



Jim Houston goes the distance for seniors in his community

JIM HOUSTON, RETIRED LOCOMOTIVE ENGINEER AND PROVINCIAL UNION OFFICER, SARNIA, ON

When *CN Railroader in the Community* **Jim Houston** of Sarnia, ON, retired from CN in 1995 after 38 years of service, he had no intention of taking it easy.

"I don't golf, and I needed something to keep my mind active," says Jim, whose last position at CN was as a locomotive engineer and provincial union officer. "Plus, it was ingrained into my brother

and me when we were kids that you must give back to your community. I'm involved in CN Pensioners at the local, provincial, and national levels, and I've been a member of the Knights of Columbus for 59 years. I'm a busy guy and that's the way I like it."

In 1997, Jim became involved with the Lambton Seniors Association, a non-profit funded by the United Way

that provides services and advocacy for seniors. Facing a serious shortage of family physicians to serve a growing population, Jim spearheaded an effort to form a community health centre, and a family health team facility in 2001. It took nearly six years of tireless efforts and Jim "bugging the daylights out of the provincial government," but the team made it happen.



JIM HOUSTON RECEIVING THE ONTARIO MEDAL OF GOOD CITIZENSHIP FROM THE HONOURABLE ELIZABETH DOWDESWELL, LIEUTENANT GOVERNOR OF ONTARIO (LEFT), AND THE HONOURABLE LAURA ALBANESE, PROVINCIAL MINISTER OF CITIZENSHIP AND IMMIGRATION, FOR HIS WORK TO EXPAND HEALTH CARE SERVICES FOR SENIORS IN SARNIA, ON.

Jim's charity has received five *CN Railroaders in the Community* grants, which have been invested into seniors' programs. In recognition of his exceptional long-term contributions to improve the quality of life in his community and the province, Jim was presented with the Ontario Medal of Good Citizenship in December. Thanks

to this honour, Jim's organization will receive an additional \$12,500 grant from CN.

"I think CN's program is unbelievable," says Jim. "I was only the coach; I was fortunate to have had a championship team that got the job done."

Railroaders in the community



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