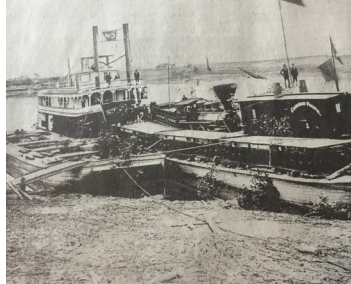


## Manitoba Memories



### Special Points of Interest:

The Countess of Dufferin, the first railway engine in the northwest, along with a caboose and six flat cars, were delivered to Winnipeg by barge on Oct. 8, 1877. Here the barge was moored at the foot of Lombard Street before being unloaded in St. Boniface. The Countess was first used in construction of a rail line down the east side of the Red River to connect St. Boniface with St. Paul, Minn.

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# CN Pensioners' Association of Manitoba

Meetings held at 1:30 p.m. on the 1st Wednesday of the month except for the months of July, August and December. Location of meetings (unless otherwise stated under our Special Events article) is at the Norwood Legion, 134 Marion St., Winnipeg.

[www.cnpensioners.ca](http://www.cnpensioners.ca)  
[www.facebook.com/cnpensionersmanitoba](https://www.facebook.com/cnpensionersmanitoba)



April 2020

## President's View - Ron Davis

### COVID-19 and CNPA of Manitoba

**IMPORTANT MESSAGE - All of our CNPA of Manitoba Spring meetings and events are CANCELLED.** This means, there is no CNPA meeting in May or June. As well, the annual picnic and golf tournament are also cancelled.

We hope to see you all in September. We will keep you posted if anything else changes. In the meantime, wash your hands frequently, cough or sneeze into your arm, practice social distancing and stay home except for necessities. Be safe and be well!

### Message from Reg Hebert, President National Council of CN Pensioners

We have been asked by Reg Hebert, President of the National Council of CN Pensioners to widely share the message below from Dr. Justin Maloney, ER doctor at The Ottawa Hospital. The message is well written and is specifically directed at seniors. It is written in a conversational tone, but the message is clear. Also, be sure to wash your hands frequently, cough or sneeze into your sleeve and bottom line – stay at home! (See page 6 for article). Please visit our website at [www.cnpensioners.ca](http://www.cnpensioners.ca) under the Coronavirus page to read the article. The article is on the right hand side of the Coronavirus page.

We encourage everyone to be vigilant in protecting themselves and their loved ones by following the guidelines outlined by Health Canada at <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms.html>

### Message from Sean Finn, Executive Vice-President, Corporate Services & Chief Legal Officer:

We have been asked by Reg Hebert, President of the National Council of CN Pensioners to share a message from Sean Finn. The message is positive and clearly shows how CN is moving forward safely throughout this period of history. In the video, Sean recognizes and thanks not only employees, Communities and Stakeholders, but also the CN Pensioner family. To view the video, visit our website at [www.cnpensioners.ca](http://www.cnpensioners.ca) and click on the Breaking News button.

### Staying in Touch

Everyone is concerned about their friends and loved ones. Many of our pensioners are single and very elderly. If you have time, pick up the phone and call some of them and see how they are doing with food or medications, or just to talk to.

### COVID-19 Interactive Map

Visit our website at [www.cnpensioners.ca](http://www.cnpensioners.ca) and under the Coronavirus page on the left hand side as you scroll down, there are links to the Global situation as well as the situation in Canada.

### Getting Bored?

Visit our website at [www.cnpensioners.ca](http://www.cnpensioners.ca) and under the Coronavirus page on the left hand side as you scroll down, there are links to sites for a virtual travel experience as well as to download some free online books for your reading enjoyment.

## Executive Council 2020

### President

Ron Davis, 204-489 4485

[ronvel@mymts.net](mailto:ronvel@mymts.net)

### Past President

John Mozol, 204-771-6037

[kayomoz@shaw.ca](mailto:kayomoz@shaw.ca)

### Vice President

Linda Schram, 204-255-5636

[fgl@mymts.net](mailto:fgl@mymts.net)

### Secretary

Patrick McMullin,

204-415-0358

[pmcmullin@shaw.ca](mailto:pmcmullin@shaw.ca)

### Treasurer

Bruce Anderson,

204-275-0482

[btanderson54@hotmail.com](mailto:btanderson54@hotmail.com)

### Committee Chairs:

#### Publicity & Editor

Tim McCrindle,

204-255-5688

[tc2mccrindle@gmail.com](mailto:tc2mccrindle@gmail.com)

#### Hospitality

Serge Poulin, 204-669-7794

[sgpretired@gmail.com](mailto:sgpretired@gmail.com)

#### Special Events

Ernie Yakiwchuk,

204-254-1441

[ernieyakiwchuk@shaw.ca](mailto:ernieyakiwchuk@shaw.ca)

#### Membership

Joanne Gaborieau,

204-253-8103

[joannegabor@hotmail.ca](mailto:joannegabor@hotmail.ca)

#### Outreach

Rose Chapman, 204-832-1105

[rchapman17@shaw.ca](mailto:rchapman17@shaw.ca)

#### Webmaster

Janet Lewis Anderson,

204-275-0482

[jelewis@mymts.net](mailto:jelewis@mymts.net)

#### Members At Large

Albert Delbaere,

204-256-8419

[albert1a@mymts.net](mailto:albert1a@mymts.net)

David Kane, 204-668-1900

[davekane@shaw.ca](mailto:davekane@shaw.ca)

Claudette McCrindle,

204-255-5688

[tc2mccrindle@gmail.com](mailto:tc2mccrindle@gmail.com)

### CNPA National Level

Bruce Anderson - Director

Joanne Gaborieau - Director

Patrick McMullin - Alternate  
Director

Linda Schram - Pension and

Health Committee

Representative

## Membership Report - Joanne Gaborieau

Regular Membership - 3697

Associate Members - 16

Total Paid Membership - 3713

**Welcome to the following New Members. Hope to see you out at the meetings.  
We look forward to your participation in the Association!**

