



# Pensioners' news

Keeping pensioners' information on track  
Volume 29 • Number 1 • Spring 2025

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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 15, 2025*

## PRESIDENT'S MESSAGE

### Spring has Sprung

Again, I write this in January, hoping that Spring has begun to arrive by the time this actually reaches you, and that you are able to take advantage of some warmer weather ahead to get re-energized for the year.

In my first President's message, one year ago, I first mentioned the need to sustain our membership numbers at the highest possible levels, as contributing memberships are the foundation upon which the Association is built.

### Want to Be Part of the Solution?

My next topic in that edition was getting as many of you involved in the running of the Association as possible. Maintaining a network of 30+ Local Councils, in addition to the layers of Regional/Provincial Councils, and finally the National Council takes a lot of folks, working together, for the mutual benefit of our entire membership. Historically, we have always been able to find generous individuals to step up and take on the required roles and workloads that go into successfully running this Association. Filling all the vacancies, and getting all the required work done at each level, is essential to the health of the organization, and when we have enough folks putting their hands up to help, the individual workloads are very manageable.

I would encourage everyone to connect with someone on your Local/Regional/Provincial Council, and see if there's anything you could do to make that Council run a little bit better. Extra hands and fresh ideas are always going to be welcome wherever they are offered.

### CNPA and CN Partnership Continues

On other matters, we will soon complete the extension and signing of a new Partnership Agreement with CN. This agreement provides mutual benefits to both CN and the CN Pensioners Association through various programs and benefits. One of the new features that we have discussed and agreed to with CN and the CN Pension Committee is the addition of an information session, held at an agreed location each June. For 2025, that session will be held in Kamloops. There will be discussions and information on topics such as our Pension Plans, Health Care Plans, charitable programs where we can participate in support of CN, and benefits that our membership has available to them through various suppliers of goods and services. It will be an informal session, allowing for discussion and questions between the local membership and a group of presenters from both CN and the CNPA.

We currently enjoy a well-organized, well-staffed, productive organization that is focused on maintaining the well-being of our members in a number of vital areas. We need to be sure that we continue to be staffed, and that we get replacements for folks that decide to step down after many years of service. You can be one of those replacements, by just checking in with any of the councils that represent your area and finding out where they could use your help. You'll find it can be very rewarding.

### Bruce Anderson

President, CN Pensioners Association

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2025 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.*

## **HEALTH CARE – EASY AND SIMPLE WAYS TO SUBMIT YOUR CLAIMS**

There are two simple ways to submit your Blue Cross Extended Health claims without any paper.

If you don't have it yet, get the **MEDAVIE BLUE CROSS APP** on your phone or tablet. Once the APP has loaded, use your membership card and register. Once registered, you can NOW submit claims by completing the form in the APP, and merely taking pictures of your claim receipts and submit them. Within a few days, the payment will be in the bank and the info on the APP.

On the APP under Account, you will also find your membership card which you can put in your Apple or Google Pay Wallet.

No smart phone? – go on your computer and go to **Medavie Blue Cross** website, again register and log in. You can scan or take pictures of your receipts and again submit them online.

OK, no phone or computer, try to get a close family member that helps you with online issues, to get you registered and help you submit. No paper, no envelopes, no stamps.

Alright, none of the above? You will need to get a printed form. There is one on our CNPA website under Healthcare. Please NOTE the addresses at the bottom have changed recently, so make sure you have the right form.

While you are on our Healthcare website section, check out the link to: "Blue Cross Benefits" to find discounts on health products and services near you.

## **DID YOU KNOW???**

Your CNPA membership renews automatically.

Many of you have been sending in Applications for Membership, perhaps thinking you are required to renew your membership on an annual basis. Nope – we take care of that for you. Once your initial application is processed, you remain a member of CNPA until you cancel. If you are unsure, you can email or call us to check.

