Fleet Services garage team in Thornton Yard achieves over a decade and a half without an FRA injury

It’s an impressive safety milestone for the Fleet Services garage team in Thornton Yard, Surrey, BC – 5,500 injury-free days. “We’re all provincially licensed technicians and certified commercial vehicle safety inspectors, and we work together on a daily basis in our shop to ensure that not only the vehicles are safe to drive, but also our shop and surroundings are safe to work in,” says Sean Gibbons, Field Mechanic, one of six employees on the team.

“The group works in an environment where employees are exposed to many hazards because of the size and complexity of equipment we service, not to mention the multitude of hazardous materials used daily,” he explains.

“We’re continuously checking and double-checking not only the trucks and equipment we work on, but also the... CONTINUED ON NEXT PAGE
equipment, tools and facilities we use in doing so. If there is a safety concern, we immediately try to rectify it ourselves,” emphasizes Sean. For example, when the team was tripping on air hoses, they attached the hose reels to the roof.

“We have a great group of mechanics working here, so our safety and efficiency goals are achieved daily,” he says.

Nelson Correia, Manager, CN Garages & Maintenance, says that this is an outstanding achievement that definitely deserves to be recognized.

“I would also like to take the opportunity to recognize five other Fleet Services garages that have also achieved a remarkable injury-free milestone (Prince George with 5,546 days, Saskatoon with 3,287, Winnipeg with 3,139, Kamloops with 750 and Edmonton with 639). A big thank you to all our garage staff for their dedication and efforts in ensuring they have a clean and safe work environment that we can all be proud of.”

Multiple exhibits drew the visitors’ attention.

CN Campus Homewood throws open its doors

Some 500 employees and family members, retirees and members of the local community took CN up on an invitation to visit the CN Campus in Homewood as it opened its doors to the public on May 9.

“The day started out rainy, but soon turned out to be a wonderful sunny day,” says Esmeralda Salinas, Manager – CN Campus Homewood. The community was represented by the mayors of Homewood and nearby Crete, and by Homewood’s assistant police chief, the Prairie State Community College president as well as Chamber of Commerce representatives and local business owners.

Little Obie, CN’s safety train, transported attendees from the parking lot to the facility, where many activities had been lined up for the enjoyment of young and old alike. The Illinois Live Steamers brought six miniature train engine replicas for viewing. Attendees toured the facility where they were able to take control
of a train on the locomotive simulator and test their skills on an overhead crane simulator. They visited the transportation signals labs and high bay, learned about CN’s Operation Life Saver and met Human Resources representatives.

Attendees were treated to a lunch, had a chance to win door prizes and contributed generously to the fundraiser for Harvey Illinois’s Restoration Ministries (see page 4), for which more than $2,600 was raised, far surpassing the $1,000 goal.

“People were amazed at how great the facility is,” says Esmeralda. “Retirees indicated that the new hires and existing employees are so lucky to have this training facility.”
CN SPOTLIGHT

Harvey, IL, can be a tough place to grow up. CN Police Special Agent Terrence Boone spent 10 years patrolling its streets as a narcotics and gangs detective before joining the railroad in 2006, and he saw many young lives become lost to violence and drugs.

“It’s no secret that Harvey is impoverished, and it has one of the highest crime and homicide rates in the country,” says Terrence. “Parents have limited resources, but they want their kids off the streets.”

In 2013, when Terrence was asked by Jim Kvedaras, CN’s Director US Government Affairs, to suggest a local non-profit organization that could benefit from some financial help through CN’s Stronger Communities Fund, he immediately thought of Restoration Ministries, which helps at-risk, disadvantaged children and teens. The organization offers life-changing initiatives, such as Project Intercept Gang Prevention Programs, which includes a boxing club, homework help and a chess team.

Today, one year into a three-year, $150,000 grant, Terrence says he’s “blown away” by how many young lives have been immediately improved through the organization’s efforts and CN’s generosity.

“They’ve spread the funding throughout the program, which is phenomenal to see,” says Terrence. “The program is so impactful in the community; it brings people together, and 80 per cent of it is run by the people who attended and graduated their programs – alcoholics and addicts that have recovered and now want to give back to the Ministry and community.”

Terrence notes that the groundwork being laid by Restoration Ministries will continue to pay off for many years.

