

RAILVETS' NEWS

Spring 2026

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Hi everyone:

I started this when the Montreal Habs hockey series was tied at one game each; I took a break and now Montreal is on the brink of elimination.

We have had a pretty good turnout for our monthly meetings and have had a couple of very good speakers; we are always looking for your ideas and suggestions on future speakers. Anyone can offer your suggestions to any of the executive or use our group mailbox (same one used to send this letter out) - cnpaedmrailvets@gmail.com.

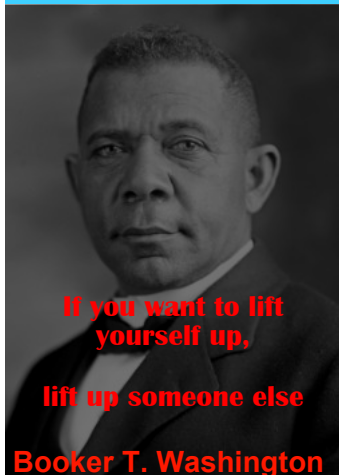
Please note a couple of fall meetings have been moved to Monday; check the calendar inside this issue for the dates.

There are lots of things coming up:

- Scholarships are now open through the National website until mid August. For your child or grandchild to apply you must be a paying member.
- Elections will be held for four or five National positions this fall; if anyone is interested you can reach out to me for more information.
- Locally, as our treasurer is planning a move to Manitoba this fall, we are looking for a new treasurer this fall; if you are interested in this position please advise anyone on the executive.
- Our annual big picnic is being held again at Rundle Park; tickets must be purchased in advance from Diana Novak or John Wiebe. We will have a mini meeting at the beginning of the picnic so there will be no meetings at the Chateau Nova Yellowhead until September 14th at 1330.
- Rumour is there is no Family Day planned at Walker Yard but the Alberta Railway Museum is now open and is a great place to spend a few hours.
- The Corporate Challenge is in full swing and is looking for participants and volunteers.
- Information regarding our Blue Cross plan can be found on our National website cnpensioners.org.
- Check out information on page ten of this issue about our pension raise coming next year.

Hope to see you at our picnic; have a great summer!

President's Message



If you want to lift
yourself up,

lift up someone else

Booker T. Washington

Al Vodden

Your Executive

President

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alvodden@gmail.com

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Any of the Executive can be reached through our group box

cnpaedmrvets@gmail.com

Meetings held at:
 13920 Yellowhead Trail,
 Edmonton, AB T5L 3C2

CHATEAU
NOVA

CNPA 2026 National Scholarship Program Overview

The **CNPA National Scholarship Program** is designed to provide financial support for the educational goals of the families of **contributing** CNPA members. Below is a summary of the key details, eligibility requirements, and application instructions.



Key Dates & Deadlines:

- Applications Opened: April 15, 2026
- Submission Deadline: August 13, 2026
- Submission Method: Applications must be submitted via Email.

Eligibility Criteria:

To be eligible for a scholarship within the Mountain Region, applicants must meet the following requirements:

- Relationship: Must be a child, grandchild, or great-grandchild of a member.
- Sponsorship: Must be sponsored by a **Contributing CNPA Member** in good standing.
- Pension Status: The sponsor must be in receipt of a **CN Pension**.

How to Apply:

The CNPA emphasizes that instructions must be followed exactly to avoid rejection. Follow these instructions to access this program:

1. Visit our Website: Go to www.cn pensioners.org.
2. Navigate: Click on the CNPA National Scholarship tab.
3. Locate Documents: Scroll down to the “**Scholarship Program Documents**” section.
4. Download: Obtain both the “**Scholarship Form**” and the “**Terms & Conditions / Complete Instructions**.”

Important Note: Strict adherence to the “Terms & Conditions” is mandatory. Failure to follow the outlined instructions will result in the immediate rejection of the application.

CN Pensioners' Help Line

For questions regarding your pension or rail pass and to report contact information including change of address, power of attorney or death involving a CN pensioner, please call CN Pension Administration at 1-800-361-0739.

Have your CN PIN (SRB) number handy. As Pensions Administration does not pass along pensioner information to the RailVets please also advise Peter Treloar at 587-338-6014 of any changes.

More information is available on the pensioners web sit at <https://www.cn pensioners.org/>



Celebrating Lydia Stanko's 100th Birthday

On **March 12, 2026**, Lydia Stanko marked her 100th birthday surrounded by the warmth of family and friends at the Alpine Summit Seniors Lodge. It was a celebration not just of time, but of a century defined by ambition, adventure, and an unwavering zest for life.