## 2025 SCHOLARSHIP PROGRAM

### The CNPA SCHOLARSHIP PROGRAM IS BACK!

The program is sponsored by the National Council of CN Pensioners (CNPA). Its purpose is to financially assist the educational pursuit and career development of families of the CN Pensioners Association Contributing Members. The Program opens on April 15, 2025, and the **application deadline is August 13, 2025**. Winners will be notified by the end of the first week of September.



The program provides 25 - \$1,500 one-year scholarships for each fall school year and is open to children, grandchildren, great grandchildren (including legally adopted, stepchildren and step grandchildren) of CNPA Contributing Members. Applicants must have a minimum 80% grade average over the most recent 2 full academic school years to be considered.

There are also several Regional Scholarships and Bursaries available, as well as one offered by **belairdirect Insurance**. Full details are available on the website at **[www.cnpensioners.org/scholarships](http://www.cnpensioners.org/scholarships)**.

## KEEPING YOU CONNECTED WITH YOUR PENSION PAYMENTS

The recent Canada Post strike may have caused some inconveniences for many of you. Are you living abroad or planning to? We have introduced **Convera**, an electronic fund transfer option that allows for seamless international transfers of your pension funds. To set up this service, simply contact the CN Pension Help Line at 1-800-361-0739 Monday through Friday between 8AM and 6PM Eastern time. (or if necessary 1-514-673-7730 - *collect calls accepted*)

For those of you in Canada, we would like to remind you that updating your direct banking information is easy and can be done

online. This secure and convenient option ensures your pension is deposited correctly and on time.

We encourage all of you to visit our website regularly by logging onto the Pension web portal at **<https://cnbenefits.hroffice.com/>**. There, you can update your address and review important documents. Keeping your information current is essential – it helps us serve you better and ensures you receive all necessary communications without delay. Stay connected with your pension benefits, no matter where you are.

## SPECSAVERS IS PROUD TO PARTNER WITH CNPA TO PROVIDE AFFORDABLE, ACCESSIBLE EYECARE AND EYEWEAR TO ALL ITS MEMBERS.

### About Specsavers

Specsavers is an optometrist owned and led business that provides Canadians access to comprehensive eye exams with over 140 locations across the country.

### What Specsavers Offers:

- Comprehensive eye exams from \$99 including OCT scan - at no additional cost. This 3D eye scan helps optometrists spot any abnormalities and identify eye diseases, such as age related macular degeneration, glaucoma, and diabetic eye disease, in their earliest stages. And if you're 65 or over, you can get your comprehensive eye exam at no cost to you!
- 2-year quality guarantee and 100 day no worries, no fuss guarantee.
- Direct billing to benefit plans
- Convenient online booking
- Open on weekends and evenings

**As a CNPA Member, you also qualify for 60% off lens upgrades in addition to our amazing in-store offers such as our 2 pairs of glasses for \$149!** Simply visit one of our locations and present proof of CNPA membership at all Specsavers locations in British Columbia, Ontario, Alberta and Manitoba to receive 60% off lens upgrades.

**Exclusive Offer Details:** To learn more about this exciting offer, use the following link: **<https://www.cnpensioners.org/membership/membership-discounts/member-discounts-specsavers>**





# WAS THERE ANYTHING MORE EXCITING AS A CHILD THAN HEARING THOSE TWO MAGICAL WORDS "ALL ABOARD!"

Growing up in Capreol, ON, the child of a CNR employee, we were fortunate to have passes which allowed us to travel for free. Numerous short trips to Toronto to visit relatives and go to the CNE. Longer trips to Ottawa, Montréal, Winnipeg, and even Vancouver. And trips to Cochrane, ON to visit my grandmother and aunt. This required us to change to an ONR train in North Bay, with what seemed like an interminable wait, but was probably only 4 hours. We were small enough at the time to slide under the arms of the row of chairs and try to catch a nap.

We always looked forward to the journeys themselves with anticipation. Who would the crew be taking the train out of Capreol on it's first leg? Would the conductor be our friend's dad? How full would the train be? Would we get a seat to ourselves?

I learned more about Canada and its people on these annual trips than I ever could have learned from books. Staying in iconic CN Hotels, visiting local points of interest, and meeting new and interesting people along the way. Each one was an adventure that will forever be etched in my memory.

