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NEWSLETTER

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Published in January, May and September
With a circulation of 900

Fall is coming along with Meetings, Luncheons, Elections and plans
for our
Annual Christmas Dinner.

See Pg. 6 for schedule.



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CN Pensions and Benefits Administration 1-800-361-0739

Pensioners' web portal:
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.**

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

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 !

President's Message

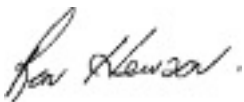
I hope you had a great summer, your executive has been discussing how we can attract new members interested in helping with this Council. With the recent merger with Sarnia Council C11, our territory is now most of Southwestern Ontario. We are having our meetings this year at the Marconi Club in London. With a luncheon before the meetings to encourage more members new and old to come out.

Realizing that many of our members now with the expanded territory cannot make it to our meetings in London. A suggestion has been made that we could have some of our meetings in other locations. By saying that I am asking you as members to let me know what we can do for you.

This is our election year and there is a need for more members to fill positions on the executive. This year Ontario has lost two Councils and it's possible that we may lose one more by the end of the year. They are closing due to the fact that they cannot get an executive to run their Councils. Our Council will not operate without your support.

In closing, do not forget that your healthcare plan Blue Cross is completely run by members across Canada, that are all retired CN employees. This was taken over from CN when they would not provide any coverage for retirees. CNPA members donate their time to give you the best in healthcare that they can. We also have members on the pension committee that oversee your pension. This would not happen if members did not donate their time working on these committees. So please think about giving your Local Council a little help in the next year, perhaps by running an event or helping with a luncheon in your area. I would like to see all members that can, come out and socialize with old and new friends at our luncheons and meetings this year. Our traditional Christmas Dinner is on November 9th at Richards Memorial United Church the same location as last year.

Hope to see you,



Ron Hewson
CNPA President C7 London



The **CNPA SCHOLARSHIP 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. Subject to annual CNPA approval, the Program provides 25 - \$1500 one-year scholarships for each fall school year. The scholarships are distributed and available as follows: five \$1,500 scholarships in each of the 5 Canadian regions (Atlantic, Quebec, Ontario, Prairie, and Mountain).

2023 National Scholarship Finalists Ontario

Allison Coldwell - C2 Barrie, Sponsor - Joan Fournier
Rosetta Defilippis - C14 Toronto, Sponsor - Rosie Defilippis
Hannah Watson - C4 Hamilton, Sponsor - Bruce Watson
Liam Pritchard - C7 London, Sponsor - Warren Pritchard
Jeffrey Lennox - C8 Niagara Falls, Sponsor - Blaine Lennox

OPC Scholarship Finalist

Alec Shaefer - C7 London, Sponsor Wallace Schaefer

2023 CNPA Scholarships Winners

<https://www.cn pensioners.org/scholarships/scholarships-national/scholarships-winners-2023>

CN Spotlight magazine available Online



<https://www.cn pensioners.org/cn-community/cn-spotlight>

CN PENSIONERS ASSOCIATION

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Rail Safety Tips

1 Speed mis perception

Because of their size, trains appear to be much farther away and traveling much slower than their actual speed. Don't be fooled!

2 Trains can't stop quickly

The average train needs at least 2 km to stop. Trains can stop, but they can't stop quickly!

3 Trespassing

Taking a shortcut across the tracks or being on railway property is illegal, and trespassers can be seriously injured or killed.

4 Weight ratio

An average freight train weighs over 5,500 tonnes. Compare that to a car, which weighs about 1.5 tonnes. A train hitting a car is like a car hitting a pop can.

5 Railway cars

Stopped railway cars can move at any time. If you're on one or near one when it moves, you could lose a limb – or worse, your life.

6 Tunnels and bridges

Tunnels, bridges, and trestles are designed only for trains. Trespassers can be seriously injured or killed.

7 Overhang

Trains can carry loads that are wider than the railroad cars themselves. They can have chains, straps or other equipment that may extend outside the car. If you are standing too close, you could get hit.

8 Any time is train time

Trains do not always run on schedule. They can run at any time, on any track and come from either direction.