Brian Adams	Rosaleen Ingram	Corinne Sayer
Bruce Bibe	Shane Ireland	Rob V. Scott
Larry Brooks	Dave Jeffery	Rick Smelsky
Kevin Candline	Ron Kuzie	Cheryl Szeredi
Serge Daoust	Ken MacLeod	Celina Thater
Louise Doucet	Marty McLaren	Tym Tymchuk
Ken Fulmore	Joanne McMahon	Shirley Vertone
Carl Gibson	Martin Nordin	Brenda Wing
William Harvey	Gordon Pachal	Clyde Wood
Gladys Hayward	Regina Pengelly	Dave Yurchi
Greg Hickson	Florence Prociuk	
Len Holian	Norm Richardson	
Brent Holtzman	Vern Rowe	
Karen Hunter	Josephine Salvador	



**We invite spouses to become associate members for all the benefits of the association including the privilege of voting.**

### First Time Attendees & New Members:

A hearty welcome to all new members and an especially warm welcome to those who have attended their first General Meeting where they received a Pensioners' pin:

**January:** David Budzey, Cheryl Szeredi

**February:** Suzanne Teles, Derrick Paul, Edward Burzynski

**March:** Roy Kading, Dan McClory

**April:** *Cancelled due to COVID-19*

**Birthday Draws:**

<b>January:</b>	Barry Levandoski
<b>February:</b>	Dale Goodfellow
<b>March:</b>	Jerrit Vanderklok
<b>April:</b>	<i>Cancelled due to COVID-19</i>

**Attendance Draws:**

<b>January:</b>	Lawrence Kozakewich, Brian Wasylenko
<b>February:</b>	Colette Audette, Derrick Paul
<b>March:</b>	Al Tetrault, Lawrence Webb
<b>April:</b>	<i>Cancelled due to COVID-19</i>

**Door Prize Draws:**

<b>January:</b>	Bruce Anderson, John Mozol, Dale Goodfellow, Stella Patson
<b>February:</b>	Bryan LaBarge, Bryan LaBarge, Gerald Prejet, Henry Telenko
<b>March:</b>	Alice Claeys, Ron Davis, Albert Delbaere, Sharon Niemi
<b>April:</b>	<i>Cancelled due to COVID-19</i>

**Hope to see more new faces at future meetings!**

## Special Events - Ernie Yakiwchuk

Our meetings are held at 1:30 p.m. on the first Wednesday of the month except for the months of July, August and December. Location of meetings (unless otherwise stated below) is at the Norwood Legion, 134 Marion St. All are welcome to arrive after 12:30 p.m. to enjoy a coffee, donuts and a visit.

**\*\*\*All meetings cancelled until further notice\*\*\***

If you are interested in helping out in any way please contact Ernie at 204-254-1441.



### Upcoming Events:

May, 2020 meeting - **CANCELLED due to COVID-19** (Norwood Legion closed )

June, 2020 meeting - **CANCELLED due to COVID-19** (Norwood Legion closed )

June, 2020 - Picnic & Golf Tournament - **CANCELLED due to COVID-19**

July and August - There are no meetings for the summer



### List of previous speakers for survey - page 15

Manitoba Prostate Cancer  
Vision Loss Rehab CNIB  
Osteoporosis Canada  
Disability Tax Credit Specialists  
Alzheimer Society MB  
St Vital Law Office - Wills, Probates, Estates  
CN Police-Railway - safety and policies  
CITY Police - Fraud targeting for seniors  
Medi-Quote - Snowbirds  
Heart & Stroke

Diabetes Canada/MB  
Society for Manitobans with Disabilities  
Glen Lawn Memorial Gardens  
Wpg Health Care - Access Manitoba  
Caregiving with confidence  
RBC  
Age & Opportunity  
TONS Transportation  
Cottage Inheritance/Wills/Estates  
Lyme Disease and Tick Borne Infections



We had 2 draws for VIP Jets tickets provided by CN General Manager Paul Hackett. The winners for the General meeting were Lawrence Kozakewich and Ken Yellowega. The winner for the Executive meeting was Joanne Gaborieau. Congratulations to the winners, hope you enjoyed the game!

**The National Day of Mourning**, held annually on April 28th, was officially recognized by the federal government in 1991, eight years after the day of remembrance was launched by the Canadian Labour Congress.

The Day of Mourning has since spread to about 80 countries around the world. The April 28th Day of Mourning is a time to remember those who have suffered or died through workplace injury and illness. Our thoughts are also with their families, friends and colleagues.



We are always looking for interesting stories about our CNPA of Manitoba members. If you want to let your former co-workers know what you are up to after retiring, let us help tell your story.

You can submit stories and photos to:

**Tim McCrindle**  
**CNPA Publicity Chair**  
[tc2mccrindle@gmail.com](mailto:tc2mccrindle@gmail.com)

## ***Outreach Chair's Report - Rose Chapman 204-832-1105***

Mail Outreach info to 186 Windham Rd, Wpg, R3J 3B8 or  
email: [rchapman17@shaw.ca](mailto:rchapman17@shaw.ca)

### **Outreach Committee:**

George Lintick	204-254-1032	Albert Delbaere	204-256-8419
Linda Ksionzek	204-669-8308	Jack Moore	204-224-1019
Carson Hull	204-269-2692		



*Please contact any member on the Outreach Committee with information on pensioners who are hospitalized, or ill at home, and on those who have had or will be celebrating **special birthdays** or **milestone anniversaries**.*

**Remember - please keep us informed!**

### ***HAPPY BIRTHDAY WISHES TO:***

Bill Baran was 87 on February 20<sup>th</sup>.  
Albert Belhumeur will be 90 on June 6<sup>th</sup>.  
Dale Campbell will be 90 on June 24<sup>th</sup>.  
Joseph Caronia will be 85 on August 3<sup>rd</sup>.  
Huguette Champagne will be 85 on August 13<sup>th</sup>.  
Dean Danforth will be 87 on July 15<sup>th</sup>.  
George De Serranno will be 80 on July 19<sup>th</sup>.  
Albert Delbaere will be 80 on June 7<sup>th</sup>.  
Gordon Demke was 80 on February 7<sup>th</sup>.  
Edward Drebit was 80 on April 10<sup>th</sup>.  
Ruth Dunlop will be 90 on July 31<sup>st</sup>.  
Arthur Gagné was 85 on March 2<sup>nd</sup>.  
Marie A. Gauthier will be 100 on July 1<sup>st</sup>.  
Kathleen Godey was 100 on February 1<sup>st</sup>.  
Henry Golis was 94 on January 14<sup>th</sup>.  
Annie R. Hebert will be 100 on August 2<sup>nd</sup>.  
Vaneen Hooley will be 100 on May 10<sup>th</sup>.  
Thomas Hoskins was 80 on February 26<sup>th</sup>.  
Sophia Hull was 100 on December 25<sup>th</sup>.  
Donald Hunnie was 80 on March 6<sup>th</sup>.  
Ken Ivanyshyn was 79 on April 17<sup>th</sup>.  
Lorna Ivanyshyn was 77 on March 10<sup>th</sup>.  
Art Jones was 89 on February 2<sup>nd</sup>.  
Helen Jones, widow of Robert Jones, was 90 on September 27<sup>th</sup>.  
Stanislawa Krzywdzinski was 100 on March 18<sup>th</sup>.