I moved to Calgary in the late 1970s but continued to return to Capreol to visit my family. Some trips were by air, others by rail, always switching trains in Winnipeg when heading east so I could take the familiar CNR route to my hometown. I would usually run into someone I knew from Capreol when they changed crews in Hornepayne. Travelling by train felt safe, knowing you were part of a wider CNR family.

On one such trip to Capreol, my older sister asked if I could drive back to Westree with her and the kids. Her husband was a Signal Maintainer there for CNR. This meant I would have to take the Mini back after my visit. The Mini consisted of a single locomotive, a baggage car and one coach car. It travelled between Capreol and Nakina a few times a week with a relaxed schedule. My brother-in-law radioed ahead that there was a passenger at Westree. When I got on the train, the Conductor came down the aisle calling "Ticket, Pass or Excuse!" When he got to me, I told him I needed to purchase a ticket. He said "Doesn't anyone in your family work for the railroad? You wouldn't be up here otherwise." I told him yes, my mother did, but I was too old for a pass. When he asked who my mother was, I said "Gloria Taylor Page". "Oh, I know Gloria" he said.

"There's no way Gloria's daughter is paying to ride the train". I was extremely touched and grateful.



During the trip I was invited back to the baggage car to check out a moose that someone had shot. It was one of the shortest yet most memorable train rides I've had.

My mother came from a family of Railroaders. Her father, George Taylor, was a Telegrapher for ONR in Cochrane, ON. Her brother Donald Taylor was an Operator and brother-in-law Russell Storey was a Brakeman/Conductor for CNR. Russell's sons Guy Storey and William Storey also pursued careers with CNR.

My mother started working for ONR in Cochrane after high school and attending Shaw Business College in Toronto, quite a feat at the time for a young woman from Northern Ontario. She would later credit this as the foundation for her work with CNR. It was in Cochrane that she met her future husband. They lived in numerous places in Northern Ontario due to his job with the OPP. They moved to Capreol in 1961 when my mom was hired for a clerical position with CNR.

She worked in a variety of positions, eventually settling in Accounting and Payroll, where it was rumoured, she knew everyone's SRB numbers by heart. I had gone to school with boys who went on to work for CNR. On visits home, I would run into these old classmates, and they would tell me how helpful she was if there were any issues with their hours or pay.

She bought her first home in 1975 when CNR was divesting itself of some company houses. She was so proud to become a homeowner. She retired in December 1995 and sadly passed away in 2017. I will forever be grateful to her for the wonderful experiences she gave us, and so extremely proud of her.

Submitted by Deborah Page Lynch

In loving memory of Gloria Taylor Page 1930 - 2017

## JOHNSON INSURANCE CONTEST WINNER – DRUMROLL PLEASE

A nice surprise to start the year. **Francine Leclerc** is the lucky winner of \$5,000 from the Johnson Insurance competition. She is a member of Council B-4 (Coteau/Vaudreuil-Soulanges) and retired as a Locomotive Engineer. At the time of her retirement, she worked Montréal west to Belleville. Francine extends her thanks to CNPA for suggesting she get a quote from Johnson for travel insurance. She would like to extend a special thanks to Lynn Nasralla of Johnson Insurance, as well as to Ron Hewson and Arthur St-Hilaire of CNPA/ARCN.



## TO DREAM THE IMPOSSIBLE DREAM

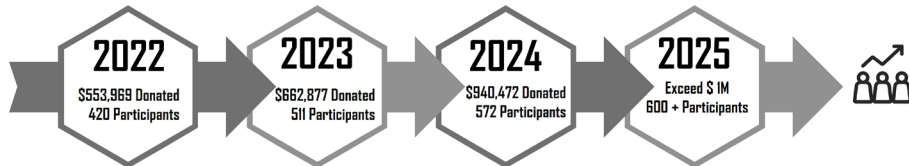
## Railroaders in the community



Let's take a quick walk down memory lane and recognize the recent accomplishments of the Railroaders in the Community program. For 2022, we had **420** registered volunteers who collectively raised **\$553,969** and the slogan we created for the 2023 program was **Stretch Targets**. The hope was we would find existing volunteers that weren't currently registered and logging their hours, and maybe encourage some new volunteers.

