



RAILVETS' NEWS

Fall 2024

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“Here’s all you have to know about men and women:

Women are crazy, men are stupid.

And the main reason women are crazy is that men are stupid.”

George Carlin

Welcome to fall; it’s a nice day, partly cloudy with a nasty breeze. I hope everyone enjoyed the summer and are now getting back into a routine.

We had our first meeting a couple of weeks ago and it was good to see everyone who attended. You can see upcoming events which are listed elsewhere in this newsletter.

Our picnic was held in June with a cake-cutting to celebrate the 50th birthday of the CN Pensioners’ Association.

We try to keep our members informed through our general meetings, newsletters and emails. We have received some emails that have bounced back or postal-service editions of our newsletters returned. It is important that we have your current address - both postal and email. We get a download of all pensioners’ mailing addresses every month from CN Pensions Administration and it is important that any changes to your mailing address be given to them (1-800-361-0739). They do not have or provide email addresses so it is important you inform Peter Treloar (petretre76@gmail.com) of any email changes so the addresses RailVets has for you are kept current; we do not share this information with anyone.

We have all heard of the very sad events in Jasper this summer. We have over 100 CN pensioners living there who are part of our Edmonton Council, which extends from Red Deer north and both east and west in the province, for a total 2,400 members. On behalf of the RailVets we have made a \$1,000 donation to the Red Cross through the CN Community Fund; this amount was matched by CN and the provincial and federal governments for a total of \$6,000. Our thoughts and best wishes are with our friends in Jasper.

Hope to see you soon!

Regards,

Al Vadden

President's Message

CN Rail Relocating Jasper Operations

CN has announced, via a memo sent to employees in Jasper it is moving the crew change point to Hinton.

“CN has made the decision to implement operational changes to improve network fluidity,” regional vice-president Nicole James said in the memo.

The change is scheduled to take effect by September 2025 .



Your Executive

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Any of the Executive can be reached through our group box

cnpaedmrailvets@gmail.com

Meetings held at:

13920 Yellowhead Trail,

Edmonton, AB T5L 3C2

CHATEAU

NOVA

GOVERNMENT NEWS

National News

Insurance Bureau of Canada says Jasper wildfire will cost insurers more than \$880-million.

Alberta Government News -- July-August 2024

Wildfire Recovery Actions: Update 6

Recovery efforts continue to support the return of Jasper residents.

[Solid year-end sets stage for prosperous Alberta future](#)

Positive 2023-24 year-end results display the government's commitment to fiscal responsibility that ensures prosperity and opportunity for Albertans.

High-speed internet coming to Strathcona County

More homes throughout Alberta will have access to high-speed internet, thanks to a joint provincial-federal investment of more than \$380,000.

BC Government News -- July-August 2024

B.C. delivers more MRI, CT scans than ever before

More people in British Columbia were able to access a magnetic resonance imaging (MRI) or computed tomography (CT) scan in 2023-24 than ever before, thanks to more machines, hours of operation and technologist staff being added to the public health-care system.

Affordable, accessible homes for seniors open in the north

Seniors in Fort St. James and Telkwa are moving into two new buildings with a combined 48 rental homes that are affordable, accessible and centrally located.

Steve Mihell

Mountain Region

Government Liaison Officer

HAPPY BIRTHDAY!



Jessie Trottier, widow of long-serving CN Carman and crane operator Norman Trottier, celebrated her 100th birthday on June 2nd along with 120 friends and family from across North America. She received greetings from King Charles and Queen Carmilla, Governor General Mary Simon and Prime Minister Justin Trudeau. She was delighted with the crystal locomotive presented to her stating "Norman would have loved it."

100
BIRTHDAY

Holo Alert [Medical Alert Pendant and Watch]

- GPS Tracking: Provides real-time location data to emergency responders for accurate and fast assistance.
- Two-Way Communication: Built-in speaker and microphone in both devices allow direct communication with emergency operators.
- Fall Detection: Automatically detects falls and sends an alert to monitoring centers without needing to press a button.
- Emergency Button: Pressing the button on either device initiates a call to the emergency response team.
- Water-Resistant: Both devices can be worn in the shower or rain without damage.