9 CN Police number

Together we can help save lives! If you witness any unsafe situation near a railroad, please call 1-800-465-9239.

10 Safety pledge

Act today. Take the pledge at www.cn.ca/railsafety

Click on image to go to web site



Photo: Larry and Cathy next to a model 5700 steam engine which is a popular exhibit at the railway museum.

RRITC Larry George Armstrong (as told by Cathy Armstrong)

Larry Armstrong : a true CN ambassador

Larry Armstrong loved the railroad. So much so that when he retired in 2001 from CN with over 40 years of service, he didn't hesitate to volunteer at the Elgin County Railroad Museum to stay connected. Larry worked every Saturday for 7 years as a tour guide before his passing, generously sharing his knowledge of railroad operations and the railway history of St. Thomas, ON, where the museum is located. "Larry was all railroad. He knew so much, including little known facts about the railroad and was a natural storyteller," says his wife Cathy. "He made people laugh and they so loved his tours. They always wanted to leave him a tip but he always directed them to the museum's donation box."

The grant money the museum received for Larry's volunteer work from the CN Railroaders in the Community program was used to update its building and refurbish old equipment. "The improvements were good for the city because they helped attract tourists to the museum," says Cathy. Another bonus of Larry's volunteerism is that it motivated Cathy to get involved in museum activities alongside with him. "I love talking to people as he did and help out during the bingo games," she says. "We were partners together in the Railroaders in the Community program and were involved in CN tree planting ceremonies and other company activities. The railroad has been our favorite cause."

The C-11, C-7 Merger was effective on June 1/23.

Traditionally during the Christmas season the members of Council C-11 Sarnia made donations to various charities in Sarnia and Windsor. When the merger process was being finalized, it was decided that in light of the fact that the Council would not be in existence at Christmas 2023, the residual funds in the treasury at the time of the merger would be donated in advance of the Christmas season to the various charities, we usually made provision for in previous years.

The amounts of the donations and the beneficiaries thereof are as follows;

Coats for Kids Sarnia	\$670.00
Inn of the Good Shepherd Food Bank Sarnia	\$400.00
Salvation Army Food Bank Windsor	\$400.00
Drouillard Place Food Bank Windsor	\$400.00
Salvation Army Food Bank Sarnia	\$400.00
St. Joseph Hospice Sarnia	\$460.47

For the information and guidance of the former Sarnia Council C-11 Members.

J. H. Houston
 Chairman
 Merger Committee

CNPA Council C7 Membership

Meetings, Luncheons & Elections

Meeting

October 19th at 13:00

**Marconi Club of London
120 Clarke Rd, London, ON N5W 5E1**

This year's elections & regular meeting

Louise needs to know the number of members attending the luncheon prior to the 19th **RSVP by October 12 th.**

Christmas Dinner will be held on November 9th

**Richards Memorial United Church
RSVP by October 29th.**

**Richards Memorial United Church 360
Edgeworth Ave, London,
ON N5W 5C4**



Burchill	S Currie	2023-04-16
Patterson	Robert L	2023-04-29
Wilson	Donald R	2023-05-07
Robert	Yvette	2023-05-07
Proulx	Robert	2023-05-09
Zimmerman	Michael	2023-05-12
Petley	Mildred E	2023-05-23
Stol	Bernice G	2023-06-08
Ruddy	Mike	2023-06-13
Campbell	Sharon	2023-06-16
Durkin	William	2023-06-28
Sheffield	David	2023-06-29
Maltby	Norma	2023-07-23

From the Desk of Louise Bayer:

Our Christmas dinner will be held Thursday, Nov. 9, 2023,
12 noon sharp at Richards Memorial United Church,
360 Edgeworth Ave., London, ON.
Cost per person is _____.

**Please let me know by Oct. 29, 2023
if you will be attending.**

It is very important if you move, get a new phone number,
physical address, new mailing address, or email address, that you
let me know of same ASAP. You can reach me at 519-438-2433 or
Lbayer@hotmail.com

Louise Bayer
C7 Membership