Ric Ksionzek will be 75 on April 26<sup>th</sup>.  
Ann Kwiatek will be 75 on June 5<sup>th</sup>.  
Barbara Lange will be 75 on July 30<sup>th</sup>.  
Denise Larocque will be 84 on April 21<sup>st</sup>.  
Doris Lewy will be 101 on April 29<sup>th</sup>.  
Nell MacAuley will be 104 on June 20<sup>th</sup>.  
Isobel Melville was 78 on April 10<sup>th</sup>.  
Jack Melville will be 80 on May 18<sup>th</sup>.  
Anna Moroz will be 100 on June 22<sup>nd</sup>.  
Tom Nicholl will be 94 on July 8<sup>th</sup>.  
Teresa Palavecino was 70 on March 2<sup>nd</sup>.  
Vern Peterson will be 92 on July 14<sup>th</sup>.  
Suzanne Prince was 100 on February 4<sup>th</sup>.  
Marilyn Randall will be 70 on June 11<sup>th</sup>.  
Mary Rody was 84 on April 2<sup>nd</sup>.  
Pearl Silver will be 100 on May 12<sup>th</sup>.  
Sam Singer was 92 on January 4<sup>th</sup>.  
Thomas (Bud) Serofin will be 87 on May 24<sup>th</sup>.  
Buck Tideman was 86 on April 9<sup>th</sup>.  
Olga Wagner was 90 on February 21<sup>st</sup>.  
Harvey Walker was 90 on November 19<sup>th</sup>.  
Bella Wolk was 80 on February 4<sup>th</sup>.  
Frank Wrobel was 80 on March 2<sup>nd</sup>.



\*\*\* In our Winter 2019/2020 Birthday announcements, we incorrectly identified Linda Barnes as Linda Barker. We apologize for the error.

### ***HAPPY ANNIVERSARY WISHES TO:***

Eugene and Rose Balamatowski will celebrate their 65<sup>th</sup> Anniversary on July 9<sup>th</sup>.  
Bohdan and Linda Bontey will celebrate their 40<sup>th</sup> Anniversary on August 2<sup>nd</sup>.  
Ken and Mary Butchart celebrated their 58<sup>th</sup> Anniversary on March 24<sup>th</sup>.  
Bernice and Eldon Dimond will celebrate their 55<sup>th</sup> Anniversary on June 5<sup>th</sup>.  
Stephen and Martha Korbutiak will celebrate their 60<sup>th</sup> Anniversary on July 16<sup>th</sup>.  
Lawrence and Georgette Kozakewich celebrated their 35<sup>th</sup> anniversary on January 26<sup>th</sup>.  
Paul and Audrey Kulbaba will celebrate their 60<sup>th</sup> Anniversary on June 11<sup>th</sup>.  
Adam and Ann Kwiatek will celebrate their 55<sup>th</sup> Anniversary on June 5<sup>th</sup>.  
Sam and Betty Singer celebrated their 59<sup>th</sup> anniversary on January 29<sup>th</sup>.  
Steve and Olga Skrybalo will celebrate their 60<sup>th</sup> Anniversary on June 25<sup>th</sup>.  
Ernest and Alice Smith will celebrate their 68<sup>th</sup> Anniversary on August 5<sup>th</sup>.  
Larry and Marilyn Stubbe will celebrate their 50<sup>th</sup> Anniversary on July 11<sup>th</sup>.  
Buck and Shirley Tideman celebrated their 60<sup>th</sup> Anniversary on March 4<sup>th</sup>.  
Ernie and Gwen Yakiwchuk will celebrate their 39<sup>th</sup> Anniversary on June 13<sup>th</sup>.  
Bella and Norman Wolk will celebrate their 60<sup>th</sup> Anniversary on May 15<sup>th</sup>.



*On behalf of all CNPA  
of Manitoba members,  
we wish you all the best  
on these milestones.*



To those previously mentioned on our Sick List, we hope that you are feeling much better, and well on the road to recovery. To those who are currently ill or still experiencing health problems, please know you are in our thoughts. The membership joins us in extending Best Wishes for improved health and a speedy recovery. We have received reports and updates on the following Pensioners since the last newsletter:

### ***Sick list:***

**Bert Andrews** had a pacemaker installed in early April. He is home and is recuperating slowly.

**Betty Andrews'** heart surgery went well; she still tires easily. She has since broken her foot and is recuperating at home.

**Edward Drebit** has been in and out of the hospital since Christmas. He is now in Concordia Hospital, is on a ventilator and suffers from prostate cancer. He would really like to go home.

**Steve and Olga Skrybalo** moved recently to an assisted living residence and are enjoying their new home. They are being well looked after and there is always something to do.

**Gary Taylor** had 80% of his stomach removed recently after undergoing 32 chemo treatments. He needed further surgery to clear up an infection. He is now home and is still very weak. Gary is recuperating slowly, but is doing well.

### ***Obituaries:*** *The following pensioners have passed away since the last report:*

(\* denotes contributing member of the Manitoba Pensioners' Association).