For CNPA members:

- Free Medical Alert Watch (valued at \$400) or free Medical Alert Pendant (valued at \$250)
- 10 day money back guarantee
- **Contributing members** receive **20%** off on all 24/7 GPS & Fall Detection Monitoring Services (\$10-15 savings per month)
- **Non-Contributing members** receive **10%** off on all 24/7 GPS and Fall Detection Monitoring Services (\$5-7 per month in savings)



For further information, or assistance in registering, contact Matthew Toth: mtoth@holoalert.ca or www.holoalert.ca or phone 825-401-1905



VIA Pass Holders

For information about the VIA Pass and/or to replace your card, please call the CN Pension & Benefits Administration at 1-800-361-0739. Visit the [VIA Rail](http://www.viarail.ca/en) (<http://www.viarail.ca/en>) site to book a trip.

Identified Issue:

- Some passes no longer work within the new VIA reservation system
- Some old passes have initials instead of full first names
- VIA reservation system no longer accepts initials (November 2023)

Guidance:

For VIA pass holders *who intend to travel*, check their VIA pass and do the following:

- If the pass contains both the full first and last name of the pass holder, no action is necessary, and travel can be booked using VIA's online system;
- If the pass contains only initials, contact CN Pension & Benefits Administration (1-800-361-0739) at least 4 weeks prior to travel to have a new pass issued.

For those who do *not intend* to travel or if their *current pass has the full spelling of their first and last name*, no action is required.

It is the member's responsibility to create an online profile with VIA, and members should contact VIA customer service for any online issues at 1-888-VIA-RAIL (1-888-842-7245)



Rogers Discounts

The CNPA Has negotiated access to the Preferred Pricing program for cell phones through Rogers. More details will available on the CNPA web later.

Attached are the basic rate cards that have the current pricing, good through at least October this year.

NOTE. While this is a Rogers based cel plan, it is not available just thru your local Rogers kiosk. It is a CNPA negotiated group rate by their group supplier Planet Mobile.

There are many variables that can determine which plans you can sign up for, depending on whether you are a new customer, an existing customer, requiring a new phone, using an existing phone and what coverage you want.

Please note, there are great alternatives for Canada, Canada / US, and Canada / US / Mexico

ANY inquiries MUST be made through vcapsis@planetem.com at PLANET MOBILE and Vangy can walk you through your available options

Q3 2024			RPP National rate card *SUBJECT TO CHANGE*		
INFINITE LITE		60GB	INFINITE ESSENTIAL		100GB
Finance	& BYOD	Add A Line	Finance	& BYOD	Add A Line
\$45	/\$40	\$35	\$50	/\$45	\$45
Primary		Additional	Primary		Additional
CANADA WIDE			CANADA + USA		
shared data			shared data		
ROGERS			ROGERS		

Save The Date!!!!

Future Meetings To Look Forward To

Back in full swing after our summer break!
Be sure to mark the following dates in your calendar!

Wednesday October 9th – Luncheon Meeting starting at 11:00 am
No Guest Speaker

Wednesday November 13th – General Meeting 1:30 pm
Guest Speaker – Kelly Berquist - Owner of Terra Travel
Senior Group Travel Tours?!!!! Absolutely why not?!

Travelling in a group can offer a safer, more immersive and authentic travel experience, especially for seniors. If you love trying new things, meeting new people, and having fun along the way hear from a travel expert and discover if group travel is right for you.

Wednesday December 11th – Holiday Season Has Arrived!!
Christmas Luncheon Meeting starting at 11:00 am
Ticket Sales Information Available on Page 7
No Guest Speaker

Wednesday January 8th, 2025 – Happy New year!
General Meeting 1:30 pm
Guest Speaker – Dr. Kelly Polzin from Amplified Wellness
Topic – The Metabolic Diet

Fact: Empty-nest syndrome, convenience of fast food, or challenges of cooking for one often contribute to dietary neglect as we age. This neglect can possibly lead to metabolic changes within our body linked to conditions like Diabetes, Alzheimer's, and numerous other ailments.

The Question: Is it ever too late to reverse early stages of some common health issues through interventive diet?
Specifically – The Metabolic Diet

** If there are guest speakers you are interested in having at one our General Meetings, please feel free to let someone on the executive know and we will do our best to make it happen!