“By telling these kids: ‘You can accomplish this, and we’re going to show you how and give you the tools’, they’re going to be able to reach their goals. They’re

CONTINUED ON NEXT PAGE
doing justice to the community, to that child and those parents. The kids will then take it to the next level.

To have people in your corner like that is incredible.”

CN’s grant provided significant support to Restoration Ministries’ youth development and gang prevention programs. Here’s what the organization has done so far with CN’s help:

**The Harvey Boxing Club**
- Hired two part-time boxing coaches to train more than 100 young participants
- Purchased new boxing equipment and 15 new uniforms
- Sent boxers to the Illinois and Regional Silver Gloves Tournament.

**The Gallery of the Arts – Visual & Performing Arts Education Center**
- Purchased a new kiln for its Pottery Studio.
- Hired a guitar teacher and a drum-line teacher and added two new classes to the music program.

**After-School Homework Help & Tutoring Program**
- Funded field trips to museums and college tours for the 2014-2015 school year.
CN employees team up for 7th annual CN Cycle for CHEO to help young cancer patients

More than 150 employees and their families cycled, walked or roller-bladed on behalf of the CN Cycle for the Children’s Hospital of Eastern Ontario (CHEO), which raises funds for children with cancer. CN was once again the proud title sponsor for the event, which took place on May 3 on the grounds of the Canadian War Museum in Ottawa.

CN donated $25,000 on behalf of the CN team, and has helped raise more than $4 million since the event’s launch seven years ago, which has helped CHEO care for young cancer patients and their families.

The event featured 2K and 5K walks, a 15K cycle, a delicious BBQ lunch and family entertainment. To also mark the last day of Rail Safety Week, Operation Lifesaver and CN Constable Daniel Leonard were on hand to educate participants about rail crossing safety.

Plamen Hristov and his family participate every year.

“I support a lot of children’s hospitals; I have a close relative who was recently diagnosed with cancer, so this disease has hit close to home,” says Plamen, Manager of Change and Availability Management for IT, in Montreal, who joined CN in 2006.

“I really appreciate CN’s support of fundraising activities, especially this one, because it’s a great opportunity for families to participate together. This year for the first time, my wife Ivelina, daughter Victoria and son Alexander roller-bladed 15 km. It’s a great cause to support and I’m very proud to represent CN with my family.”

Ottawa Mayor Jim Watson says he was thrilled to host the special event.

“All CN has ever asked of us is: ‘What can we do for you?’ It’s such a beautiful partnership; we feel so well supported.”

Kevin Keohane, President and CEO of the Children’s Hospital of Eastern Ontario Foundation
“We’re very blessed and proud to have CN as our title sponsor,” he says. “The funds raised go to our wonderful Children’s Hospital, and we’ve seen a 35 per cent increase in the number of people participating this year. We had perfect weather and great corporate support.”

Kevin Keohane, President and CEO of the Children’s Hospital of Eastern Ontario Foundation, noted that this year’s event drew a record number of participants – more than 3,000 – who came together to support children with cancer and their families.

“Seven years ago, we approached CN with a vision of what this event could become, and when we asked for their help, CN immediately said, ‘We’re in’,” recalls Kevin. “It’s been so gratifying for us to see the difference CN has made in all the communities that are served by CHEO in Eastern Ontario, Western Quebec, and Canada’s northern communities.”

Kevin adds that proceeds from the event will help purchase specialized equipment, fund programs, and most importantly, research.

“We’re putting $2.8 million into oncology care and research at CHEO, and the CN Cycle – our biggest single source of funding – enables us to do that. I cannot thank CN and its employees enough; we couldn’t do this without you.”

CN This year, a record $942,720 was raised to help children fighting cancer.
Jackie Rogers: Guiding girls to help build strong communities

Growing up, CN Railroader in the Community Jackie Rogers looked forward to the weekly meetings of her Brownie unit. “I was a Brownie, a Guide and a Pathfinder, and I loved it all – the outdoors, the camping, the fun; the friendships I made there were wonderful,” says Jackie, an Edmonton, AB-based Private Car Pipeline Officer, who joined CN in April 2014.