In 2023, we had **511** volunteers registered, and they collectively raised **\$662,877**, with each of those numbers representing an increase of approximately 20% over the previous year. Incredible as it was, we were selfishly hoping we could get those numbers up even higher, so the slogan for 2024 was **The Sky is the Limit**.

Your efforts to increase the dollars were substantially aided by CN's change in the program that allowed each participant to increase their eligible hours from 150 to 220, thereby increasing their maximum allowable contribution. Even with that increased potential, one could not have predicted your success in 2024. We had an increase in participants of 12%, up to **572** across the Regions, and collectively, CN donated **\$940,472** to charities of your choice. For those that like math, that is an increase in participants of **36%** and in donations, almost **70%** in just 2 years!!!



Take a personal moment and reflect on what almost \$1 MILLION meant to your chosen charities, and the role you played in providing some much-needed financial support for them in 2024. Unfortunately, a moment is about all the time we have to spare, as there is no end in sight to the need for your continuing support in the months and years ahead.

The slogan chosen for 2025 is **To Dream the Impossible Dream** and making it a reality. Two years ago, I would never have dreamed that we could be celebrating breaking through the \$1,000,000 threshold in donations to your charities, but through your dedication and selfless donation of your time, it is within your grasp this year. You should all take immense pride in the role you have played in achieving these results.

**Bruce Anderson**

CN-CNPA Liaison Officer



Left to right: Myrna and Myron Wizniak (E4 President), Cassie McNutt, Bev Chicoine (Treasurer), along with her 2 great granddaughters Penelope and Peyton.

## HOSPICE HOUSE IN KAMLOOPS GETS A HELPING HAND

Cassie McNutt, a high school student in Kamloops, B.C., has been conducting an annual charity drive to raise funds for the Kamloops Hospice Association. This cause holds a special place in her heart as her extended family has received support from the Hospice in the past.

During the past Christmas season, Cassie's festive display of over 55,000 lights garnered attention, with the CNPA Kamloops/Okanagan local contributing \$1,000 to her drive.

Some of you may remember from our Spring Newsletter in 2023, CN's B.C. Community Board received a funding application from Cassie. Recognizing the importance of her work and the strong connection between CN employees/pensioners and the Hospice, the Board, upon recommendation from CNPA Local & Regional representatives, approved a significant \$10,000 donation to Cassie's Charity Drive 2022.

This generous support from CN was celebrated that year with a special CN cheque presentation to Cassie by Kamloops/Okanagan Pensioners Local executive and members. Cassie has helped raise more than \$200,000 in the last 4 years!

This collaboration highlights the strong community spirit within CN and the CNPA, with employees and pensioners actively supporting local initiatives and demonstrating a commitment to improving the lives of their fellow citizens.



## "THE CEILIDH KING" HELPS PEI HOSPITALS

After retiring in 1988 with 32 years of service from CN Engineering in Moncton, NB, **Garnet Buell** returned home to Prince Edward Island to do what he loved - playing music.

A well-rounded musician who plays the acoustic guitar, fiddle, mandolin, and bass guitar, Garnet has generously shared his gifts with his fellow Islanders and used his talents to raise money for good causes, including hospitals and youth sports programs. He has done this primarily through the many Ceilidhs (a social gathering of folk music, dance and storytelling) he organized and played in at various Island venues. He has entertained at church and community events, anniversary parties, weddings and funerals across Canada.

"I had a great railroading career and am happy that CN supports my community service," says Garnet. With the aid of the CN Railroaders in the Community Program and fellow PEI musicians, Garnet raised over \$403,000 for the Queen Elizabeth Hospital in Charlottetown primarily through his many Ceilidhs.

