive-Sud (South Shore Harvest), the regional food bank. "We also check the local grocery store flyers," explains Raymond, "and take advantage of specials on fresh foods like ground beef, chicken, bread and fruits and vegetables."

Partage St-Robert feeds about 40 families each week and hands out about 80 Christmas baskets. "I enjoy giving of my time to help my community," concludes Raymond.



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. Aurore Woods

September 28, 2022, Everett, ON. Widow of the late Bannon Woods, CN Toronto Conductor. Bob Haggart, President of Barrie C2 Council presented the CN/CNPA 100th birthday gift to Aurore at home with her daughter, Claudette Tolles.



2. Claire Brosseau

June 23, 2022, Châteauguay, QC. Wife of the late Pierre Brosseau, who worked in Transport at Taschereau Yard. Presentation made by her sons, Claude and Georges, and daughter, Diane.



3. Dorothy (Dot) Hennigan

November 9, 2022, Saskatoon, SK. She is the wife of the late Raymond Hennigan, who worked in CN Express Freight and retired on November 17, 1981. Dorothy is a member of Saskatchewan Council D2.



4. Gladys Dainards

January 10, 2023, Belleville, ON. Widow of the late George W. Dainards. Now living at Westgate Lodge, where she was presented with a letter from the Governor General and the CN/CNPA 100th birthday award.



5. Helen Kapetz

November 3, 2022, Victoria, B.C. Widow of the late Nicholas Kapetz, Brakeman. Accompanied by her daughter, Joan, and proudly wearing her CN100 pin, Helen accepted her 100th birthday award from Gordon Wheatley, President of Victoria E7 Council.



6. James Robinson

February 5, 2023, Edmonton, AB. James got hired on as a Brakeman in 1950 and retired in 1983 as a Conductor, having worked in Edmonton, Biggar, Hana, Calgary and Mirror. John Wiebe, Treasurer of Edmonton CNPA E3, presented the crystal engine and flowers to James at his birthday party.



7. Marie Jeanne Appleby

October 26, 2022, Maria, Gaspésie, QC. Wife of the late J. Norbert Appleby. The plaque and flowers were given to her by her daughter, Lucille.



8. Muriel Mundy

December 27, 2022, Stratford, ON. Wife of the late Kenneth Mundy, who had worked at the Grand Trunk Railway and Canadian National Railway Shops in Stratford. Ron Hewson, C7 President, and his wife, Dianna, presented the gift at the Stratford hospital, where Muriel was recovering from a fall at home.



9. Pearl Marchand

January 4, 2023, Midland, ON. Pearl is the widow of the late Marcel Marchand, who was an Operator at the Tiffin Elevator in Midland. Robert Haggart, President, CNPA C2 Council, made the presentation to her at an open-house party organized by her family in Midland.



10. Wilbert "Wob" Collins

January 18, 2023, Belleville, ON. Wob is a retired locomotive engineer living in Belleville. Presentation was made by Les MacDonald, President, CNPA C3. His daughter, Linda Halsey, and son-in-law, Ivan Klyne, were in attendance.

Charles Fawkes Armstrong 1927–2022

A veteran railroader born in Nelson, B.C., to a third-generation railway family, Charles earned a degree in commerce from the University of British Columbia and, on graduation in 1949, joined Trans-Canada Airlines, then a subsidiary of Canadian National Railways. After being relocated from Winnipeg to Montreal, he had a short assignment with the Railway Association of Canada, and in 1953, joined the CNR Department of Research and Development. There he married Margaret Irene Kyle, the daughter of another railway colleague who, with three children, followed him through his many corporate assignments. Irene predeceased him in June 2019, one month after they celebrated their 66th wedding anniversary.

After being transferred to Winnipeg in 1955 as an Operations Trainee on the Manitoba District, he was appointed Trainmaster and then

Assistant Superintendent on the Portage Brandon Division in 1957. The corporate reorganization of 1961 saw him promoted to Assistant Manager, Toronto Area, moving next to London as Operations Manager on the Southwestern Ontario Area, subsequently assuming the role of Area Manager.

In 1967, Charles returned to Montreal as Assistant Chief of Transportation. Later, he assumed the role of Chief, playing a key role in the creation of the Master Agency concept; in the locomotive engineer simulator training program at Gimli, Manitoba; in system involvement in car management; and in the engine-service brakeman concept that paved the way for the current Engineman/Conductor front end crew. Next, he was appointed Assistant Vice-President Administration and then Vice-President Management Services responsible for the company's extensive information and computer services. In this latter role, he guided the final implementation of the 5-year program to develop TRACS, a pioneer computer-based traffic control and reporting system at the forefront of industry practice that served the company well for many years in improved, timed car delivery.

