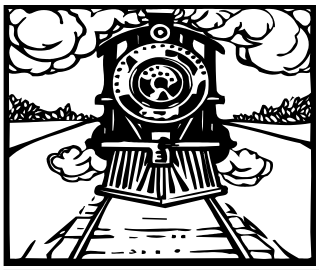
CANADIAN PACIFIC PENSIONER'S ASSOCIATION (MANITOBA BRANCH)



Fall 2026 - 4
Editor — Lou Guay

Greetings fellow CP Pensioners

Hope everyone had a great summer golfing, gardening, fishing, travelling or doing whatever summer activities you enjoy. Unfortunately, summer is done, fall is well underway and winter will be dropping in for an extended visit shortly.

Worth noting:

CPKC Holiday Train 2026 Manitoba Schedule - page 3

December 12 luncheon. Please note price increase! - page 3

Important Membership dues message - page 4

A message from Manitoba Branch President Doug Blecher - page 5

On the lighter side:

Exercise for People Over 60

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.

Each day you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10-lb potato bags.
Then try 50-lb potato bags and eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a full minute. (I'm now at this level.)

After you feel confident at that level, put a potato in each bag.



IN MEMORIAM

Since our last Newsletter, Father Time has taken his toll. Please take a few minutes out from your day to remember old friends and former workmates.

If you know of any members who are ill or have passed away, please contact Lou Guay @ 204-275-0630 and let him know.

DEPARTED MEMBERS

SOPHIE POLLICK, OCT 26, 2024, AGE 91, WIDOW OF WALTER
ENID DURWARD, MAR 28 2026, AGE 97, WIDOW OF JIM
ALASDAIR ROSS MACGILLIVRAY, APRIL 12, 2026, AGE 92, MACHINIST, SURVIVED BY BONNIE-RUTH

NOT MB BRANCH MEMBERS BUT SOME MAY REMEMBER

TERRY APPLETON, OCT 08, 2026, AGE 68, WINNIPEG DIESEL SHOP
RICK ARMSTRONG, OCT 23, 2026, AGE 76, WINNIPEG DIESEL SHOP

CP Pensioners Manitoba Branch luncheon meeting

The next luncheon will be on ***Thursday, November 12 2026***
at the Belgian Club - 407 Provencher Blvd.
Doors open at 11:30, meal served at **12:00**
(earlier if everyone is there)
Cost: 15.00 (fifteen) dollars per person
Members and invited guests.
If you are want to attend, please contact Lou Guay by phone at 204-275-0630
or by e-mail at WpgCPRPensioners@mail.com
no later than >>> **Wednesday November 04** <<<
. ***No walk-ins please***.

For current information about upcoming events, changes and cancellations

- Members who have provided their email addresses will be sent an email.

If you have not already done so,send an **e-mail to WpgCPRPensioners@mail.com**.
Please show FULL name and the words "add to mailing list" on the subject line.

You can also check our Facebook page for news and information
Manitoba CP Pensioners

Annual December Christmas Luncheon
Thursday December 10th.
Menu: turkey with trimmings, coffee or tea, dessert.

Cost is 25.00 (twenty-five) dollars per person.

In the past, we ran a silent auction. In order to do so again this year, we need three (3) additional volunteers.
One (1) to sell tickets and two (2) to set up beforehand and take down afterwards.

If you can lend a hand, please contact Lou Guay at 204 275 0630 or email WpgCPRPensioners@mail.com

Booking early is strongly encouraged, as this is our most popular event!

2026 CPKC Holiday Train - Manitoba Stops

Artists - American Authors and Rafaëlle Roy

Date	Time	City/Town	Location
12/3/2026	18:35 - 19:05	Whitemouth, Mb	Whitemouth Hotel Railway Avenue
12/3/2026	21:15 - 21:45	Winnipeg, Mb	Panet Road & Molson Street
12/5/2026	15:00 - 15:30	Portage La Prairie, Mb	390 1st Street, N.W
12/5/2026	17:15 - 17:45	Carberry, Mb	4th Ave between Main Street & Simcoe
12/5/2026	19:00 - 19:30	Brandon, Mb	Rosser Ave East & West of Rosser Ave Railway Crossing
12/6/2026	10:30 - 11:00	Virden, Mb	North side of tracks on 5th Ave S between Lyson Street and Ashburton Street

Annual Membership Dues

2027 membership - please remit at your earliest convenience. January 01 is just around the corner!

Thank you to everyone who has already paid their 2026 dues.

If you have not yet submitted your 2026 membership dues, please take a moment and **submit as soon as possible**.

Unsure if you paid?

Please contact Jim Merrifield for details.
Phone 204 299 7666
email: hogger1@live.ca

Dues payment - we now accept Interac!

You can pay your dues via Interac transaction, using your on-line bank account. Submit to: **wpgcprpensioners@mail.com**
Please show your full name and the words "membership dues" in the message part of the transaction.