When Kings County Memorial Hospital in Montague, PEI, was undertaking a capital campaign, Garnet made time and helped raise \$900 towards the purchase of much needed X-ray equipment. Another fundraising Ceilidh enabled Garnet and his fellow musicians to present a cheque of \$1,250 to the Hospital Foundation.

Garnet has released several CDs and won a multitude of distinguished awards for his music and community service, including the Order of PEI, the highest honour presented to an individual in the province, as well as the Queen's Diamond Jubilee Award. While he



**Hon. Lawrence MacAulay, P.C., M.P., presents Garnet Buell with a plaque in recognition of his 90th birthday.**

is proud of all his accomplishments, including wildlife conservation, and appreciates the recognition he's received, he says he is most happy knowing that his musical talents are used for good. "It's a great feeling when you are able to help somebody," says Garnet.

While a few mini strokes several years ago have slowed him down, Garnet continues to entertain and help organizations with their fundraisers. "I am happy to help seniors get out of their homes and enjoy good, healthy social activities," says Garnet. "I will keep going as long as my health permits."

### CN RAILROADERS IN THE COMMUNITY

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.

Visit the link at <https://www.cnpensioners.org/cn-community> for more information.

### CNPA 50<sup>th</sup> ANNIVERSARY CELEBRATIONS CONTINUE ACROSS THE COUNTRY



November 14, South Shore Council B14 marked the 50th anniversary of the CN Pensioners Association. A total of 97 people attended.

Pictured left to right are Yves Dunn, Yves Bourdon, Marc Tessier, Arthur St-Hilaire and Réjean Lefrancois.

## KEEPING HIS COMMUNITY SAFE FOR OVER 20 YEARS

When **Derrick Paul** wanted to find a meaningful way to give back to his rural municipality of St. Clements, MB, over 20 years ago, becoming a volunteer firefighter seemed to be a good fit. “It was a way to help the community where I raised my family and get to know other people who shared the same safety mindset,” says Derrick. The core value of safety was one Derrick held closely after 35 years at CN, where he started as a Carman Apprentice followed by roles as Assistant Track Supervisor, Bridge Supervisor, Bridge Inspector, Damage Prevention Officer and Risk Management Officer.

As a volunteer firefighter, Derrick is first on the scene at motor vehicle collisions, water and ice rescues. He responds to structure, grass and car fires. “Being in a rural area, we do not have fire hydrants all around and must haul our own water to the scene. Sometimes we have to make several trips,” says Derrick, who has been trained to a Level 1 firefighting status.

Public safety and fire prevention education in schools is an important part of his work. “I always use the opportunity in the classroom to spread the message to kids about rail safety and the importance of staying away from tracks and trains,” says Derrick.

When not on call, he can be found at the East Selkirk Fire Department performing equipment maintenance and checking that the fire trucks, water pumps and apparatus are in good working order. Financial and material support from CN to the



**Derrick at the East Selkirk fire hall.**

department in recognition of Derrick’s volunteer time has been put towards improving firefighter training.

“We received a donation of two old CN box cars to conduct live burns in a controlled environment a few years ago and used the money to get them transported to our training site,” says Derrick. Railroaders In the Community funds have also been very useful for the purchase of equipment for search and rescue training. “It would be a lot harder for volunteer organizations to get the work they need done without the support of companies like CN. “It is really helping communities.”

## CN PENSIONERS KEEP RAILROAD HISTORY ALIVE

CN’s rail lines reach deep into northern Quebec’s resource-rich Abitibi-Temiscamingue region, and many of the area’s small towns sprang up from stations founded by CN and its precursor railroads like the National Continental Railway. One such town is Senneterre, which was founded in 1913 under the name Nottaway and became Senneterre in 1919, the same year CN was created.

**Claude Chartrand** has been Vice-President of the Senneterre Historical Society since 2013. Claude retired from CN in 2006 after 35 years as a machinist and foreman at the former Senneterre Locomotive Reliability Centre.