From the Alps to the Rockies



Lydia's story began in a scenic alpine village in the Swiss mountains. Her adventurous spirit first took flight at age 23 when she traveled to Montreal to work as a nanny for the Kalina family. Though far from home, she found a new calling in the Canadian landscape.

Her journey eventually led her west to Jasper, where she began a career with the CN Rail Hotels. For years, Lydia lived a life of seasonal transitions—working winters at the **Vancouver General Hospital** and summers at the iconic **Jasper Park Lodge**.

Building a Life and Legacy in Jasper

It was in Jasper that Lydia met and married Steve Stanko, a CNR employee. Jasper became the permanent backdrop for their life together, where they raised three boys. Lydia was never one to sit still; she balanced motherhood with a series of professional roles, including:

- **Motel Manager:** Overseeing operations for their family investments.
- **Civic Representative:** Serving as a representative for the Chamber of Commerce.
- **Real Estate Developer:** Managing a group of cabins and, remarkably, building a commercial building in Jasper following Steve's passing in 1991.

Going Strong into her Second Century

Today, Lydia remains a force of nature. Her "retirement" is anything but quiet. She is a regular in exercise classes, a master of jigsaw puzzles, and an avid cook, seamstress, and knitter.

Perhaps most impressively, she remains a fixture in the community, taking the bus to Hinton for shopping trips to visit her great-grandchildren and walking downtown with her walker—often returning with a haul of new purchases.

Lydia Stanko isn't just reaching a milestone; she is charging into her second century with the same ambition that brought her across the ocean decades ago.



Ron Stanko (Son)



2026 Railroaders in the Community

Our volunteers each play an important role in making Sport Central what it is and Dave Ball is one of many who help keep things running day in and day out.

A familiar face in the shop, Dave is there 4 to 5 days a week and even holds a key to the building! He brings skill, care, and a willingness to support others, often taking time to guide new and younger volunteers in the repair shop.

This year, Dave was selected as a recipient of the 2026 Railroaders in the Community \$2,000 bonus draw. Through this initiative, CN supports pensioners in giving back by directing donations to charities they care about and we're proud that Sport Central is the recipient of Dave's selection.

We're grateful for Dave's ongoing dedication and the many ways he contributes to the team.

Thank you to CN for supporting retirees in giving back to their communities.



PLEASE NOTE: **MONDAY MEETINGS** MAY, SEPTEMBER & NOVEMBER

CNPA YEARLY EVENTS CALENDAR 2026

JANUARY 21ST

~~General Meeting
1:30PM~~

~~Review of Montreal Annual
Directors Meeting~~

FEBRUARY 18TH

~~11AM CNPA LUNCHEON \$15~~



MARCH 18TH

~~General Meeting
1:30PM~~

~~Guest Speaker:
SAGE – Seniors Tax Benefits
(Seniors Assoc Greater
Edmonton)~~

APRIL 15TH

~~11AM CNPA LUNCHEON \$15~~



MONDAY – MAY 11TH

~~General Meeting
1:30PM~~

~~Guest Speaker:
Karen Xekominos
Heart Fit Clinic~~

WEDNESDAY JUNE 17TH

RUNDLE PARK
10AM TO 2PM



JULY



Summer
Break!

AUGUST



Summer
Break!

MONDAY SEPTEMBER 14TH

General Meeting
1:30PM

Guest Speaker: Susan Tucker
Registered Dietitian
Togethernutrition

WEDNESDAY OCTOBER 21ST

11AM CNPA LUNCHEON \$15



MONDAY NOVEMBER 9TH

General Meeting
1:30PM

Guest Speaker TBA:

WEDNESDAY DECEMBER 16TH



CHRISTMAS LUNCH 11 AM

You're Invited! RailVets Annual Picnic at Rundle Park

The Edmonton RailVets is excited to announce our **Annual Picnic** on **Wednesday, June 17th**. We are returning to the Rundle Family Centre, ensuring a great time regardless of the weather!

Join us for an afternoon of camaraderie and a hot meal catered by the fantastic Smokehouse BBQ.