Peter Andreychuk\*  
 Rose Atamanchuk\*  
 Jeannie Balabuch  
 Evelyn Beaubien\*  
 Rosina Berney  
 Sally Bezpalko\*  
 Daniel Bouvier\*  
 Margaret Brown, *wife of Arnold Brown\**  
 Florence Cancilla\*  
 Alexander W Cass\*  
 John Cechvala\*  
 Rosana Cipolla, *wife of Alessandro Cipolla\**  
 Virginia Cosentino\*  
 Joe Cyr\*  
 Donna Dawyduk\*  
 Lois Devisser\*  
 Beverley Dobson  
 Janice Dodd\*  
 Tom Dorsett\*  
 Yvon Doucet\*  
 James Evans\*  
 Ron Farnfield  
 Mabel Fulton\*  
 Clifford Furst\*  
 Stella Gawiak\*  
 Warren Giesbrecht\*  
 Barbara Gill\*  
 Joe Goyman\*  
 Florence Hartle  
 Thomas Hayward\*  
 Barbara Hogan\*, *wife of Bruce Hogan\**  
 Wm. Robert (Bob) Ireland\*

Karl Iwanoczko\*  
 John Kawaler\*  
 Fred Kinkartz\*  
 William A Kitson  
 Pauline Kolton  
 Eugene Kosteckyj  
 Jacobus Kwakernaak\*  
 Donald Lang\*  
 Shirley Leary\*  
 Verna Lehman\*  
 Angele Lesage, *mother of Rick Lesage\*, sister of Rene Vandendorpe\**  
 Gerardo Lozano\*  
 Elaine Lutz\*  
 Robert Lyon\*  
 Roderick G MacDonald\*  
 Allen Madrigga\*  
 Norman J Mansfield  
 Zachariah Mayham  
 Donald McArthur\*  
 Elin McNamara\*  
 Donalda McPhail\*  
 Annie McVey\*  
 Mary Jane Miles\*  
 Annunziata Militano\*  
 Andrew M Moffat\*  
 Robert Mozol\*, *brother of John Mozol\**  
 Joseph Myran\*  
 Cora Nelson  
 Robert Newman  
 Olga Olinyk\*  
 Jean Oliver\*  
 Alfred Pantel\*  
 Stan Pardoski\*

Victoria Paskaruk\*  
 Glendon Pearson\*  
 Kenneth Peden\*  
 Glen Pengelly\*  
 Ernest Peric\*  
 Edna Perry  
 Joan Porter\*  
 Peter Prociuk\*  
 John Prokipchuk\*  
 Mary Purchase\*  
 Wilma Radey, *wife of Richard Radey\**  
 Angela Richichi\*  
 Alex Robinson\*  
 Teodoro Salvador\*  
 Edith H Shpeller  
 Daniel Smith\* of St. Hubert, QC  
 Josef Snobl\*  
 Irene Sparks\*  
 James E Templeman\*  
 William Thater  
 Albert Thompson\*  
 Milton Alvin Trann\*  
 Ernest Tycoles  
 Denis Van Den Bussche  
 Samuel Vertone\*  
 Victoria Walford  
 William Warning\*  
 Edward Wazney\*  
 Mary Willows\*  
 Margaret Wojciechowski\*  
 Geraldine Yarema\*  
 Hubert Young\*  
 Jennie Zankowski\*



***The CN Pensioners' Association of Manitoba extends our sincere condolences to the family and friends of the deceased.***

## A message from Dr. Justin Maloney to Our Pensioners

I'm struck by how advisories about distancing and staying 2 meters from others don't seem to be sticking to "us". Experience elsewhere says we are on the front edge of a killing spree that will last a month or more. People will get this virus and some will die. Usually, that will be us. Different stats show us that anyone over 60 is at great risk from COVID 19. Kids do OK but carry the virus to spread it. Seniors die, despite best care, in 10-25% of cases. I didn't make this shit up. Its real. It seems surreal to consider myself as a senior, that "at risk" person.

COVID 19 says stay at home, don't invite family or friends for anything. Stay away from everyone. Ok, maybe not your main squeeze that wakes up beside you each day but anyone else. Don't invite your son or daughter over. Don't visit an elderly relative. Don't go to a bar. Don't share a cigarette, or a joint. Have a bathroom glass for each of you. Wipe all your surfaces (counters, taps, door knobs, remotes, cell phones, etc.) down with something like Lysol. Be frantic about it. Wash hands before meals and after.

You may feel you have your health now. When you don't, when you have a cough or fever, pay attention to what I said above. Find a separate bedroom, bedding and bathroom. Your own clothes get hot water washed. Wait for it all to subside.

If you really have it you will know at day 7 – 10. That is when it gets awful. Keep a medical record or file nearby to help the poor ER doc figure out your past history. Have a will made out now and identify a POA (Power of Attorney) before sudden things happen. If you get sick, think about how you or the POA would answer the "Goals of Care" questions that doctors will ask. (CPR?, ICU?, Ventilators?) We have no treatment for this killer other than social distancing and maintaining your best basic health.

We are only in the early stages of this. We see a few thousand cases this week but like other jurisdictions, we can expect perhaps a hundred thousand in coming weeks.

In Italy, without early social distancing, COVID 19 has exploded. Rationing has started. No one over 60 will be helped, not in hospital, no ICU/ventilator care. You may think of Italy as less capable and more resource challenged than us. Not at all. They have lots of beds/doctors etc. But they have lots of old people, just like you ... OK, and me too.

Have virtual celebrations from your own place with others by video conferencing. All of our doctor/hospital meetings are via SKYPE, FaceTime or DUO etc. and now WhatsApp.

The thing is, despite a flood of public education, a lot of us still don't see the risk of contracting COVID 19 as applying to us, us seniors that is. Get over it. You may die if you get this flu. Kids coming to visit will bring it into your space and leave it with you, even if they are not sick. Perhaps pets too by the way.

Some of you have returned from travel and are counting the days until quarantine is done and you can get on with your life. The problem is "your life" isn't going to be any different than quarantine for the next while, perhaps months. Stay home. A birthday celebration should be about making sure there are future birthdays to celebrate.

At work this week I was involved with 6 COVID 19 suspects just in the areas we have for minor cases. The patient anxiety was high and it should have been. Don't be a COVIDIOT! There was a lot to correct in their social patterns in the previous few days.

Need toilet paper? Just kidding. But really, there are some things you might need. Groceries, pharmacy, etc. but as this becomes even more alarming shopping online with delivery may make sense. Go out for walks but not for greetings and gatherings.

Take me seriously here. No invites for anything. Stay away!, Close your doors ... drink if you like, toast whatever, but use WhatsApp video to do it, I want food and Mount Gay rum and coke this summer, not some funeral with COVID 19 egg salad sandwiches.

And perhaps don't just stay away from each other, even your family and close friends, until it's OK. Become champions for this message. You are with few exceptions (ahem !!) smart, respected voices who as seniors need to wake up others in the senior's community.