“I’m very interested in the history of my community,” explains Claude, “especially as it relates to railroading.” Senneterre is not far from where the last spike was driven in 1913 on the original line between Winnipeg and Quebec City. Each year since the 100th anniversary in 2013, Claude has animated a historical train ride from Senneterre to the site of the last spike. Claude is also the society’s archivist and his wife, Joëlle Gagné is responsible for digitization of historical documents.

“There are other CN pensioners who volunteer for the Senneterre Historical Society,” says Claude. “Léopold Provencher was a station manager and telegraph operator at several stations in Abitibi and now demonstrates the telegraph for the public in addition to being our treasurer. André Ferland also worked for CN as a station manager and telegraph operator throughout Quebec and is now the society’s

webmaster, along with his wife Monique Plouffe, and a member of the society’s board.”

CN recognises the contributions of these dedicated history buffs by supporting the Senneterre Historical Society through the CN Railroaders in the Community program.

**Claude Chartrand. Missing from photo Leopold Provencher and André Ferland.**





# 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. Ann Snider

October 11, 2024

Mrs. Ann Snider of Carrot River had her 100<sup>th</sup> Birthday. Her Husband was William (Bill) Snider who worked as a Station Agent/Telegrapher. He retired on June 30th, 1968.



## 2. Annie Hasham

October 2, 2024

Annie Hasham's birthday was Oct. 2, 2024, but due to an oversight the wheels didn't start turning till early Jan. 2025, and her presentation was finally made on Jan. 23, 2025, at her residence. Annie is the spouse of Peter Hasham (deceased) who worked many years for CN & Via Rail as Baggage master in Sydney, and in later years returned to CN to work in the Carload Centre.



## 3. Bill Smith

June 19, 2024

Judy and Brian Woods, President and Vice-President of Council E2, attended Bill's 100<sup>th</sup> birthday celebration on Saturday, June 22, 2024, and presented him with his Crystal Train, a CN 100 cap and a copy of the CN Red Book. There were many friends and family present and they enjoyed a lovely luncheon and a video presentation highlighting Bill's life.

## 4. Hélène Vachon

January 14, 2025

Mrs. Hélène Vachon celebrated her 100<sup>th</sup> birthday on January 14 with her family and friends at her residence in Rosemont. Her husband worked as a yardman in Montréal and then in the downtown offices.



## 5. Herta Metcalfe

January 13, 2025

On January 13th, Mrs. Herta Metcalfe celebrated her 100<sup>th</sup> birthday. She was presented with her Centenarian gift by CNPA Niagara Falls President Bill Lindsay and Council Secretary Sylvester Peplinski (pictured). The Stanford Seniors Residence put on a dinner in her honor which was attended by approximately 200 residents, including her daughter Rebecca (also in picture) from Toronto, and her son Paul and his wife from Coquitlam BC. Herta is the widow of Archibald (Archie) Metcalfe who was a Special Agent with the CN Police in the late 1980's.



## 6. Irene Coleman

December 20, 2024

Mrs. Irene Coleman received her Centenarian Award on Sunday Dec. 22 from C. Hudon and R. La Haye from Montréal/Laval council.







### 7. Isabelle Forster

December 26, 2024

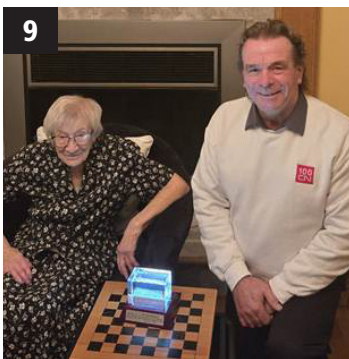
Isabelle Forster celebrated her 100<sup>th</sup> birthday on December 26, 2024. Isabelle is the spouse of the late Gilbert Forster, who worked as a carman in Windsor Ontario, and was also known for playing Jazz piano in the Windsor area. Isabelle is surrounded by family and has lived in the same house since 1951, where she still cooks her own meals and looks after herself.



### 8. Liliane Gagné-Harpin

November 8, 2024

Mrs. Liliane Gagné-Harpin of St-Blaise-sur-Richelieu, Quebec celebrated her 100<sup>th</sup> birthday on November 8, 2024. Liliane is the wife of the late Roger Harpin who worked as a truck driver in Lachine.