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

CHATEAU
NOVA

HearingLife Hearing Care Services

The CN Pensioners Association has teamed up with the professionals at HearingLife to provide the very best hearing care services to all its members. HearingLife and its Network Partners have over 400 clinics across the nation and form the largest network of Hearing Health care providers in Canada.

Your membership with the CN Pensioners Association makes you and your spouse/partner, children, and parents eligible to receive exclusive benefits, including an EXTRA 10% off the final purchase price of hearing aids and custom noise protection, plus more AIR MILES™ Reward Miles! *

Please note that you will be required to show your CNPA membership card at your appointment.

PLUS, you're eligible to register for the HearingLife Advantage Club Pass and receive:

- A FREE Club Pass Card
- Opportunities to collect more Air Miles™ Reward Miles
- Access to exclusive contests and giveaways

Take Advantage now! Visit HearingLifeAdvantage.ca/CNPA to request your free Club Pass Card

Have questions? Contact the preferred partner line at [1-888-419-8871](tel:1-888-419-8871)

**Offers not available in Quebec.*



MILESTONES November 2024-February 2025

85 Years Old			100 Years Old	
Irene Lloyd	Nov 5	John P. Osadchuk	Dec 10	
Michael Furlong	Nov 9	Ann Michael	Dec 16	
Robert R. Wolfe	Nov 10	Edward M. Regan	Dec 26	
Allen M. Blask	Nov 12	R. Victor Lundquist	Jan 10	
Dale L. Allbee	Nov 20	Anton Small	Jan 26	
Judith A. Chuhie	Dec 12	Susie Bartsch	Jan 28	
Bernard E. Fecho	Dec 14	Cyril P. Hook	Jan 31	
Harold Pilgrim	Dec 31	Arnold C. Young	Feb 9	
Betty McGhee	Jan 27	Fernand Charrois	Feb 13	
Anthony D. Craplewe	Feb 4	Shirley Lueck	Feb 15	
Evelyn Lawson	Feb 9	Eileen Vail	Feb 19	
Katherine Chanakos	Feb 10	Gerald A. Robinson	Feb 21	
Ruth Stroud	Feb 24	Pat Hamill	Feb 27	
Daniel Clarke	Feb 26			
Grace M. Harris	Feb 28	95 Years Old		
		Francis Benson	Nov 2	
		Phyllis Ellis	Jan 1	
		Agnes Miseck	Jan 8	
		Lillian Kulmatycki	Jan 19	
		Eric W. Phillips	Feb 18	
90 Years Old			60 Years Married	
Heather Root	Nov 6		Donald & June Peterson	Dec 18
Lavinia Curran	Nov 23		Mario & Flor Lapina	Jan 3
Helen Harcott	Dec 1		Herbert & Edith McDonough	Jan 28
Phylis J. Jacula	Dec 4		Irene C. & Denis Laurin	Feb 13
			70 Years Married	
			Denis & Ruth McGettigan	Nov 6
			Norbert & Madeline Hauck	Nov 22

Ford Partner Recognition Program



As a CN Pensioners Association member, you are eligible to participate in the Ford Partner Recognition X-Plan Vehicle Pricing Program! Program members have access to exclusive savings on Ford and Lincoln vehicles.

CNPA members can access the program at www.fordpartner.com.

Use the CN/CNPA partner code -KX0E7(a "zero" not the letter 'O') - and choose your country/language preference to enter the portal. Within the program portal, you can research vehicles, review plan rules and create your personalized PIN. Once you have your PIN, follow the instructions on how to use that PIN and proof of your CNPA membership to access Ford pricing discounts at any Ford dealer.

