

January 2026

MAIN LINE NEWSLETTER

On Track for the Future

Serving and supporting
members of South Western
Ontario



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Mainline is published in January, May, & September
with a circulation of 900
For meeting information and upcoming events, See Pg 6

Southwestern Ontario Council C7 Executive



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CN Pensions and Benefits Administration Help
Line:

1-800-361-0739

Pensioners' Web Portal:

<https://cnbenefits.hroffice.com>

What You Can Do on the Portal:

- Access your pension information
- Update your address
- Update banking details

First-Time Access Instructions:

- You'll need to ****register**** on your first visit
- After registration,

log in using your ****CN PIN (login ID)**

and the password you create. Need Help?

Call the ****Pensioners' Help Line****: 1-800-361-0739

When a pensioner/surviving spouse moves or dies, CN Pension and Benefits Administration needs to be advised immediately by calling

1-800-361-0739.

Also notify Louise Bayer, Membership, 519-438-2433, lbayer2022@gmail.com

CNPA National Web Site:

www.cn pensioners.org

CNPA English Facebook Pg:

www.facebook.com/cn.pensioners.9/

CNPA French Facebook Pg:

www.facebook.com/cnpa.french.3

CENTENARIANS CELEBRATE THEIR 100TH BIRTHDAYS

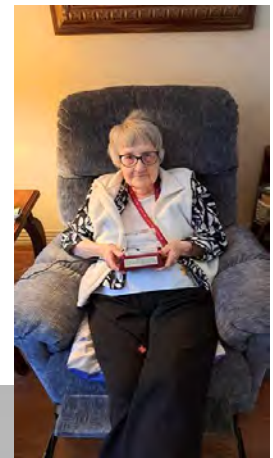


On October 25, **Mrs. Doreen Seston** turned 100 years old! Ron Hewson, President of Council C7 and Secretary/Treasurer, Rick Dixon met with her at the Dearness Home in London. Her Daughter, Cindy Sutherland was also present. They were both pleased with the gift we presented celebrating Doreen's milestone birthday achievement. Doreen's late husband, Fred worked many years at Mac Yard in Toronto.



Mrs. Edna Rachel Morris from Stratford ON, turned 100 years old October 16th, spouse of the late Lorne A Morris (Mike).

Mike and Edna lived in Stratford Ontario, during his career on CN, Mike was a bridge and building employee that worked out of boarding cars in Southern Ontario. Leaving Edna to raise the family while Mike worked out of town weeks at a time, as did a lot of engineering employees.



Once again, the South Western Ontario Council enjoyed celebrating our Christmas dinner at Richards Memorial United Church in London. Nearly 40 members came together to share a meal, catch up with friends, and enjoy the warmth and good cheer that make this season so special. It was a wonderful opportunity to reconnect, welcome the holidays, and celebrate our strong sense of community.



Message from the President

As the New Year begins, I would like to take this opportunity to wish you all a healthy and happy 2026.

Last year, the Southwestern Ontario Executive tried something new by traveling to different locations to meet with pensioners in their own communities. This allowed us to answer questions about our Council, Blue Cross, and pension plans directly, without members having to travel far. We will be continuing this approach in the coming year, with the goal of reaching members in as many towns across Southwestern Ontario as possible.

We recognize that many members prefer not to drive into London for meetings or luncheons. That is why your Executive is willing to come to you. All we need is one member in each community to work with us to secure a suitable luncheon location. The Executive will take care of the arrangements and ensure the event is advertised through our newsletters.

Turning now to another important matter, our Executive is getting older and we are actively looking for new members to join and support the Council. In the past, the large geographic area we serve made participation difficult. We believe this challenge has been greatly reduced by holding Executive meetings via Zoom, allowing members to attend from the comfort of their own homes. Executive members are not expected to attend every luncheon, especially those outside their local area. We are particularly interested in hearing from members outside of London who may wish to become involved.

In this newsletter, you will find a list of meeting and luncheon locations scheduled for this year. Please take note of those in your area and, if possible, plan to attend. We look forward to meeting you, answering your questions, and hearing your thoughts.

Finally, please remember to keep your mailing and email addresses up to date with CN Pension and Benefits Administration at 1-800-361-0739, as well as with Louise Bayer at 693 Brant Street, London, ON N5Y 3M9, or by email at lbayer2022@gmail.com.

You may also contact me by phone at 519-671-3321 or by email at hewson@eastlink.ca.

I would be pleased to speak with you and explain more about our Council.



Thank you!

Thank you to Ward Burr (on the right) and the CN "Railroaders in the Community" for once again making a donation to support our museum! We appreciate your generosity! Above Ward and FLMS President David McLean is the old Forest Train Station sign.