### 9. Marie Mockford

December 14, 2024

Here we have Mrs. Marie Mockford of Saskatoon turning 100 on Dec 14, 2024. Marie is the surviving spouse of her deceased husband Mr. Joseph Mockford. Joe worked as a Carman in the Car Department in Saskatoon and retired on May 31, 1981. Along with Marie is our Local Council Centenarian Coordinator, Mr. Terry Senko.



### 10. Marie-Jeanne Boudreau

November 17, 2024

Marie-Jeanne Boudreau of Paspédiac turned 100 on November 17<sup>th</sup>. She received her gift from Director Francis Moran of Council B3.

### 11. Muriel Waterworth

December 16, 2024

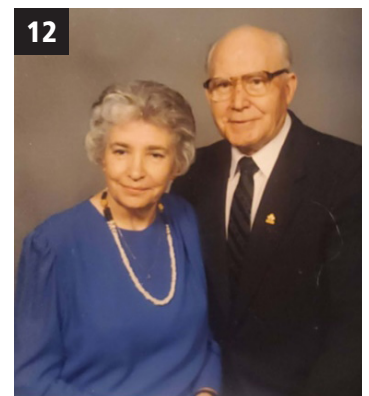
Muriel Waterworth turned 100 on December 16. She is the widow of Jack Waterworth who worked in the Sales Department at CN. Muriel was not presented with her Crystal Engine and CN 100 book until early this year, as she took a nasty fall in early December and has been on the mend since. Not to be deterred, she keeps active, and hopes to rejoin her regular downhill ski group as soon as physio and her doctors allow.



### 12. Olga Mychalczuk

November 1, 2024

Olga Mychalczuk celebrated her 100<sup>th</sup> birthday on November 1, 2024. She is the surviving spouse of Nestor (pictured with her) who worked for CN in northern Ontario as an Engineering Sectionman, Section Foreman and Roadmaster before becoming an Instructor and finally a Regional Manager before his retirement in 1984.



### 13. Rosa Welfle

November 5, 2024

Rosa Welfle celebrated her 100<sup>th</sup> birthday on November 5, 2024. Rosa is the spouse of George who worked for Engineering as a Sectionman, Section Foreman and Roadmaster in Ontario from 1959 to 1986.



## MONCTON NO. 1 COUNCIL – WHERE IT ALL BEGAN

***"A Brief History"*** - CN Pensioner's Moncton Council #1 is affiliated with the National Council of CN Pensioners Associations Inc. as recorded on October 16, 1979. Historically, the group in Moncton reaches back more than 60 years and operated under different names, such as the Retired Railway Employees Association Inc. Records remaining from that time show that they met at the Appleton Club, the Odd Fellows Hall, or later in the 1980's in the Lion's Centre. In the mid 1980's, meeting rooms were established in the Atlantic Building on John Street and continued there for about 10 years. From 1993 until the Centre opened in 1995, meetings were held at the Union Centre. The business concerns of long ago were much like in today's meetings.

***It was time for a "new home"*** - During the early 90's a financial campaign was put in place. CN generously donated the land; donations came in from CN employees and their families. Grants were obtained from the Provincial and Federal Government. The official opening of the CN Pensioners Center was on Friday, September 15th, 1995. We, today thank those who had the wisdom, foresight, and a vision for the future. A note of significance is that this building is the only building "owned" by CN Pensioners in all of Canada today.

The Centre on Curry Street is available to members for various **recreational activities** and will accommodate about 100 persons in a wheelchair accessible hall. It has a small kitchenette, pool table, dart boards for the "active" as well as a television/VCR and videos for those who are "not so active". There is a limited amount of reading material to be found, and this may include the latest newsletter from CN or VIA.

In 2002 a **computer system** was purchased, and the Communication Committee was, and is, more than happy to provide "basic introduction to computer" training at the request of any interested member. Members just need to call Centre and leave a message; a committee member will call back and set up a time and date for training.