New Members

Laura-Lee Blackmore	Craig Dougall	Kim May	Ross Sutherland
Donna Bomerssback	Elaine Funnell	Terry Meek	Andrew Toner
Nagi Boni	Leslie Hudson	Chris Reese	Shirley Viznei
Pauline Chmilar	Douglas Jackson	Jeffrey Roach	
Mary Dolynchuk	Margaret Koenig	Josephine Soetaert	



Dennis Alberts	Conductor, Biggar	Maria Macedo	Widow of Joe, Field Mechanic, Edmonton
Isobel Barrie	Widow of Ronald, Sr. Transportation Engineer, Edmonton	Tim MacIntyre	Locomotive Engineer, Edmonton
Maria Borges		Rick MacMillan	Chief Mechanical Officer, Edmonton
Iris Burton	Widow of Ken, Crew Office Manager	Martha MacRae	Widow of David, Microwave Supvr. , Surrey
Frank Campbell	VP Prairie Region, Winnipeg	Robert McCaffrey	Locomotive Engineer, Edmonton
Steve Canellos	Sr. Manager, Car Fleet, Edmonton	Wayne McLean	Conductor, Biggar
Joao De Sousa	Track Maintainer, Edmonton	Earl Miller	Rail Traffic Controller, Edmonton
Victoria Deagle	Widow of Russell, Electrician, Edmonton	Henry Monsebroten	Conductor, Prince Albert
Lance Dickson	Intermodal Garage Supervisor, Surrey	Raymond Mullan	Manager Claims & Prev. Services, Edmonton
George Edelman	Diesel Mechanic, Watson Lake	Laura Noga	Widow of Julian, Communications Technician, Hay River
Gerry Fox	Director Bulk Operations, Edmonton	Lawrence Olson	Conductor & V-P, UTU
Jack Fulks	Yard Foreman, Edmonton	Joe Ovics	System Director Fleet Management, Edmonton
Eleanor Gelasco		Ruby Parsons	Widow of Seymour
Ermgard Erika Goebel	Widow of Paul	Berta Pereira	Widow of Albano, Labourer extra gang
Jennifer Harrod	Purchasing Clerk, Edmonton	Thea Perrier	Widow of Raymond, Engineer, Edmonton
Paul Hawirko	Manager, Employee Relations, Edmonton	Alben Robotka	Conductor, Edmonton
Lillian Hawreschuk	Construction Accountant, Edmonton	Velma Romney	Widow of Aubrey, Supervisor, Edmonton
Julius Horvath	Training Instructor, Work Equipment, Dunvegan	Bryan Schick	Conductor, Edmonton
Janet Johnson	Widow of Alfred, Mechanical Service, Calgary	Reginald Schultz	Locomotive Engineer, Mirror
Eileen Keenleyside	Widow of George , Switchman, Edmonton	Nicolas Smith	Heavy Duty Mechanic, Edmonton
Don Kutcher	Locomotive Engineer, Edmonton	Julius Stefaniszyn	Truck Driver, Edmonton
Katharina Lang	Widow of Joseph, Jasper	Carlos Tavares	Track Maintainer, Edmonton
Helen Letendre	Widow of Harvey , Conductor, Edmonton	Rosalie Vibert	
Mary Long	Widow of Herbert, Locomotive Engineer	Shirley Visca	Widow of Bud, Locomotive Engineer, Edmonton
		Ronald Wisla	Carman, Edmonton

Our condolences go out to **Giuliano Slanzi** on the death of his wife **Elaine**.

Christmas Party

Mark your calendars and save the date! The RailVet annual Christmas Luncheon will be held at the Chateau Nova Yellowhead – Grizzly Room on Wednesday December 11th commencing at 11:00AM. A short meeting will be conducted prior to the buffet style meal.

Tickets will be available at our General Meeting in October and November, cost \$20 per person. Tickets will also be available from the following Executive Members: Al Vodden, Diana & Andy Novak, Mary Jean Strachan and John Wiebe – Members wishing to purchase tickets by e-transfer, use email jjwiebe2@gmail.com, advising name.

This event is open to all RAILVET MEMBERS plus spouse or one guest. Due to capacity limits, our ticket sale limit is 200. We hope to see you there!

My First Day at Work

It's October 21, 1956. My first day of work for Canadian National Railway. They promised me \$180 per month for 6 months of temporary work as a ballast inspector. My first cheque was \$172. I didn't argue. Now I could afford "room and board." No more \$2 per night for a cot at the YMCA.

I came to the realization that I didn't have any work pants so I'm up at 7:00 a.m. out walking the streets looking for a store, any store, to make the purchase. I didn't want to jeopardize my new job by showing up late. Eaton's wasn't open. Woodward's wasn't open. "Too early the morning," I muttered to myself.