Sincerely me, worried about you,

Justin Maloney, MD, FCFP, CCFP(EM), FRCP(C)

Associate Professor, Department of Emergency Medicine, University of Ottawa, Emergency Physician, The Ottawa Hospital, Medical Director Emeritus, Regional Paramedic Program For Eastern Ontario, The Ottawa Hospital, Ottawa, Ontario



# HAPPY 100TH BIRTHDAY



**Tom Ball** is a member of the Manitoba Council and the Kingston Council, paying 2 bucks a month.

He turned 100 in November and there was a party at his daughter's place. He and his daughter came to our Xmas meeting and lunch and was warmly greeted by our members.

He hired on CN in 1949 after the war and retired in 1982 as a conductor.

In the picture, left to right are Sylvia Morneau (Tom's Daughter), Tom Ball, Cathy Thomas (Kingston Treasurer) and David Delcloo (Kingston President).



**Sofia Hull** was born on December 25, 1919, in a small village in the Ternopil region of Ukraine. She was the middle child in a family of five. Her family were subsistence farmers in a time of great social change in the Ukraine. Sofia was a primary school-aged child when her father died and a teenager when her mother died. Her oldest sister kept the family together, all siblings doing whatever they could to earn a few pennies for food. Then when she was twenty-years old, the Nazis came into the village and forcibly took young people to be slave labourers in Germany. Sofia left her clothing and shoes for her sisters and was herded with many others into an open cattle car for the journey to Germany. She arrived in Mainz-Hechtsheim barefoot, with the clothes on her back and her

worldly goods tied up in her kerchief. As the war ended, all foreigners were told to report to displaced persons camps. The closest one was in Mainz-Kastel in the American zone and it housed a large Ukrainian population. Here she met Andrew Hull (no we didn't change our name – this is the closest transliteration from the Cyrillic alphabet), who told her on the first evening they met that he was going to marry her.

Indeed, they were married within the month as soon as the banns were published. Two years later their daughter, Orysia, was born at the nearest hospital in Wiesbaden. Eventually, all the residents of the camp were moved to Pforzheim as the American army took over the facility for its own use.

In Pforzheim, they waited for a country that would take them. In 1949, they had passed the interviews and had a sponsor (Andrew's cousin) in Canada, and thus were approved for settlement. They arrived at Halifax, Pier 21, in July and travelled by train to Winnipeg.

That first day in Winnipeg was a day of rest. The next day, Andrew became an employee of CN and remained with the company for 32 years. Sofia loved that he had a steady job and she did everything she could to support him, including housekeeping for other families.

Now Sofia has vascular dementia, but in her younger years she often made very profound comments. "My life really began in Canada. Being alive under Stalin and Hitler wasn't living. This is the best country in the world!" Sofia now resides in Holy Family Home. She and Andrew were married for 72 years and she became a widow in 2018. She was a strong child advocate, an excellent wife and mother, a lifetime supporter of her church and anyone in need, and a friend to many. She loved her garden, looking after her home, embroidering Ukrainian cross-stitch designs and crocheting numerous afghans. Well done, Sofia!





**Kathleen Godey** – known to everyone as Kay – widow of Harold Godey (Harold died in 1987), celebrated her 100<sup>th</sup> birthday on February 1<sup>st</sup>, 2020.

Kay was born in Winnipeg to a CNR family. Her Mom and Dad emigrated to Canada from England and her Dad worked at the Fort Rouge yards. Her Dad, James Kearvell, was killed in an accident at the yard. Kay and her mother moved to California to live with relatives for a few years. They moved back to Canada and she and her Mom came back to work in Winnipeg as the CN said that they would give Kay a job seeing as how her father had been killed in a railway accident. She first worked out in Transcona in their office there. She lived on Broadway Avenue and walked up to the main CN station and a train would take them out to the Transcona shops. Kay worked as a comptometer operator. The comptometer was the first commercially successful key driven mechanical calculator. She met Harold when she transferred to the main station. Kay and Harold married in 1948.

Harold worked for the CN for 50 years, retiring in 1973 from the Industrial Development Department. Harold passed away in 1987. Kay and Harold have two children Jim and Marilyn, three grandchildren and one great grandchild. Left to right in picture is: Marilyn Kwan, Kay Godey, Jim Godey.

**Mrs. Suzanne Prince** (widow of Conductor Paul Prince, deceased in April 2018).

I was deeply honored to receive the special CN commemorative plaque presented to me by Joanne Gaborieau on February 4th, 2020, the occasion of my 100th birthday. I sincerely thank the CN Pension Committee for this unexpected and greatly appreciated tribute!

I was born in a log cabin near Altamont in southern Manitoba, a lovely rural area I still cherish to this day. My father, Paul Bergeron, Trainman/Conductor for the CNR, worked branch lines that eventually took him and our family to Melville, Saskatchewan. He was later transferred to Winnipeg where I have lived ever since. As a youth and young adult, I was fortunate to travel the country with the CNR family passes. After completing school, I helped the family and worked at various jobs. In 1948, I met Paul, the love of my life. We married in 1949 which was also the year Paul started working for the CNR. In 1953, Paul and I moved into a brand new home where we raised our four children and where I still reside 67 years later.



Throughout my life, I always enjoyed many summer and winter sports, including swimming and cross-country skiing. After receiving my Gold Medallion I became a swimming instructor. Spirituality, health, nutrition and yoga were always important to Paul and me, and so after formal training I taught yoga for many years. Spending summers in the country near Altamont, singing in a choir and participating on committees were activities we both enjoyed.

I am grateful for all the blessings in my life, including my 4 children, 7 grandchildren, 8 great-grandchildren and the wonderful years I spent with Paul. I continue to take great pride in being a member of the CN family. I have nothing but thanks and gratitude for this great company that has been rolling along with me for most of my life. I congratulate the CN on its 100th Anniversary and wish it all the best in the next century!





On January 26<sup>th</sup>, 2020, **Cecil Robinson** became a Centenarian. Gwen and Ernie Yakiwchuck attended his birthday celebration where Cecil was presented with a CN plaque.

In 1941, as a young man of 21, Cecil enlisted in the army. He was stationed in the Netherlands where he met Wilhelmina Johanna Pete, fondly known as Mica, who became his wife in 1946. They were married for 49 years and were blessed with 7 children, 12 grandchildren and 7 great grandchildren. His granddaughter Megan is a CN conductor.

In late 1946, Cecil was honorably discharged from the army. In January 1947, he joined CN as a Carman and worked on the wrecking crew, where he was given the nickname Robbie.

