

MAINLINE

NEWSLETTER

IN THIS ISSUE

Status of meetings
and upcoming events

Contact Information
For CNPA Council C7
CN Pensions &
Benefits

President's Message
Scholarships

New CNPA Web Site

Walking for Good Health

Membership,
Meetings &
Luncheons for 2023
Obituaries



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

With the spring weather comes plans for Meetings,
Luncheons . Elections and also 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 would like to start by thanking all the members that attended our April 20th meeting. It was so nice to get back to a normal gathering. As I have said in my last message, we will be having a spring luncheon, June 15th at the Marconi Club in London on Clarke Road.

The lunch will be subsidized by \$10.00 for all who enjoy the buffet at the Marconi Club before the meeting and bring their receipt to the meeting.

On a sad note, the Peterborough Council was unable to elect an executive to run their Council. All of the members of Peterborough Council were merged into the closest Council according to their postal code, four Councils receiving the new members. Also, Sarnia Council C11 realized that they could not elect a new executive. Their membership will be merged with London Council as of on June 1st, 2023. As President, along with the Executive and all our membership, I would like to welcome all the members from Sarnia Council C11 to the London Pensioner's C7 Council.

The Christmas Luncheon this year will be at Richards Memorial United Church on November 9th, 2023. The information will be updated in our September newsletter. In closing, I am looking forward to see all of the members that can attend and to socialize with old friends and greet new friends that come to our luncheon/meetings this year.

Please do not forget that we are having a Luncheon before our next meeting on June 15th and all members are welcome to attend.

Hope to see you at our meetings,

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).

Key Dates

Program Opens - April 15, 2023

Application Deadline - August 15, 2023

Winners Contacted - By the end of the first week of September 2023

The 2023 Scholarship Program will be open on line to applicants effective April 15th, 2023.

In addition to the 5 National awards of \$1500.00 each for the Great Lakes Region, the Ontario Provincial Council (OPC) is offering an additional scholarship of \$1500.00, available to eligible applicants.

The **OPC scholarship program** will follow the same rules, procedures and dates as the National Program and will be awarded to the sixth winning Great Lakes Region scholarship applicant.

The award winning OPC applicant will be eligible to re-apply for the 2024 National Scholarship and a National winning scholarship applicant may apply for the 2024 OPC program. Unsuccessful qualified applicants may re-apply for either subsequent program.

Johnson Insurance Scholarship

There are 50 scholarships valued at \$1,000.00 each available to students entering post secondary institutions in the fall.

Visit: <http://www.johnson.ca/scholarship>
<https://www.cnpensioners.org/scholarships>

for eligibility criteria.



< [New Web Site, click on the underlined links to view Web Site pages.](#) >



[National](#)



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[Scholarships](#)



[Membership](#)



[Newsletters](#)



[CN Community](#)

Welcome to the CN Pensioners Association

The purpose of the CN Pensioners' Association (CNPA) is to represent the needs of all retired CN employees. Our objective is to protect your interests, financial and otherwise, regarding your pension, your benefits and support and enhance your social interests and activities.

Our Mission

To be an association of honesty and integrity whose goal is to be second to none in protecting the interests of all CN pensioners financially, socially and emotionally. An association which can be called on at any moment of need.

Our Vision

To grow this association with integrity, for the people and by the people with a team of volunteers whose ultimate goal is to do their best in an effort to achieve a better standard of living for our fellow pensioners and surviving spouses

This website is intended to provide service and support to our CN Pensioner population. If you have been retired for a while, you may already be familiar with this site. If you are just newly retired, we want to extend congratulations and a warm welcome to you. Or perhaps you are in the process of preparing for retirement from CN and want to check us out. Whatever your reason for visiting our website, Welcome! your retirement follows years of dedicated service, hard work and family sacrifices. Now, it is time to transition and enjoy a well-deserved rest, time with family and friends and enjoy many years of health and well-being.

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[Scholarships](#)

[Councils](#)

[Membership](#)

[Pension](#)

[Newsletters](#)

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CN Pensioners Association

National Council of CN Pensioners' Associations
935 de la Gauchetière St. W - 7th Floor
Montreal, QC H3B 2M9

All mail / correspondence to be mailed to:

CN Pensioners' Associations
c/o National Executive Secretary
11 Massey Crescent
Mount Pearl NL
A1N 2H1

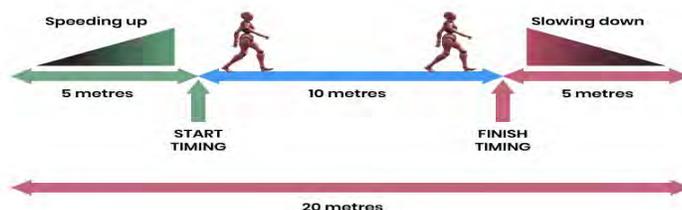
cnpa.webmaster@gmail.com

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Walking for good health



You can measure your walking speed using the 10-metre walk test. To take the test you'll need a 20-metre path to give you 5 metres to get up to normal speed (or usual pace), 10 metres for the measurement of your normal walking pace and then another 5 metres to slow down. Now measure how long it takes you to walk the 10-metre length, or get someone else to time you over this distance.



