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CN SPOTLIGHT

October 5, 2016



Symington and MacMillan Yards welcome CN families: Family Day a big hit in Winnipeg

On September 10, roughly 4,000 people gathered in Symington Yard, MB for a day full of activities that kept everyone busy, including the CN volunteers. "The site was packed. It was a wonderful day, with beautiful weather," says event organizer **Joanne McMahon**, Operations Assistant. Along with a BBQ and carnival rides, kids enjoyed face-painting, a visit from Spiderman, Batman and Disney princesses, and a petting zoo. A photo booth with a train background and props enabled people to email the photos to themselves on the spot.

In addition to tours of the Locomotive Reliability Center facility, train rides using two CN Business cars and a locomotive were popular with everyone. The

Family time was what the day was all about.

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Retired Mechanical Officer **Wayne Nohlgren** and his granddaughter make friends with a rabbit in the petting zoo.

displays of the CN Police, *Railroaders in the Community*, EFAP, the CN Employees' and Pensioners' Community Fund, and Kids & Co., the CN-sponsored daycare, also attracted a lot of interest.

Jeff Snell, Optional Service Representative, says his 5 year-old son Jake loved everything about it. "We haven't missed a Family Day yet. He especially liked the Burlap Sack ride, as well as the Monster trucks/Motorcycle ride. When we went on the Zipper ride, he loved watching me turn a shade of green! Jake says he wants to drive a train when he grows up."

Christina Weber, the daughter of retired Conductor **John McIvor**, enjoyed the event with her children, Chase and Lacey. "We made the most of it, trying all the carnival rides at least once. The kids checked out the petting zoo and loved the train ride; they had a blast!"



5 year-old Jake, son of Optional Service Rep **Jeff Snell**, sets his sights on becoming a train driver.



Jack Baillargeon, S&C Coordinator from Hamilton, ON, stopped by the EcoConnexions booth with his wife Tracy and daughters Willow (left) and Faith (right) for their free reusable water bottles.

MacYard draws 1,800 at activity-filled event

As expected, the turnout was impressive. Over 1,800 employees, family members and pensioners attended MacMillan Yard Family Day in Concord, Ontario, on September 18.

“It was great to see so many people take some time out from their busy lives and just enjoy the day,” says **Kristy Pawis**, Administrative Officer, Engineering – Eastern Region, who helped organize activities with **Radmila Zdrale**, Shift Supervisor, Locomotive Reliability Centre (LRC).

Largely focused on children and families, the event included a barbeque, carnival rides, bouncy castles, a petting zoo, LRC passenger train tours and a train simulator.

CN Railroaders in the Community and the EFAP (Employee and Family Assistance Program) set up booths to share information.

Other booths included EcoConnexions, the Workers Compensation Group, CN Police and St. John Ambulance First Aid. Funds were also raised for the Peer Project, which matches youth mentors with at-risk kids.

Conductor **Brigitte Jenkins** attended the event with her husband Chris, her seven-year-old daughter Maya, and her four-year-old son Gavin. “It was great! We’ve been going for five years now. There’s something for everybody. The kids loved the rides and the petting zoo, and got to eat cotton candy!”



At the Safety booth, visitors got to enjoy a 360 virtual reality experience on crossing safety. From left: Constable **Phil Cyr**, with his sons Noah and Bezhik, and Constable **Richard Di Biase**.



Employees visit the food trucks on their break for a tasty treat.

Left to right:

Rolando Delmuro, Machine Operator, **Virgil Johnson**, Track Foreman, **Marcus Veal**, Trackman, **Marquese Patton**, Trackman and **Adam Leoni**, Machine Operator.

Chicago Division Cultural Day: some food for thought on diversity

It was a unique chance to savour some typical Southern food and Indian cuisine, listen to diverse music and network. Those were just some of the activities on the menu at the Chicago Division Cultural Day held in Kirk Yard in Gary, IN on September 16.

The event, which was sponsored by the Southern Region Diversity Leadership Council, drew over 150 employees from the yard, as well as Joliet, Markham and the Homewood Administration building.

“We wanted to do a fun, multicultural event and get people talking about diversity. Food is a great way to do that,” says **Tanya Lovegrove**, Human Resources Manager, Southern Region.