Cecil enjoys all sports, especially hockey and football, and spending time at their cottage. He retired in 1982 after 35 years of service.

After his retirement, Mica's health deteriorated rapidly and she was placed in a nursing home where he met Betty Dezan who has been his best friend for the past 25 years. Cecil is truly amazing at the age of 100. He still wakes up at 6:30 AM, and is out the door by 9:30 AM and shows no signs of slowing down.

## Honorary street name tribute to Transcona veteran

Transcona veteran **Henry Golis** said he is very honored to have had a section of Regent Avenue West named in his honour. In November 2019, Transcona Councilor Sean Nason made the push, with Henry's blessing, to rename the section between Winona and Madeline Streets to recognize Henry's contributions to the war effort. The honorary title of Henry Golis Way will remain for five years in accordance with city by-laws. His home was there and all his children were born on that street.



Henry was 94 on January 14th, 2020. He joined the Royal Canadian Air Force as a flight sergeant and wireless operator/air gunner when he was 17. When he was 19, on February 12, 1945, his crew's Canso bomber crashed into Saanich Inlet en route to Patricia Bay B.C.. Out of eight, he was one of four survivors who fought through high fires to get to open water before being saved. He spent several months in the hospital recovering from burns and injuries. He is one of the few surviving members of the Second World War legion in Transcona.

After Japan surrendered in August 1946, Henry returned home to Transcona and resumed his life. He began his career as a Carman Apprentice with CN in 1942. He married Elsie in 1950 and together they raised two girls and three boys. Henry retired in 1986 as Car Department Supervisor in Symington.

Henry currently lives in assisted living on Kildonan Green Drive. He has five grandchildren. His beloved wife Elsie passed on November 7, 2006.

The CN Pensioners' Association of Manitoba extends our thanks to Henry for his service, and congratulations on receiving this honour.



## **The 2020 CNPA Scholarship and Bursary Programs Opened April 15th. All applications must be received by August 15th.**

### **National Council Scholarship Program 2020**

The National Council of the CN Pensioners' Association will again be offering a Scholarship Program to the children, grandchildren and great grandchildren of supporting members. As in the past years, twenty-five \$1,500 scholarships will be awarded – five per each of the five Canadian regions. This year's program opened April 15th.

When applying check the **SPECIAL NOTE** at the beginning of the Scholarship instructions on the web site.

Deadline for applications for the 2020 program will again be August 15th. For more information, and to download the Application, Terms and Conditions, visit [www.cnpensioners.org](http://www.cnpensioners.org) and then click on the Scholarships tab. Children, grandchildren and great grandchildren of CN Pensioners who are members in good standing and in receipt of a CN Pension are eligible.

### **Harvey Hosfield Bursary Program 2020**

The CN Pensioners' Association of Manitoba is continuing to offer a **Bursary Program** to the children, grandchildren and great grandchildren of members of the CN Pensioners' Association of Manitoba who are members in good standing for at least one year prior to date of bursary application as outlined in the Terms and Conditions of this program. Deadline for applications is August 15th, 2020.

We want to remind all new applicants as well as those who were **NOT** successful recipients in previous years, that as long as your application meets all of the Association's criteria, you can re-apply for the current year. After reviewing the results of last year's program, we are pleased to advise that we have made some enhancements to the program.

Applicants for the Manitoba Bursaries are also eligible to apply for the National Scholarships. This year's program opened April 15th. All applications must be received by August 15th.

To access this year's application, terms and conditions, and completion instructions, please visit the Manitoba website at [www.cnpensioners.ca](http://www.cnpensioners.ca) and click on the Scholarships tab.

### **CNPA of Manitoba Trade Bursary**

CN Pensioners' Association of Manitoba has introduced a Trade Bursary for children, grandchildren and great grandchildren of members of the CN Pensioners' Association who are members in good standing for at least one year prior to date of bursary application as outlined in the Terms and Conditions of this program.

The intent of this bursary is to assist financially in the educational pursuit and career development of families of the contributing members of the CN Pensioners' Association of Manitoba who are going into the Trade industry. Applications must be received by August 15th, 2020.

A link to the Application and Terms and Conditions can be found on the home page of our website at: [www.cnpensioners.ca](http://www.cnpensioners.ca)

### **Johnson Insurance Scholarship**

There are 50 scholarships valued at \$1000.00 each available to students entering post secondary institutions in the fall. Visit: [www.johnson.ca/scholarship](http://www.johnson.ca/scholarship) for eligibility criteria.

**\*\*\*SPECIAL NOTICE\*\*\*****Re: 2020 Harvey Hosfield Bursary Program**

As a result of effects of the Covid-19 Pandemic on the Canadian education system, particularly at the High School Graduate level, we have made some modifications to our CNPA of Manitoba sponsored Harvey Hosfield Bursary Program for 2020. In addition, to help provide some financial relief as a result of the economic impact of Covid-19, the CNPA of Manitoba will be offering 2 additional Harvey Hosfield Bursaries for "this year only" for a total of 5 bursaries to be awarded. Please be sure to read the document called "Special Notice" when applying. Please visit our website at [www.cnpensioners.ca](http://www.cnpensioners.ca) and click on the Scholarship tab.

**Trade & Technology Bursary Program 2020**

Instructions remain the same for those applying for the Trade & Technology Bursary sponsored by the CNPA of Manitoba. To apply, visit our website at [www.cnpensioners.ca](http://www.cnpensioners.ca) and click on the Scholarship tab.

**\*\*Remember, deadline via email only, for all applications is August 15<sup>th</sup>.**

**CNPA National Scholarships**

The scholarship program sponsored by the National Council of CN Pensioners will again be offered in 2020. The number of awards remain the same. However, please take notice of the special concessions being made as a result of the effects of the Covid-19 Pandemic. To apply, please visit the CNPA National website at [www.cnpensioners.org](http://www.cnpensioners.org) and click on the Scholarships tab.

*All of the above programs open for applications effective April 15<sup>th</sup>. Deadline for applications by email only, for all of the above programs is August 15<sup>th</sup>.*

**Pension Report - Linda Schram**

*Pension Committee Representative*

The **Pension Committee** met via a conference call on March 18, 2020.

- Pensions from October 2019 to January 2020 were reviewed and accepted.
- We were provided with the estimated 2019 funding status of our Plan. The Plan is fully funded.
- The CN Investment Division had a presentation on the investments made for the Pension Trust Fund. Despite the market turmoil, we are in a stable position.
- CN has informed the Committee and all active employees that the intention to grant consent to unreduced early retirements be extended until the end of 2021.