- **When:** Wednesday, June 17th | 10:00 AM – 2:00 PM
- **Where:** Rundle Family Centre (2903 – 113 Ave, Edmonton)
- **Cost:** \$20 per person (Member and one adult guest)

Menu:

- Deluxe Party Pack (Southern Fried Chicken & St. Louis Ribs)
- Double stuffed Baked Potato Salad
- Ceaser Salad
- Smores Bread Puddings with Caramel sauce



How to Get Your Tickets:

Tickets must be purchased in advance as they will not be available at the door.

1. **In-Person:** At our General Meetings (Chateau Nova Yellowhead)
2. **E-Transfer:** Send funds to jjwiebe2@gmail.com.
3. **Cheque:** Mail to RailVets, 61 Estate Crescent, St. Albert, AB T8N 5X2.

Note: Tickets reserved via E-transfer or cheque will be held for you at the event sign-in table.

Meetup

It was pointed out in a previous newsletter that one of the biggest problems we have is “Loneliness”.

Meetup is a social networking platform that connects people with shared interests through in-person and virtual group events. At least a couple of our members are using the app with great success.

Whether you want to join a hiking club, network with tech professionals, or practice a foreign language, it is designed to help adults make friends and find community.

Here is how it works:

Discover Groups: You search for groups based on your specific hobbies, or passions

Attend Events: You can RSVP to scheduled events happening in your area (including the Sherwood Park and Edmonton region) or online.

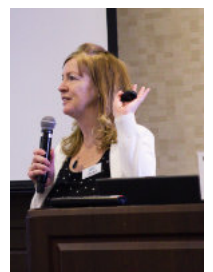
You can browse for groups or set up your account by visiting the Meetup Website or by downloading the mobile app on the Apple App Store and Google Play Store.

This is not an endorsement of the app and please use caution when meeting people in the real world for the first time.



SAGE

Guest speaker was Jade Allen from Sage Seniors Association, a not-for-profit organization which offers social support services and benefit options for seniors. Her presentation highlighted a wide range of services provided by the government, i.e., disability tax credit, Canada Pension Plan, OAS, Alberta Senior Supplement, Sharp Loans at low interest rates, Alberta Special Needs, etc.; their "2026 Directory of Senior Services" was a handout provided for those who wished further information.





Arthur Begert	Carman, Edmonton	Muriel Hume	Cost Analyst Supervisor, Moncton
Ved Bhardwaj	Forman, Extra Gang, Surrey	Earle Irvine	Manager Planning Services, Edmonton
Norman Lester Blue	NAR	David James	Trainmaster, Edmonton
Anne Boyenko		Raymond Knight	Conductor, Jasper
James Brock	Fuel Desk Operations Manager, Edmonton	James Kolt	Electrician, Walker Diesel Shops
Phyllis Cairns	Widow of Albert, Pipefitter Calder Maintenance	Evelyn Lawson	Widow of John, Conductor, Grande Prairie
Richard Chimko	Tractor Trailer Operator Intermodel, Edmonton	John Letkeman	P.M.O., High Level
Yu Chai Chin	Electrician, Edmonton	Daniel McGuire	Field Maintaner, Pr. George
Greg Cronkright	Officer Training and Development, Edmonton	Helen Mytruk	Widow of Harry, Agent - Operator - Auditor, Edmonton
Thomas Devoe	Work Equipment, Edmonton	Ron Overton	Locomotive Engineer, Edmonton
Patrick Ebenezer	Train Movement Controller, Calder	David Peng	Sr. Clerk, Servocenter, Edmonton
Lois Fairbairn		Richard Pryor	Locomotive Engineer
Gilbert Frontain	Systems Manager - Marketing, Edmonton	Harold Sacher	Supervisor Transcona Shops, Winnipeg
Colin Gillie	Classified Labourer, Edmonton	Gerald Schiele	Rail Traffic Controller, Edmonton
Alice Goebel	Widow of Dennis, Rail Maintenance, Calder	Lillian Sidlowich	Widow of Milton Poohkay
Ralph Gordon	Signals Shop, Montreal	Mathias Sikkes	Locomotive Engineer, Jasper
Maxine Hadley	Widow of Norman, Administrative Assistant - P&MM	Morris Soetaert	Carman, Clover Bar
Donna Harmon	Widow of William, Chief Train Dispatcher, Edmonton	Patrick Steinke	Machinist, Calder
Herta Hellfritz	Widow of Gunter, Lineman, Lampman, SK	Mark Stumph	Locomotive Engineer
James Hill	Dispatcher, Kamloops	Wesley Thom	Breakman, Edmonton
Jack Hollinger	Car Foreman, Edmonton	Florence Villeneuve	Widow of Sam, General Supervisor PM, Pr. George
		Jean Wong	Widow of Douglas Tong Him

Our sympathies go out to **Petar Vuksanovich** on the death of his wife **Ilona**.