“Guiding always challenged me to keep trying, and taught me to trust in my abilities, to use my resources wisely and to be prepared – key character traits that have been very valuable throughout my career as a railroader.”

Jackie is a third-generation railroader whose father Paul Mathieson, a retired VP of Network Operations, and grandfather Jeffrey Mathieson, a former pipefitter and foreman, worked for CN for many years. She’s also a third-generation Scouting Leader. Since 2012, when her daughter Abby became a Spark, Jackie has clocked in hundreds of hours from September to June each year volunteering as a Unit Leader with the Sherwood Park Sparks and Brownies. “I help the girls in our unit do anything they put their minds to, all while earning fun badges in the process,” explains Jackie, who also runs overnight camps and supervises fundraising initiatives.

“Our girls have collected food donations and money for our local food bank, sent valentines to veterans across Canada, and provided items for a women’s shelter – this group is a pleasure to be with each week.”

Thanks to Jackie’s volunteer efforts, the organization received a CN Railroaders in the Community grant, which will help with rental fees and overnight camps. “There are so many of us at CN that do things in our communities, and I think it’s fantastic that the company recognizes that,” says Jackie. “When I tell parents about CN’s support, they are blown away.”

Cheryl Skorobohach, Girl Guides of Canada’s District Commissioner in Sherwood Park, says Jackie’s leadership has been invaluable. “Jackie is fantastic! The 17 Brownies in her unit are having a wonderful year, going into the community and to camp,” says Cheryl. “Jackie is a committed member who attends district meetings and events, and she also embraces all the values of Girl Guides of Canada. We are extremely lucky to have her.”
The 8’ x 10’ steel bungalows were situated on CN’s right-of-way and have been repurposed into handy equipment and safety stations for job sites.

New life for Engineering bungalows

Old trackside equipment bungalows once used by Signals and Communications employees are getting a new lease on life thanks to one employee’s dedicated housekeeping efforts.

Steve Johnson, Supervisor-Structures in Capreol, ON, first saw the potential years ago to convert some of the retired steel bungalows into first aid stations at job sites instead of selling them for scrap. “Retired Bridge Foreman Bob Zadow and I had been discussing better ways of using our assets to store materials for bridge work,” recalls Steve. “The shelters were very practical for housing everything we could potentially need to treat an injury as well as for our safety rescue equipment. They could be securely locked so we were able to leave them near the bridge we were repairing. All we needed to do was add a few shelves inside,” explains Steve.

Word of the innovative idea took off and before long, Engineering gangs also started to use the converted bungalows to store their track tools and equipment while at work sites, a practice that continues today. “The shelters are fitted with hooks on the roof so they can be picked up easily by crane, loaded onto a boom truck and moved to the next work location. The mobility means we can move all of our equipment into isolated areas at once which is a lot more efficient.” Four converted bungalows are currently being used across Eastern Region by Engineering crews, reducing waste by making good use of company assets.

Improving housekeeping is a key pillar of EcoConnexions, along with conserving energy and reducing waste. Make the EcoConnexion at ecoconnexion.com.

Did You Know?
Good organization of materials maintains a clean and safe workplace. Store materials so they do not obstruct aisles, stairs, exits, fire equipment, etc.
http://www.ccohs.ca/oshanswers/hsprograms/house.html
Reminder dates

2016 CN Employee Photo Contest. Deadline to submit photos: **July 13, 2015**

**CN Railroaders in the Community.** Employee volunteer grant program. [www.cn.ca/employeevolunteer](http://www.cn.ca/employeevolunteer) or go to CN’s intranet ePortal and click on Benefits and programs. Deadline to file 2015 grant applications: **November 30, 2015**

**Upcoming CN Family Days / Diversity Days**

- Moncton Family Day, **June 6, 2015**
- Michigan Division Family Day, **June 7, 2015**
- Chicago Division Family Day, **June 20, 2015**
- Prince George Family Day, **June 20, 2015**
- Winnipeg Family Day, **June 27, 2015**
- Lakes North-Proctor Family Day, **July 18, 2015**
- North Division Family Day, **August 15, 2015**
- Charny Family Day, **August 30, 2015**
- Edmonton Family Day, **September 12, 2015**
- Vancouver Family Day, **September 13, 2015**
- Toronto Family Day, **September 20, 2015**

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