**Blue Cross.**

- Nothing has changed with the Plan. You may only be able to have 30 days on a prescription as mandated by the Province. This is to prevent hoarding.
- All receipts for expenses incurred for 2019 should have been submitted to Blue Cross by April 30, 2020.

Visit our website often at [www.cnpensioners.ca](http://www.cnpensioners.ca) to view our newsletters or our Facebook page [www.facebook.com/cnpensionersmanitoba](https://www.facebook.com/cnpensionersmanitoba) for updates and announcements.



## Tick Season is Here - Be Tick Smart!

**What is Lyme Disease?** Lyme Disease and other tick-borne illnesses are infections by disease causing pathogens such as viruses, parasites, and bacteria that are contracted through the bite of an infected **black legged tick (also known as a deer tick)**. Lyme can be transmitted by other ticks as well, although this is less common. In some Provinces other tick-borne illnesses are also reportable such as in Manitoba:

- ◇ Borrelliosis (Lyme) - *first reportable 2009*
- ◇ Anaplasmosis – *first reportable 2015*
- ◇ Babesiosis – *first reportable 2015*

### Emerging & Other Tick-borne Infections

- ◇ Borrellia Miyamotoi – this Borrellia strain typically does not produce an EM rash and can be transmitted by larval black-legged ticks which are typically active from late spring through to late summer, peaking in August.
- ◇ Deer Tick Virus (Powassan Virus). Although transmission times is not 100% clear for any tick-borne infection, this virus can be transmitted in a little as 15 minutes after attachment.
- ◇ Other strains of Borrellia

### Quick Facts:

- According to the Centre for Disease Control, lyme disease is the fastest growing vector-borne infectious disease in the U.S. affecting more than 300,000 a year. This has huge implications for us as well.
- Fewer than 50% recall a tick bite.
- Fewer than 50% develop the telltale bullseye rash.
- A tick can be the size of a **poppyseed** and therefore easily missed.
- Lyme Disease is known as the “**Great Imitator**” as it mimics over 300 illnesses including MS, Chronic Fatigue, Fibromyalgia, Parkinson, ALS, Alzheimer and many others.
- A “Negative” test result **does not rule** out lyme disease. The current lyme test only looks for one strain of the lyme bacteria, nor does it test for other tick-borne pathogens.
- Early treatment has better results. If not caught early, treatment and recovery can be much more challenging.

### Prevention:

- Walk in the center of a trail; avoid leaf litter and long grass
- Wear light colored clothing, long pants and tuck them in your socks
- Wear bug repellent containing at least 20% DEET
- Shower or bathe after being outdoors
- Do a proper full body tick check (eg: hair, scalp, ears, armpits, waist, groin, bellybutton, behind the knee)
- Don't forget to check your clothes and your pets for ticks

### How to Remove a Tick:

- Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
- Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers.
- After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.
- Save the tick in a sealed tight container with a damp cotton ball so it can be identified and available for future testing.
- Never crush a tick with your fingers. Disinfect your tweezers!!

Nymph Blacklegged ticks collected from Seine River  
Winnipeg, Manitoba  
June 3, 2017





- With tick removal the head may get stuck, remove as you would with a splinter or sliver. Remove with a sterilized needle or tweezers. Wet the bite spot first. If the head of the tick remains inside, the salivary glands may still be there so there is a risk of contamination. ***If you can't get it out, go to your doctor or a Walk-in Clinic.***
- Do not use other methods as they might irritate the tick thus increasing the chances that the tick might produce extra saliva and then vomits its stomach into you.

#### ***What Next:***

- Take a photo of the tick; notate the date, time and geographical location of where you were bitten and submit for testing. Check with your Province for applicable address, for example if you live in Manitoba and can visit the Manitoba Health website for instructions: MB Health, Seniors and Active Living at <http://forms.gov.mb.ca/tickSubmission/>. In Manitoba, the tick would be submitted to Cadham Provincial Laboratory for testing (750 William Avenue, Winnipeg, MB R3E 3J7).
- If you have any kind of a rash, take a photo of the rash. If the rash you have is a bullseye type rash, this is confirmatory of lyme disease. Seek immediate medical attention and treatment.
- If you don't have a visible rash, you may still have been infected with another tick-borne disease.

***Symptoms of Lyme Disease - some examples are:*** Spasms or weakness, numbness and tingling, ringing in the ears, swollen lymph nodes, fever or chills, malaise, headache, stiff neck, nausea, cough, anemia, night sweats, vomiting and/or diarrhea, sore throat, sore joints or muscles, abdominal pain, dizziness, Bell's Palsy, insomnia, heart palpitations and more.

#### ***Testing & Treatment:***

It is important to keep in mind that a "negative" test result does not necessarily mean you don't have lyme. There are several reasons for this such as an individual's immune system may be depressed and unable to mount a response. As well, the standard testing for lyme only tests for *Borrelia Burgdoferi*. It does not cover other forms of *Borrelia* (such as *Mayoni*, *Miaymotoi*, *Garninii*, *Afzelii* and more) nor does it take into account other tick-borne infections such as *Anaplasmosis*, *Babesiosis*, *Bartonella* that can be transmitted at the same time.

Treatment is dependent on the severity of the infection, the individual's overall health, as well as other pathogens that may be involved. However, the best outcomes are when the infection is identified and treated early.

Lyme disease and other tick-borne infections can affect each individual differently. Please be sure to discuss with your doctor any concerns that you might have. For a copy of the MB Health Physician Letter (we recommend you print this out and take to your doctor) and Tick-borne Disease Quick Reference Guide, please visit:

<https://www.gov.mb.ca/health/publichealth/cdc/docs/hcp/2019/091019.pdf>

Although these links are from Manitoba Health, the letter and Quick Reference Guide may be of assistance to you and your doctor regardless where you live in Canada should you suspect lyme disease as several areas within Canada are at high risk.