Hi,

I thought you might be interested in some of the ways RITC has helped in my town with two RRITC Grants in Forest. The Forest Museum and the Forest Legion Branch 176 are both very active in the community and both very much appreciative of the assistance provided by RRITC and I am very proud of CN for allowing me to help in this way. I also provide a yearly RRITC grant to the Kiwanis Foundation of Canada which allows my Kiwanis Club to tap into the Foundation resource for scholarships and Foundation grants for local projects my Kiwanis Club is active in.

Ward Burr, ret. Sarnia Terminal

In the September Newsletter, information was published from an Ontario government website that has since been confirmed as incorrect. Mr. Gary Barfoot, a member and former Canadian National Driving Instructor, contacted us to advise of the inaccuracy and undertook his own review of the matter.

Contrary to what was previously stated, *Beginning in September 2025, drivers aged 70 to 79 will be required to complete medical and vision assessments at the time of licence renewal.*

Here's how it works and when it changes:

For ages 70–79

Renewal is every 5 years, just like younger drivers.

You receive a renewal notice from the Ministry of Transportation of Ontario (MTO) before your licence expires.

You can renew online, by mail, or in person at a ServiceOntario centre.

You'll need to pass a vision test if renewing in person.

No mandatory classroom session, written test, or road test applies just because of your age.

The only exceptions are:

If you've had medical issues reported to the MTO (e.g., stroke, arthritis that limits movement, vision issues, etc.), you may be asked for a medical report or assessment.

If you've had traffic violations, collisions, or complaints about driving ability, MTO can require re-testing at any age. So — if you're 70 to 79, healthy, and with a good driving record, renewal is straightforward and routine.

At age 80 and older

That's when Ontario introduces the **Senior Driver Renewal Program:**

Renewal every 2 years instead of 5.

Mandatory vision test, cognitive screening, and a short classroom session.

Road or written tests only if required after the screening.

Members' Discounts & Offers

Membership does have its benefits! If you want to save a few dollars, we have arranged for a variety of special rates, discounts and other benefits to be available to CN Pensioners. Whether its Home and Auto & Travel Insurance or Personal Travel Benefits or you need a new computer, check out the various offers listed.

As always, while we encourage our members to investigate all options when they are planning their purchases, these are some specific discounts that are available to you

Note: The offers below may be changed or revoked at the discretion of the companies offering these discounts. The CNPA strives to keep the discounts updated with the latest information but availability, terms and conditions may differ from what is listed here.

<https://www.cnpensioners.org/membership/membership-discounts>

Goncalves Jose	2025-06-12
Pearson Marian	2025-08-09
Shaw Lorne	2025-08-09
Coady Carl	2025-08-23
Sommise Angela	2025-09-01
Rosenberger Betty	2025-09-02
Beach Patricia	2025-09-03
Schwartzentruber Douglas	2025-09-06
Bailey Stephen	2025-09-12
Fletcher DL	2025-11-01
Micheal Marion	2025-11-06
Clancy Jacqueline	2025-11-07
Stokley Elizabeth M	2025-11-14
Sillett Dennis	2025-11-17
Porter Jane	2025-11-21
Robinson Leslie	2025-11-25
Smitjes Roxie	2025-11-25
James Parsons	2025-12-11

From the Desk of Louise Bayer

Attn: Local Paid members only. It is time (Jan. 2026) to send me your 2026 Membership dues of \$12.00 by check, or if you want to save postage, send \$24.00 for your 2026 and 2027 dues. Check to be made payable to "CN Pensioners Association" and mailed to Louise Bayer, 693 Brant St., London, ON N5Y 3M9. If you are not sure if you are a local paid member then please contact me.

NOTE: It is very important if you move, get a new phone number, physical address, new mailing address, or email address, you let me know of same ASAP. at 519-438-2433 or

lbayer2022@gmail.com

If you know of any retired CN Pensioner that is not already a member of the CNPA, please encourage them to join. There is strength in members. Have them contact me by phone or by email.

Meetings, Luncheons & Exec. Meetings

April 9th Executive zoom meeting 1300

April Wednesday 15th meeting East London

East Lions Community Centre 1731 Churchill Ave. London, On 519-661-2489
Lunch will be provided starting at **11 :30 AM** Meeting to start at **1 PM**.
Let Louise know by April 8th if you are attending.

May 6th Breakfast Sarnia 9 AM

Four Points by Sheraton Point Edward Sarnia
1498 Venetian Blvd, Point Edward, ON N7T 7W6
Let Louise know by May 1st if you are attending.

June 18th Luncheon West London TBD

Sept 10th Luncheon Sarnia TBD

Sept 17th Executive zoom meeting 1300

Oct 15th Luncheon London TBD

Dec 3rd Christmas Luncheon Richards Memorial

Dec 10th Executive zoom meeting 1300