I was getting desperate when on 101st Street and 103rd Avenue, I noticed a dim lightbulb come on. It was in a row of small rundown side-by-side stores, all with Jewish proprietors wearing skull caps. I creaked open the door. The pungent smell of foreign fabric surrounded me. Wow! All men's clothes. Nothing else. A single 40-watt bulb hung from the ceiling. I could barely see my hand in front of my face.

The heavily bearded proprietor looked over his half-moon lenses. "Can I help you?" he asks. I meekly told him I needed work pants. "What size?" he asks in an accent I've never heard before. "I dunno size - can you maybe tell by just looking at me?" I haven't got time to be fussy. With his hand on my shoulder he studied my torso up and down, then went to a table. All green pants. No other choice. "Try these," he said. "They're \$2.75."

The price alone blotted out any need to ask more questions. "I'll take them. Don't bother wrapping them up - I'll just put them on here and carry my suit pants to work. I'm employed!" I blurted out. Without lifting his head, he held out his hand. "That's \$2.75. Go behind the rack to change. I'll put your suit pants in a bag."

I quickly pulled on my new pants. Uh oh, the legs are 12 inches longer than my ankles. Too late to find something else. I'll just have to roll them up. Not pretty. And I did - once, twice, three times. Under my breath I swore, "How could he be so wrong?"

It's only a block to the CN Station. Maybe I can find a pair of scissors when I get to work and go somewhere to chop the excess material. No such luck. They put me to work making blueprints in a room filled with ammonia, a key ingredient for making blueprints. Now it didn't matter how embarrassed I was about the pants. That is, until coffee time when the staff invited me to "stop work and take a break." I was a bundle of nerves so I decided to decline the invitation and just keep on working while humming the lyrics to that famous parody: "Sam, You Made the Pants Too Long!" (written in 1932 by Milton Berle and recorded in 1966 by Barbara Steisand)



Harold Tipler

Hockey Helps the Homeless

CN has signed on as the Premier National Partner with the Hockey Helps the Homeless (HHTH) program, for three years, starting in 2024. The program consists of organizing and holding hockey tournaments in locations across Canada and where available, they include NHL, AHL (etc) alumni, local teams and where there is sufficient interest, a CN team (active employees). The tournaments are scheduled to run for approximately the same time period as the NHL season. For each tournament, the organizing committee could use between 10-15 volunteers. The details on the duties for these volunteers will be provided over the next few weeks. The locations and dates for the scheduled tournaments are listed below, The locations in **BOLD** are locations where we are likely to have a CN team and, as you see, there are more locations yet to be confirmed with dates and the participation of a CN team.

For each location where there is a CN Team noted, we would like to have one coordinator named and that coordinator would be responsible for assembling a list of 10-15 volunteers from our membership, including name, phone and email

contact information. That list would then be provided to the HHTH team and they will look after contacting the volunteers with the specifics regarding shifts and duties required.



2024

- Waterloo Region - October 25
- Calgary - November 1**
- Halifax - November 8**
- Kingston - November 15
- Vancouver - November 29**
- Winnipeg - December 6**

2025

- Barrie - February 28
- Peel Region - March 21
- Saskatoon - March 21**
- Montreal - March 28**
- Toronto (Women's) - April 5
- Toronto (Men & Co-ed) - April 6**
- London - May 3

Flower Fund Report

The Edmonton RailVets' will acknowledge members' milestone Birthdays and Anniversaries; we would like to send you flowers/gift card on your 85th, 90th, 95th, and 100th birthday and also on your 50th, 60th and 70th Wedding Anniversary. In the event you were not contacted when you experienced one of these milestone events, contact John Wiebe –email jjwiebe2@gmail.com or phone 780-460-9202 so we can correct this situation.



Between the months of May and August 2024, the Flower Fund had flowers/gift cards delivered as follows:

Month	Flowers	Gift Cards	Unable to Contact	Birthdays	Anniversary
May	5	5	4	8	2
June	16	7	5	8	3
July	10	2	5	5	5
August	8	6	1	6	8

In addition we sent bouquets to 2 members that had been hospitalized.
Note:

Recipients, unable to contact – due to (not answering their phone, not responding to voicemail message, phone no longer in service, on vacation, contact information out of date, moved.)