In 1972, he was appointed Regional Vice President Mountain Region headquartered in Edmonton and responsible for rail



operations in B.C. and Alberta. His time there saw the introduction of the concrete tie technology, continuous welded rail, the beginning of a major upgrade of the former Grand Trunk Pacific line to Prince Rupert, and the development of the new Port Mann yard. In 1978, Charles returned to Montreal as President CN Holdings responsible for all non-core businesses including Hotels, CN Marine, Newfoundland Drydocks, CN Trucking, CN Tower, Northwest Tel, Terra Nova Tel and CN Express with a mandate to restructure each of these activities as stand-alone profit centres for possible sale or use in financing the expected privatization. In pursuit of this objective, he assumed responsibility as well for the extensive

property interests of Real Estate and organized the company's oil and gas interests as CN Explorations. He was also given responsibility for narrow gauge rail lines in Newfoundland, guiding a series of initiatives that saw the introduction of the "green" container service which, together with the initiation of trans-island bus services, led to the elimination of the rail operation, materially improving the net income provided by non-core assets. These tasks in hand, he elected to conclude his career in 1982 and took early retirement at 55 as Senior Vice President, relocating to B.C. to be near the family home.

Following his corporate career, Charles maintained his personal drive in numerous assignments for CANAC — the company's consulting arm — and the World Bank, reviewing railway organization and operations in Peru, Brazil, Chile, Argentina and Bolivia. He was also an advisor to Canada Post on operations control and was re-engaged by CN Rail to represent the railway in the arbitration of coal handling rates and to lead the privatization of the Rocky Mountaineer Rail Service.

Charles was an energetic, forward-looking railway man with broad experience and great faith in the future of the Company — a vision now realized in the new industry-leading continent-wide CN Rail.

CN and Kamloops: Supporting Their Local Community

CN's B.C. Community Board gets applications for CN funding grants from worthy charitable groups, organizations and agencies from all over B.C. In September, the Board received one from a high school student in Kamloops, B.C. Cassie McNutt does a charity drive every winter and, for at least the past two years, she has been focusing on raising money for the KAMLOOPS HOSPICE ASSOCIATION in a variety of ways. Cassie's extended family has been supported by the Hospice in the past, so this cause is near and dear to her heart.

CNPA Director Blake Olson, who is also on the Community Board, contacted Kamloops/Okanagan local President Myron Wizniak as well as Dennis Jensen and Tony Duhaime for a recommendation. The support was unanimous. Not only has the Local donated to the Hospice in the past, but several of their pensioners and their family members have used this compassionate, caring and supportive centre. The Board approved a donation of \$10,000 to the Hospice through Cassie's Charity Drive 2022.

With this generous and helpful donation, CN was invited to give a special presentation on December 1, 2022. The Kamloops/Okanagan Pensioners Local executive and members as well as CN representatives attended and helped present the CN cheque to Cassie and the Hospice.



Surrounding Cassie McNutt, and holding the CN cheque, from right to left are: Hubert Plante, Josie Jensen, Cassie McNutt, Dennis Jensen, Myron Wizniak, Myrna Wizniak, Bev Chicoine, Gloria Plante and Stan Kulchyski



CN EMPLOYEES'
AND PENSIONERS'
COMMUNITY
FUND



\$2,190,436
GOAL SURPASSED

THANK YOU to CN pensioners for giving generously the amount of **\$692,242** to the annual Community Fund campaign.

There's still time to make your donation!

1 877 552-7555

communityfundcn.com



ROCKY MOUNTAINEER®

CN 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 their 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 CN 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.

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Two and Three-Day Rail – SilverLeaf or GoldLeaf Service*	50% Discount on the full retail rate when booked less than 45 days to departure
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*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/onboard-experience/health-safety.

To book, contact their Vacation Consultants at the numbers below. You 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

HOURS OF OPERATION:
 Sunday 8 a.m.–10 p.m. PT
 Monday to Thursday 6 a.m.–10 p.m. PT
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 Saturday 8 a.m.–4 p.m. PT

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:
cnpamembership@gmail.com



Go to our website at 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.