MILESTONES July 2026-October 2026**85 Years Old**

Lucita Cabigon	Jul 6
Sophie Kazmiryk	Jul 6
Kiei Yan Goh	Jul 7
Richard Picard	Jul 21
William B. Sawich	Jul 26
Eloise Williamson	Sep 30
Raymonde Boyachuk	Oct 6
Gloria Forbes	Oct 10
Earlene Vesey	Oct 24
Lorraine Publicover	Oct 30

90 Years Old

Pat Bashuk	Jul 1
Michael P. Oshaneck	Jul 12
Sophie Buga	Jul 22
George Harris	Jul 25
Roland K. Moir	Jul 26
Eldon Samis	Aug 1
Frank Hajjar	Aug 18
Nellie H. Couling	Aug 22
Beverly Buntin	Aug 25

Mary Shinkaruk	Aug 27
Delbert G. Mitchell	Aug 29
John Bielefeld	Sep 8
Beverley Thomson	Sep 16
Lilliam Lischewski	Sep 16
Lorraine Duliba	Sep 22
Bob (2nd Husband) Pampu	Oct 4
John Yakowchuk	Oct 4
Sylvia McGinley	Oct 21
Roy Schneider	Oct 31

95 Years Old

F. Edward Locke	Jul 31
Rita M. Shumka	Aug 12
Merle L. Shockey	Aug 28
Abdul Walji	Sep 28
Jose M. Cabral	Oct 25
Anne Allison	Oct 29

100 Years Old

Joe L. Rosen	Jul 27
William Kos	Aug 11
Margaret McKenzie	Sep 10
Ernest Lindstrom	Sep 30

50 Years Married

Murray & (Dawn) Wendy Coumont	Jul 24
Greg & Donata Spaetgens	Jul 26
Ron & Muriel Emter	Jul 31
Patrick & Jacquie Werbicki	Aug 21
Robert & Jeanette Villeneuve	Aug 27
Norman & Roxanne Soldan	Aug 27
Jock & E. Elaine McKay	Aug 28
Ron & Lori Roper	Oct 9

60 Years Married

Ken & Doreen Neuls	Aug 12
John R. & Marie Sveahun	Aug 13
Daljit & Santosh Minhas	Sep 8
Antonio & Lucia Goulart	Sep 18

New Members

Lynn Balaski	Jan Foort	Lynn Morris	Jimmy Allen Payjack
Eveline Crane	Glen Gamble	Sharon Palichuk	Alice Tmej
Ann Cronkright	Rodney Hoyseth	Inderjit Panesar	Cathy Whiteman
Slav Czarcinski	Fay Knight	Derek Parker	
Rosemarie Engele	Darryl Lavigne	Nancy Pasquill	
Bob Fisher	Vivian McGuire	Tim Pasquill	

Heartfit Clinic

Karen and Liz from the Edmonton Heartfit Clinic presented to the May General Pensioner's meeting on Monday May 11. Pensioners and their spouses have been offered a discount for an AI heart assessment. If you're interested, please call the Heartfit Clinic and let them know you're a CN Pensioner to hear about the discount. You can reach them by phone at 780-733-1233 or by email at edmonton@heartfit.ca.



Railway Adventure

I grew up on the railroad. When I was born in 1961, my dad was the Regional Rules Instructor. He travelled a lot, to all the terminals in the Mountain Region, putting on Rules Classes.

When I was seven, he got a new job that gave him an office in the brand new CN Tower, the first real skyscraper in Edmonton. I remember when he showed us his office on the 24th floor the elevator was still not open so we had to climb the stairs. But it was worth it to look down at the cars that looked like toys and on the City Yard that sat where Edmonton's Grant Macewan University now sits.

Such was my relationship with my dad. I went to work with him. I sometimes travelled on engines and cabooses with him when he had to go somewhere and I sat and played in stations all across western Canada while he was doing his stuff.

On his last trip as the Regional Rules instructor, showing the new guy who was to take his place the ropes, he had to go to Prince George.