“Employees here often have very short lunch breaks, so we had to be sure that they could quickly grab a bite to eat from each of the three food trucks,” she says. The organizers also delivered some food to employees of the Regional Operations Center who were unable to attend the event on site.

“We found a creative way to encourage networking. To participate in a raffle for woven tapestry blankets embroidered with a train, employees were asked to meet somebody in another department, share what traditional foods they enjoy, and jot it all down on their draw tickets,” says Tanya.

The winners of the prizes were Conductor **Justin Hamilton** and Carman **Dusan Gligic**, who shared their love of Serbian cuisine. “It was a fun event with good food and the atmosphere was really great,” says Dusan.

The day also coincided with Hispanic Heritage Month, Tanya adds. “Our DJ played music with a Hispanic theme, as well as other diverse selections.”

“Employees appreciated that we ran the event at Gary, and we were pleased with the results. I would like to thank the many volunteers who made it happen!”



CN Police Constable Ryan MacArthur goes the distance for Cancervive

From September 7 – 11 the Cancervive Foundation of Alberta held its Tour du Cancervive 2016, a 600-kilometre (373 mile) bike ride to raise funds for the non-profit organization, which builds cancer awareness and supports cancer survivors and their families.

CN Police Constable **Ryan MacArthur** from Edmonton, AB participated in the Tour for the first time this year by volunteering as a member of its medical team. “It was an incredible experience. I met cancer survivors and their families, and people who were there just to contribute to a great cause,” says Ryan.

This year, 25 people participated in the ride, which started and finished in Calgary with stops in High River, Pincher Creek, Lethbridge and Brooks. Forty additional riders joined the group on the final day from Chestermere to Calgary.

“We followed the group in an ambulance and we were there to help prevent and deal with injuries,” says Ryan. “We’re talking about providing the basics like Advil for saddle sores and bruises. If a rider fell off their bike, we were there to take care of them.”

So what motivates Ryan to continue volunteering? “Pretty well everybody is touched by cancer at some point in their lives, so it’s so important to help people who are battling this disease and their families. This was my way of helping out,” he says.

One hundred percent of all donated funds are directed to the Foundation’s benefactor and partner, the Wellspring network of cancer support centres, which offer programs and services that meet the emotional, social and practical needs of people living with cancer and those who care for them.

“It was a phenomenal experience and everybody there became family to me.” adds Ryan.

CN Police Constable **Ryan MacArthur** proudly wears his Cancervive headband during the ride.

CN SPOTLIGHT

"Boxing has become my passion. The coaches and trainers there have given their time to me and helped me change my life. Now it's my turn, and I'm very happy to give back."

Jean-Michel Breton (right) seen here with 14-year old boxer Derek Desrocher before his bout.

"Jean-Michel is an exemplary volunteer and very involved trainer to our young people. He's more than a volunteer; he's like our partner."

Michel Leduc, President,
Club de Boxe de Val d'Or

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Jean-Michel Breton's one-two punch for kids in his community

Five years ago, *CN Railroader in the Community* **Jean-Michel Breton** was overweight, out of shape and fed up. "I was 21 years old, I weighed 235 pounds, and was already starting to have health problems," recalls Jean-Michel, a foreman for Bridges & Structures who joined CN eight years ago.

Determined to get into shape, Jean-Michel started boxing and working out at Club de Boxe de Val d'Or, QC. As he trained, he grew stronger, and saw immediate results.

"I lost about 60 pounds, participated in a couple of regional boxing competitions, and became really passionate about the sport," he says. "It's helped me succeed in every aspect of my life, and taught me to overcome obstacles."

As he became more involved in the sport, Jean-Michel started helping others train. He volunteers more than 400 hours a year, training about a dozen young Olympic hopefuls three days a week, fundraising for the organization, and setting up the boxing ring for local events. Jean-Michel was thrilled when the club received a *CN Railroaders in the Community* grant in recognition of his efforts. Funds will help offset operating costs, tournament fees and travel for young competitors.

"Boxing is a way of life; when the kids are training for a competition, it teaches them so much about having discipline and focus in the ring when it's just them and their opponent," he says. "I think it's fantastic that my company invests in communities. It makes me feel like CN is my partner, and I appreciate the support."

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CN Railroaders in the Community. Employee volunteer grant program. www.cn.ca/employeevolunteer or go to CN's intranet ePortal and click on Benefits and programs.

Deadline to file 2016 grant applications:

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