**Regular Meetings of the Moncton council** are held at 2:00 p.m.



on the third Thursday of each month, except July and August, when no meetings are held. In December, the usual date is moved ahead for the Annual Christmas Party. These regular meetings provide members an opportunity to hear reports of National Officers, the latest scuttlebutt on the pension board, Blue Cross, or something as simple as a discussion of a newspaper reporter's vain attempts to describe railway equipment. The meetings also provide old work buddies a place for a little "bragging" or story telling. The Center is located at 1 Curry St., in Moncton.

## IS YOUR CONTACT INFO CURRENT?

Whenever you move or have new contact information, it is VERY important for you to change your address, telephone number and email address (if any) with CN Pension and Benefits Administration. This will ensure that you get your CN Calendar, your Tax slips, the CNPA National Newsletter, the CN Pension Committee Annual Report, MEDAVIE Blue Cross information and other updates.

It is also important that you advise CN Pensions & Benefits of any status changes (e.g. family to single) as your MEDAVIE Blue Cross premium rates could be affected. To change your address info, you should call the **CN PENSION and BENEFITS ADMINISTRATION** at **1-800-361-0739**, OR make the change on the website at: [cnbenefits.hroffice.com](http://cnbenefits.hroffice.com). **HAVE YOUR PIN READY.**

The CN Pension and Benefits group can also help you to log on to the website if you have questions or problems logging in.



## STAYING IN TOUCH WITH THE WIDER COMMUNITY

After we retire, keeping connected to the wider community is often a major challenge. We can lose contact with former co-workers and to the activities we used to share. As we grow older, health issues may limit our mobility and activity. Medical research shows that isolation can lead to depression and further health problems.

But retirement doesn't have to be that way. There are activities all around us aimed specifically at the post-55 age group. The question is – how do we find them?



Jim Feeny

When seniors start to experience isolation and depression, they often first confide in their family doctors. Doctors might prescribe anti-depressant medication as one way to cope. Social Prescribing is an alternative. Doctors can now issue a prescription that links the patient with qualified, experienced Social Connectors who work out of Senior Centers in Winnipeg and across the province. The doctor's prescription also goes out to the Social Connector, who then contacts and meets the senior. They jointly work out ways to bring the senior back into the community. It's a real prescription, but not for a pharmaceutical.

That's the subject of a monthly 1-hour radio show on CJNU 93.7 FM, a Winnipeg non-profit community radio station. Hosted by CN pensioner Jim Feeny, **Insights on Social Prescribing** is produced in partnership with The Manitoba Association of Senior Communities and Active Aging in Manitoba. The focus is on helping Manitoba seniors overcome isolation and easily find ways to connect to people and activities around them. It airs at noon on the last Wednesday of each month. The station can be heard in Winnipeg and vicinity at 93.7 on the FM dial, online at [www.CJNU.ca](http://www.CJNU.ca) and on Bell MTS TV Channel 725.

This story describes how Social Prescribing is handled in Manitoba. The program itself operates across Canada and is administered provincially. For more information in Manitoba, the two partner organizations are: Manitoba Association of Senior Communities ([www.manitobaseniorkommunities.ca](http://www.manitobaseniorkommunities.ca)), and Active Aging in Manitoba ([www.activeagingmb.ca](http://www.activeagingmb.ca)).

In other Provinces, call the free 211 number and ask for information on Social Prescribing. 211 is Canada's primary source of information for government and community-based, non-clinical health and social services.



CN EMPLOYEES'  
AND PENSIONERS'  
**COMMUNITY  
FUND**



**\$2,131,933**  
GOAL SURPASSED

# THANK YOU!

**\$799,292** was received from CN pensioners for the  
Community Fund's 2025 annual campaign!  
Over 10% more than last year!

Here is what David Allman, fellow pensioner, who recently won one of the 2025 campaign prizes, had to say:

*"I have been giving through the CN Employees' and Pensioners' Community Fund since 2019...great way to give!"*

**Let us help you support your favourite cause!**

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

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.