While he was in the station doing the rules class, I was ordered to stay in the station or on the platform and to stay out of trouble. What trouble could a seven-year-old get into hanging out near trains?

I recall being fascinated by a small hill of ants near the station and I was poking sticks into their hill when a yard engineer who knew my father well asked me if I wanted to go for a ride on the engine while I waited for dad.

Of course I did. The engineer who I didn't really know, but trusted because he said he knew my dad, lifted me onto his little yard engine and sat me beside him. Those old yard engines had a great 360 degree view and I was enjoying the going back and forth as the crew did some switching.

I don't know what happened but before too long, the crew was ordered to go a bit out of town to get some cars to bring back to the yard. They thought they'd be back within the hour, but as things pan out on the railway (some things never change), we had to wait for trains and it was a few hours before we got back.

But what did I care, I was on a train engine in Prince George, with a crew of railroaders. I was getting to ring the bell and blow the whistle and feel like a very lucky kid.

I don't know if yard engines were equipped with radios in 1968, and I don't know if anyone had thought to let my dad know where I was, but somehow, he'd gotten the message and was on the platform when our little yard engine got back to the station.

Dad thanked the crew for taking care of me and then we went out for a burger before we had to catch the train back to Edmonton that night.

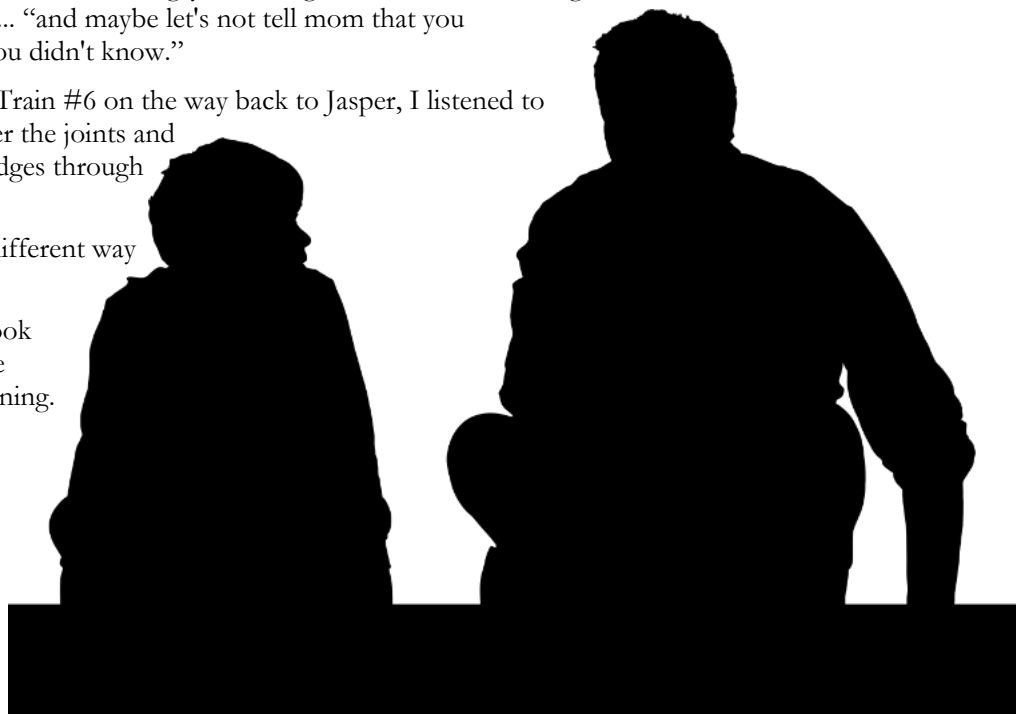
All he ever said to me was, "you know you should have told me where you were going. It's a little dangerous to hang around a rail yard by yourself." In retrospect, he didn't seem as angry as he ought to have been, but I guess it was because I knew his real fear by the last I ever heard of my adventure: ... "and maybe let's not tell mom that you disappeared on a train all day with men you didn't know."

That night, as we rode the sleeper on Train #6 on the way back to Jasper, I listened to the clickety-clack of our wheels going over the joints and the hollow sound when we went over bridges through the night.

It never occurred to me that it was a different way to grow up.

Now, about ready to retire myself, I look back on a very unique life, but sharing the railway with my dad still carries deep meaning.