Then divide 10 metres by the number of seconds it took you to determine your speed in metres/second.

$$\begin{aligned} \text{Speed} &= \text{distance}/\text{time} \\ &= 10 \text{ metres}/\# \text{ of sec} \end{aligned}$$

The nicer weather is finally arriving in many places across the country after what may have felt like a long winter. With warmer temperatures, there is no better time to enjoy the outdoors than now. If you need extra motivation to get outside, the health benefits of walking might entice you.

Walking is one of the easiest ways to stay active and has many positive benefits for our health. It can help to improve heart health, aid in stroke recovery, reduce pain and improve physical function. Whether it's already part of your routine, you're looking for ways to change things up, or you need some convincing to get started, we have compiled some tips to help.

Want to make your usual walk a little more interesting? Look no further than Nordic walking. This form of walking uses poles that resemble those used in cross-country skiing and provides a full-body workout. Despite the addition of the poles, this form of walking may even be less strenuous on the body overall. Another approach to stepping up your walking game is tracking your performance over time using a wearable device such as a pedometer, step counter, or fitness tracker. Research studies have shown that mobile or wearable digital devices motivate people to exercise more and may help with weight loss. If you walk occasionally but struggle to make it a part of your routine, some compelling reasons may help convince you. Did you know how fast you walk can be an important indicator of your overall health? Like your heart rate, blood pressure, body temperature, and breathing rate, there is evidence that your walking speed may be an essential new vital sign. In addition to the health benefits walking provides, it also offers the opportunity to socialize and interact with others. Consider joining a walking group to meet new people or walk with a family member, neighbour or friend. A consistent routine and someone to stay accountable can provide added motivation.

<u>Sex</u>	<u>Age Group</u>	<u>Average walking speed</u>
Men	40-49	1.43
	50-59	1.43
	60-69	1.34
	70-79	1.26
	80-89	0.97

<u>Sex</u>	<u>Age Group</u>	<u>Average walking speed</u>
Women	40-49	1.39
	50-59	1.31
	60-69	1.24
	70-79	1.13
	80-89	0.94

(Metres/Second)

CNPA Council C7 Membership

Meetings, Luncheons & Elections

June 15th meeting at the Marconi Club at 13:00

Luncheon prior to the meeting

September meeting at 13:00

Nominations for this year's elections

Location & further information in September

Newsletter

Christmas Dinner will be held on November 9th

At Richards Memorial United Church

Time and further information to be in the September

Newsletter.

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

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

**If you are planning to attend the Luncheon advise Louise Bayer by
June 6th/23.**



From the Desk of Louise Bayer:

I extend a warm welcome to all the Windsor and Sarnia members who have joined our Council since Sarnia Council is closing. Am very sorry Sarnia has to close their Council. Volunteers to help out are always welcome in any council.

It is very important If any of our members move, get a new phone number, physical address, new mailing address, or email address, that you let me know of same so I can keep our database updated. You can reach me at: Louise Bayer: **519-438-2433** or email at **lbayer2022@gmail.com**. I always return calls if you leave your name and number.

Even if you receive our newsletters and info from us by email, we still need your new info to keep our data base up to date. CN doesn't automatically send us your newest updates. With the price of postage, etc. it is costly if we send you information by Royal Mail and it is returned. It is further frustrating if we try to reach you by phone and it has been changed or disconnected and we have not been updated. We do not want to lose touch with you...

You are a very important part of our Council. If any of you can come to our future in person meetings or luncheons that would be terrific. We love to put faces to names and since Covid it has been some time since we have seen many of you.

I hope you are all staying well and will enjoy the beautiful spring and summer weather, once it arrives.

Louise Bayer
C7 Membership
519 438-2433
lbayer2022@gmail.com

Devincenzo Pasqualina	2023-01-23
Fletcher Warren	2023-01-14
Stewart Karen	2023-01-11
Sharo Christopher	2023-01-06
Rennie Douglas	2022-12-30
Pyluta Martha	2022-12-19
Hayes Muriel	2022-12-01
Dominko Ignac	2022-11-22
Ball Jeff	2021-03-03
Pharand Henry	2023-03-25
Boon Arthur H	2023-03-12
Jones Stanley	2023-03-15
Milette Elizabeth	2023-03-17
Scott George	2023-03-04
Robert Yvette	2023-05-07

If you are planning to attend the Luncheon advise Louise Bayer by June 6th/23.