Recipients, outside of the Edmonton area, will be sent a Gift Card in lieu of flowers, after their current address has been verified.

We cannot recognize your significant event unless we have the event data and your current address, please keep us informed – email Peter Treloar at peteretre@gmail.com or phone 587-338-6014 to update your information.

Annual Picnic

A total of 57 members/spouses/guests attended our annual picnic in June. We would appreciate feedback from our membership, i.e., what could be changed - the location - the caterer - the menu, etc. We would like to hear from you; please give us your ideas and/or suggestions for the next June windup.



Elections

Elections for the Local positions of President, Vice-President, Secretary and Treasurer will be held at our November meeting. There are also three National positions up for election - National Director, Pension Representative and Alternate Pension Representative. If anyone is interested in holding one of the positions or would like more information, please advise one of our executive members.



CN Helps in Jasper Fire

Two of the three fire sets CN has on the system were assisting with fire control along the right of way in Jasper. The systems are built on 66-foot bulkhead flatcars equipped with two 3,500-gallon tanks, three water pumps, fire hoses, and a diesel-electric generator. Two tank railcars, each with a capacity of nearly 21,000 gallons, are attached to either side of the flatcar



CNPA Scholarship Report

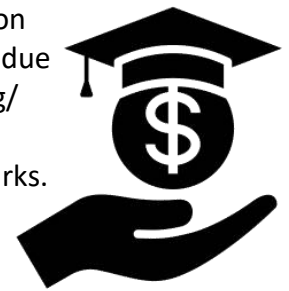
The CNPA SCHOLARSHIP PROGRAM is sponsored by the National Council of CN Pensioners (CNPA). Its purpose is to financially assist the educational pursuit and career development of families of the CN Pensioners Association Contributing Members.

The 2024 Scholarship Winners have been awarded, the winners are:

1. **Adrian Cheng** – St. Catherine, ON sponsored by his grandfather Vernon Cheng of the Edmonton Council.
2. **Jordyn Shaw** – Vancouver, BC sponsored by his grandfather George Watt of the Edmonton Council.
3. **Owen Gibbs** – Edmonton, AB sponsored by his grandmother Huguette Mahendran of the Edmonton Council.
4. **Lauren Zaharia** – Kamloops, BC sponsored by her grandfather Ken Klepachek of the Kamloops Council.
5. **Elizabeth Casemore** – Napanee, ON sponsored by her grandfather Wayne Casemore of the Edmonton Council.

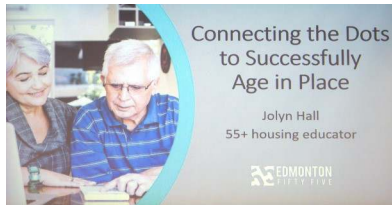
This year, the scholarship committee received 34 applications from the Mountain Region (AB & BC) for the 5 scholarships awarded, unfortunately 10 applications had to be rejected due to not meeting the required application criteria as outlined in our website cnpensioners.org/scholarships.

Congratulations to the winners and also to all the applicants; you all achieved great marks.



Aging in Place

Jolyn Hall from the company Edmonton Fifty-Five, who spoke about active planning and research into “Aging in Place” - that is, advising seniors how to live safely and independently where they want to live. She discussed three important elements to consider - health, social support and services - and explained aging is about adapting and making an active plan to ensure adequate sleep, proper diet and full-body exercise; hobbies, friends, transportation and communication and selecting preferred services.



YMCA

Two guest speakers - Jasmyne and Cindy - from the Castle Downs YMCA spoke about the programs offered at their four facilities in Edmonton. The YMCA provides physical, mental and social benefits for people of all ages, from childcare to senior involvement. Their facilities and instructors, most of whom are volunteers, offer classes for fitness, yoga, aquacise, CPR/first-aid, pre-diabetes, networks for various family resources, and facilities for swimming, pickle ball, summer day-care camps for kids and teen nights. Memberships can be obtained to include everything or just for the gym and can be bought as a full-pass or by-the-day pass depending on intended use.

The presentation ended by answering questions from our members.



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.