Will Munsey



Flower Fund Report – June 2026

The Edmonton RailVets take great pride in celebrating our members. We wish to acknowledge your milestone birthdays, anniversaries with a special gift. In addition, when advised, we wish to acknowledge hospital stays of our membership.

Milestone Celebrations

We currently recognize the following significant milestones:

- Birthdays : 85th, 90th, 95th, and 100th.
- Wedding Anniversaries: 50th, 60th, and 70th

Missed a Milestone?

If you reached one of these milestones and were not contacted, please reach out to **John Wiebe** so we can make it right.

- **Email:** jjwiebe2@gmail.com
- **Phone:** 780-460-9202

Activity Summary: January – April 2026

Below is a summary of the flowers and or gift cards delivered during the first third of the year:

Month	Flowers	Gift Card	No Contact	Birthdays	Anniversary/Get Well
January	9	3	3	8	4
February	4	3	4	4	3
March	8	1	2	9	0
April	7	0	6	4	3

Important Delivery Information

- Out -of-Area Delivers: Our preferred florist is Bunches. If a recipient lives outside of their service area, we will send a gift card instead once the current address is verified.
- Unreachable Recipients: In some instances, we are unable to complete a delivery due to incorrect contact information; disconnected phone lines, members on vacation, members having moved without notice or no response to voicemail messages.

Help Us Keep in Touch

We can only celebrate you if our records are accurate! If you have moved, changed your phone number, or updated your email address, please contact **Peter Treloar**:

- **Email:** peteretre@gmail.com
- **Phone:** 587-338-6014



Age of Membership

Age Group	Count
Unk	226
55-64	344
65-74	819
75-84	489
85-95	275
Over 95	45
Total	2198

I just realized the paper towels at the side of the gas pump are there so you can wipe your tears after you fill your tank. 😭



KitchenFunWithMy3Sons.com

Anatomical gifts

Anatomical gifts are used for teaching courses in human anatomy to medical, dental and allied health professional students. The courses introduce students to the anatomical terminology that is used in medical practice. They also familiarize students with anatomical relationships in the body that are essential for understanding the progression and treatment of human diseases.

Anatomical donations are regarded by the medical community as precious gifts to medical education. Donors and their families can be assured their contribution is greatly appreciated by both students and faculty. All anatomical donations are treated with utmost respect.

The U of A has a program requiring anatomical gifts for research and teaching purposes. If you are interested in exploring this option please call;

Jason Papirny, Program Coordinator Anatomical Gifts Program at 780-492-2203 or email at jpapirny@ualberta.ca



The Pension Plan

The Pension Plan 2025 audited results showed it earned 6.5% and stands at \$17B. It paid out \$950 million in pensions last year. The Plan is fully funded with the going concern ratio of 146% and a Solvency Ratio at 138%.

As the inflation rate in 2025 averaged 2%, and with favourable funding provisions, there will be an 2027 indexation of 1.2% (60% of 2%)

Minimum monthly increases on January 1, 2027 will be \$9 or \$4.50 (spouses) and a maximum increase of \$39

You will be receiving the Pension Plan Annual Report by Mail in July of this year and will contain the detail and full information on the above and we encourage you to read it fully.

Included in that Report will be IMPORTANT added INFORMATION you should share with your spouse, your executor and keep a copy with your will!

Festival Fraud Safety

Edmonton is known as a festival city, to avoid festival fraud this summer, buy tickets exclusively from official, authorized sellers and avoid peer-to-peer social media deals. Protect yourself by using secure, traceable payment methods like credit cards, never bank transfers, and never share ticket barcodes/QR codes online. Be wary of prices that seem too low.

Top Ticket Fraud Prevention Tips:

- Use Authorized Channels: Buy only from the venue, promoter, or verified resale platforms (e.g., Ticketmaster, AXS).
- Avoid Social Media Sales: Deals on Facebook, Instagram, or Tik Tok are high-risk for fraud.
- Secure Payment Methods: Use credit cards or PayPal, which offer buyer protection. Avoid wire transfers, cash, or gift cards.
- Protect Your Ticket: Never post pictures of your ticket, especially the barcode or QR code, as scammers can clone them.
- Verify the Seller: If buying second-hand, check the seller's profile, ask for proof of purchase, and use secure, verified resale platforms.
- Check URLs: Ensure the website is legitimate, has a padlock icon, and uses HTTPS.

Trust Your Instincts:

If a situation feels "off" or too good to be true, walk away.



**Edmonton Police
Financial Crimes Section**