Payment by cheque still accepted. Mailing address is on page 6!

Annual dues are still only: 10.00 per member or member and spouse
5.00 for survivor

Would like to be reminded about upcoming luncheons?

Contact Lou Guay to be added to the list phone 204 275 0630
or email WpgCPRPensioners@mail.com

You will be contacted by phone call, by e-mail, or both, about 10 days before the meeting is scheduled.

Changes in the Transportation Industry - from Doug's desk -5-

My first employment for Canadian Pacific consisted of delivering waybills from the Local Freight Office in Saskatoon, SK to all the industries north and south of the CPR Station on Avenue A and 25th Street, all by bicycle. My last job was as a conductor on an assigned freight train working 6 days a week from Winnipeg to Altona MB. In between I worked a lot of different directions out of Winnipeg, Brandon and Minnedosa. My most memorable was a 6 month stint as a head end brakeman working between LaRiviere and Napinka MB. Here is a brief summary.

The original brakeman on the assignment, who was the brother of the conductor had resigned his position and gone back to farming. So, the CPR had to fill the job from the spareboard and at 1530 on Sunday afternoon every Sunday the phone calls started. As this involved a free bus ride to LaRiviere with an overnight stay in a wooden caboose (supply your own blankets) everyone on the brakeman's spareboard learned not to answer the phone, including myself. (I was caught once). The company and union sat down to figure out a solution and came up with a local arrangement that the job would open up to the senior spare person who bid it for a 6 month period guaranteeing not to be laid off, subject to economic swings. No more Sunday calls.

So, looking at it and after the person senior to me gave up after a year trial I was the successful applicant. Not a bad job - Monday to Friday, weekends off. Not full pay, but sufficient, considering regular hours. Being summer was a bonus - no need to use the coal heater. The engine crew had to drive from Souris and I had to drive from Winnipeg. The other 2 trainmen lived in LaRiviere and Crystal City so no problem. We only used one GP 9 and our work was setting off and lifting grain boxcars, loads of coal, lumber, fertilizer, and machinery. We had no radios on the ground, so movements were all by hand signals. Most stations still were manned by agent /operators, so the conductor passed his time in conversation with these veterans of the industry. Whenever we had no fireman from Souris, I, as the junior man, would stay on the locomotive and pass signals to the engineman if we had to work on that side of the movement due to restricted clearance. We shared dinner and breakfast in the caboose as there was no hotel or restaurant in Napinka. I had a few adventures during the summer in Melita which was the nearest community that had a restaurant, but no space available here for the tale.

Today's railway has locomotives with much more power, a total crew of 2 persons, radios, recording devices galore to record events, and fleets of taxis to rescue crews when required, especially in winter. Most yard movements have no engine driver, but 2 crew members that control the movement from the ground.

WRAP-UP

If you have any questions relative to our Association, or are encountering problems pertaining to pensions, Blue Cross Coverage, etc., which may be affecting you as a pensioner or survivor, please contact one of the under-signed. If we cannot answer your query, we can possibly direct you to someone who can assist you.

Doug Belcher, President, CPPA (Manitoba Branch)
1312 - 1275 Leila Ave
Winnipeg, MB. R2P 1J6
Phone 204-781-1912
Email: dbellch8@gmail.com

Gordon Parkinson, Corresponding Secretary
9 Mitchell Bay
Winnipeg MB R1A 3A4
Phone: 204 338 4540
email: gordpar1@mymts.net

Bob Cameron, Pensioner Representative
P.O. Box 250, Revelstoke, B.C. V0E 2S0
Phone 1-250-837-4248

MEMBERSHIP INFORMATION

Are your membership dues up-to-date? If not, or if you have misplaced your card, or if you are not sure, please call **Jim Merrifield** at **204-299-7666** He can let you know where you stand.

Membership fees: Pensioner and spouse, or pensioner only. - $10.00 per year
For surviving spouse only - $5.00 per year

Reminder: our membership year runs January 01 to December 31

Canadian Pacific Pensioners' Association Application Form

Name:_____ **Spouse's Name:**_____

Address:_____

Postal Code:_____**Telephone #** _____

Cell:_____ **Email**_____ **Pension Payroll #** _____

Former Trade/Occupation _____ **Renewal** _____ **New** _____

Annual dues are: $ 10.00 per member or member and spouse $ 5.00 for survivor

Do you provide consent for us to contact you using the email address provided for updates, notification of upcoming events, etc. ____Yes ____No

Dues can be paid by interac - send to wpgcprpensioners@mail.com - or by cheque.

PLEASE MAKE CHEQUE PAYABLE TO C.P. PENSIONERS' ASSOCIATION and forward to



Jim Merrifield
Membership Chairperson
403 - 703 Riverwood Ave
Winnipeg, MB, R3T 1V6
Phone 204 299 7666
email: hogger1@live.ca