#### ***For more information:***

***Manitoba Lyme Inc:*** [www.manitobalyme.com](http://www.manitobalyme.com)

***Facebook:*** Manitoba Lyme & Tick-borne Illnesses

***Public Health Agency of Canada:*** <https://www.canada.ca/en/public-health/services/diseases/lyme-disease/health-professionals-lyme-disease.html#a5>

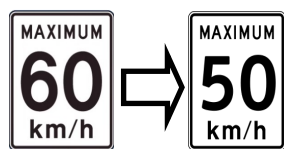
***Photo courtesy of Manitoba Lyme.***



### ***Congratulations to the following:***

**Brent Tingey** - applied for and received a \$500 grant for the *Transcona Historical Museum, Save the 2747*

Please send info to [tc2mccrindle@gmail.com](mailto:tc2mccrindle@gmail.com)

**SPEED LIMITS REDUCED!!!!**

In case you aren't aware, the speed limit on Marion and Goulet Streets between St. Mary's Road and Youville Street has been reduced from 60 to 50 km/h effective Monday, January 20, 2020.

**SMOKING:****Do you or someone you know still smoke and want help to quit?**

On January 8th, the Manitoba Government announced that it is launching what is believed to be the world's first social impact bond dedicated to helping people quit smoking.

In this case, the Manitoba government will partner with Shoppers Drug Mart and Pharmacists Manitoba on a smoking cessation social impact bond program, beginning in April. Under this model, Shoppers Drug Mart will invest \$2 million over the next five years to fund activities around smoking cessation including counselling and nicotine replacement therapies. Anyone over the age of 18 is eligible for assistance and can approach participating pharmacies for an initial assessment.

For more information visit the news feed at <http://www.manitoba.ca/> search: quit smoking.

***Publicity & Editor Report - Tim & Claudette McCrindle***

As a reminder, effective with the Spring 2020 edition, the CNPA of Manitoba will now be published three times a year – April, August and December.

Did you receive your newsletter by mail this time? Was it late? Do you have a computer or tablet? Are you connected to the Internet? Do you have an email address? If you can answer "Yes" to any of these questions, we would like to encourage all members who are receiving a hard copy by Canada Post to consider changing to an electronic copy. Currently we have over 3700 members and just over 400 who have signed up. Please do your part in helping to reduce the costs of mailing them out.

Benefits of an Electronic Newsletter:

1. Delivered as soon as it is published in full color.
2. No delays with printing.
3. No "return to sender" due to wrong address.
4. No postal disruptions.
5. Huge savings with the cost of printing.
6. Huge savings with the cost of postage.

It's easy to sign up to receive it by email. Just visit our website at [www.cnpensioners.ca](http://www.cnpensioners.ca) then click on the "More" tab, then the "Newsletters" tab, and complete the online form "Subscribe to our Mailing List". For email format, select HTML and then hit Submit. Voila – it automatically updates our data base with your email address in our Newsletter group.

**Our Other Email Group:**

In our data base, we also have a separate group set up so that we can keep in touch with those who have provided us with their email address, but who still wish to receive the newsletter via Canada Post. If you haven't already provided us with your email address, and if you would like to do so, we can add you to this "Other" group. You will only receive an email from us when there is important information to share with you in between the newsletter editions.

If you wish to do so, please email Janet Lewis Anderson at [mailadmin@cnpensioners.ca](mailto:mailadmin@cnpensioners.ca).

## Transportation Needs & Speaker Topics:

We invite you to take a short survey which is completely anonymous and private. However, there is a spot where you can leave your name should you wish to be contacted. Your answers (not names) will be pooled with the other CNPA answers and general results will be shared in the August newsletter.

To take the survey, just visit our website at [www.cnpensioners.ca](http://www.cnpensioners.ca) and then click on Breaking News page where there will be a link that will take you to the online survey. It will also be available on our Facebook page by visiting [www.facebook.com/cnpensionersmanitoba](http://www.facebook.com/cnpensionersmanitoba). Or, you can fill it out manually below and then mail it back to: **Ernie Yakiwchuk**

**CNPA Special Events Coordinator  
50 Park Terrace Drive  
Winnipeg, MB. R2J 3C7**

1. Do you regularly attend our meetings / events? Yes..... No.....
2. If you answered "No", please tell us why (please select all that apply).
  - ☐ I am away most of the winter
  - ☐ I only attend meetings when there are guest speakers that interest me.
  - ☐ I live out of town.
  - ☐ I don't have transportation to and from the meeting.
  - ☐ I'm not interested
  - ☐ Other \_\_\_\_\_
3. If you indicated in No. 2 that you do not have transportation, but if transportation was provided, would you then consider attending?
  - ☐ Yes
  - ☐ No
4. If yes, to number 3, please indicate what area of the city you live in?
  - ☐ North
  - ☐ East
  - ☐ South
  - ☐ West
  - ☐ Central
5. If you would like to be contacted, if transportation could be arranged for you, please provide your name, email or phone number.  
\_\_\_\_\_
6. Of the guest speakers we have had over the past couple of years, which topics interested you the most and would like to hear again. Other suggestions are also welcome. (Refer to list of speakers on page 3)  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\*\*\*Survey deadline is June 30, 2020\*\*\*

**CN PENSIONERS'  
ASSOCIATION OF  
MANITOBA**

10 Greenwich Bay  
Winnipeg, MB  
R2J 1T6

We're on the web -  
[www.cnpensioners.ca](http://www.cnpensioners.ca)

We're on Facebook -  
[www.facebook.com/  
cnpensionersmanitoba](http://www.facebook.com/cnpensionersmanitoba)

***Frequently Called Numbers***

**The CN Pensioners' Help Line 1-800-361-0739.**

Always have your PIN to better identify you when making inquiries.

If you move, advise the above number.

If you are married at the time of retirement, make sure that CN has your spouse's name on file.

Changing banks, with direct deposit, never close your old account until the cheque shows up in the new account.

Change of Address	1-800-361-0739
Canada Pension & Old Age Security	1-800-277-9914
Canada Custom & Revenue Service	1-800-959-8281
Blue Cross National Claims Direct	204-775-9261
Income Tax Preparation & Questions - Jim Miln	204-253-0137
Health Links/Info Santé	204-788-8200
	or 1-888-315-9257
CN Police	1-800-465-9239, #3

**Phone numbers for International Employees:**

U. S. Railroad - Fargo	1-877-772-5772
U.S. Social Security - Grand Forks	1-888-617-0456

For Travel Savings with Collette, visit

<https://www.gocollette.com/en-ca/landing-pages/partners/cnpa>

CN Pensioners' Association of Manitoba  
10 Greenwich Bay  
Winnipeg, MB  
R2J 1T6